

Chebucto News

Vol. 6 • No. 4 • July • 2004

Armdale • Harrietsfield • Herring Cove • Jollimore • Ketch Harbour • The Pennants • Purcell's Cove • Portuguese Cove • Sambro • Spryfield • Williamswood

Working For You In Your Community

479-NEWS (6397)

FREE

Lanes Plus More!
BOWLARAMA

 **Spryfield • 479-2695**

 **Bayers Rd. • 455-1519**

 **Dartmouth • 466-4405**

 **Cameron Hall**
Opening October 15, 2004

Model Suites Available For Viewing In August
11 Fairfax Drive • Clayton Park West • Contact Bud Feron • 457-8621

The Way Retirement Living Should Be At Aberdeen • Bradford • Cameron Halls

K.N. Umlah Insurance
AGENCY LIMITED

• 181 Herring Cove Road • 477-2511 •

Spryfield community searches for ways to save Multi-Service

Long time worker and friend of the community Multi-Service Coordinator Linda Roberts is being moved this month by Halifax Regional Municipality to the Musquodoboit area where she will undertake a role as Community Developer, and it's a change that

represents a significant alteration in how some organizations in the community interact together.

Although to some the change may seem abrupt, the Board of Directors, Captain William Spry Community Centre who Ms.

Roberts reported to, has been dealing with the change for the past 18 months or two years. It reflects the city's desire to streamline its ambitions to provide Community Developers in communities to help residents create programs with a recreation, tourism or heritage component.

But in Spryfield, Ms. Roberts and the Multi-Service Office, have been taking leadership roles in areas of activity beyond the city's jurisdiction. The conflict for the city is that with amalgamation in 1996 HRM lost its responsibilities and jurisdiction related to social service programming. The end result for HRM is that it has supported the staff position for the Board and provided program money for multi-service operations which go beyond the city mandate.

In its decision HRM has agreed to provide the approximately \$9,000 in program money this year. But the position of Multi-Service Coordinator will be removed and Ms. Roberts will be replaced with another city staff person called a Community Developer who will report only to HRM. The move leaves the existing Board of Directors without staff to do its work and leaves many organizations in the community without a central clearing house and focus point for community based programs leaning toward the social service realm.

In response the Board has been meeting with HRM officials to develop a new service agreement and representatives of many community organizations have been strategizing to determine the best solution to the dilemma.

see "Saving" pg. 2



Kids from local schools had a roaring good time running sack race after sack race during the first Annual School Picnic held at the Urban Farm by the Urban Farm Museum Society.

Summer student recording multi-service history in Spryfield

By Michael Kydd

With the future of multi-service in jeopardy, it is more important than ever to preserve the history of multi-service that has developed over the past thirty years in Spryfield, says outgoing Multi-Service Coordinator Linda Roberts who, with the permission and support of the Board of Directors, has hired summer student Michael Kydd to document the history.

"If you don't write your own history, you

lose it," explained Roberts. "Michael's role will be to make sure that people can always retrieve the documents for future research. His role is also important because as an outside observer he may see things about our community that we take for granted, so that will be refreshing for us," says Roberts.

The Mount Saint Vincent University Public Relations student understands the magnitude of the project he is about to embark upon. "When I was hired for this position I understood the uniqueness of the assignment. It's not everyday you get the opportunity to gain quality practical experience writing and researching while at the same time helping to preserve the history and heritage of a place that means so much to people," says Kydd.

And in terms of a methodology, Kydd says the community is the key to success. "My primary goal is to gather as much information from documents and interviews as possible. I will need full support from the community in order to accomplish this task, so I am kindly asking those people in Spryfield who know about the history of the Community Centre or who use the services to please contact me," says Kydd.

For further information, or if you have something of interest for the project, Kydd can be reached at the Captain William Spry Community Centre during the day. His contact number is 902-479-4487.

see "Society" pg. 2

Farms Society holds first annual school picnic for kids

By Lucy Madeline Staff

It was an inspiring site. Amidst activities of potato sack races and horseshoe throwing contests, children from all over Spryfield gathered around a sizeable plot of rich, healthy soil, and planted different types of soon-to-be-blooming-flowers. The event, put on by Pat MacLean, President, and the Urban Farm Museum Society, was a medley of education and fun, held as a school picnic in which students from grades four to five from Elizabeth Sutherland, Rockingstone, and Central Spryfield, met to learn about the Urban Farm Museum and experience the joys of cultivating

their own garden.

Special guest at the picnic was Barb Bowlin from Bowlin Farms, a family-run farm dedicated to the "breeding and raising of top quality miniature horses." Bowlin brought with her four miniature horses, including one baby horse named "Chevy" and "Melvin" the lamb. All the animals received ample attention and inquisitive glances from children and adults alike. Student's also contributed to the "I Spy" heritage contest and all entries have been entered into the provincial contest for prizes.

The Urban Farm Museum Society (UFMS) is a beautiful piece of three-acre land set aside in the community of Spryfield to be cultivated

and enjoyed by Spryfield's youth. UFMS is a new non-profit organization, founded in 1998 through community interest and by volunteers, and is Spryfield's only municipal heritage site. The students meet and grow the vegetables themselves with the help of volunteers.

The fruit of the labor goes to the fall Harvest Fair, an event held every year during which all the kids and their parents come to harvest and cook the home-grown crop. This year's Harvest Fair will be held on September 11, and will feature a diverse pick compared to last year's harvest entirely of potatoes. "They were small, but the kids loved them," said

Saving Multi-Service

continued from pg. 1

In early June, at a Board sponsored "Community Information Sharing Meeting, more than 20 representatives of various organizations in the community were given an overview of the situation by Board member Jim Connolly. He told the gathering that HRM "has a much different approach to community development than we (Spryfield) do and the Board is presented with the challenge of finding another way to manage its affairs."

During that meeting, many members of what is known as the "Multi-Service Roundtable," agreed to meet again to try and find solutions to the problem. A subsequent

meeting of this group, which involves more than 30 local non-profit or service agencies, was held with local politicians including Councillors Stephen Adams and Linda Mosher, MLAs Michele Raymond and Graham Steele and newly elected MP Alexa McDonough.

Councillors Adams and Mosher agreed to approach city staff about the possibilities of delaying the July 1 move of Ms. Roberts from the office to allow enough time for the organizations to develop a proposal which provincial and federal politicians agreed to bring to the attention of the provincial Community Services Department.

Society holds school picnic

continued from pg. 1

MacLean, "We made everything you can with potatoes: potato salad, baked potatoes, fried potatoes...everything."

The list goes on, and so do the Farm's exceptional fall plans. MacLean plans to have a new barn built on the farm, as well as an expanded and reshaped garden that will be able to hold more flowers and vegetables. A pair of Oxen is set to come and plow the rows for the new garden. Many thanks go out to Janet Kidston and her family for making it possible for UFMS to develop their rapidly growing farmland.

UFMS also has a novel and flourishing program called "Come Grow With Us." Children, ages eight to eighteen, meet every week to plant their own section of the garden. MacLean says the prosperous success of the garden is due largely in part to Jason May, a student at St. Mary's University. Jason is working on his second summer at Urban Farms.

MacLean says the Urban Farm Museum will continue to focus programs on Spryfield's youth community. With the new barn and expanded garden, kids will be planting from dusk

until dawn, she says.

But the message of the Urban Farm Museum Society is that it's not the product that matters so much, but the process. Or, as the unwieldy and uproarious sack races witnessed at the picnic have proven, it's not how fast you get to the finish line, but how much fun you have getting there, and how much dirt you can get on your hands in the meantime.



MLA Michele Raymond took a few minutes of her day to attend the Edward Jost Children's Centre Family Barbeque at the child care centre this month. Raymond had fun chatting with Zachery and Adrianna Wagner and staff member Nancy Smyth.

MONEY PROBLEMS? WE CAN HELP!

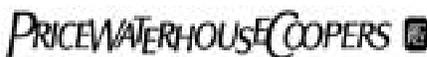
Call PricewaterhouseCoopers Inc. for information about Bankruptcy, Proposals and other solutions available to you.

For a free confidential meeting call us at one of our following metro offices.

Halifax: 491-7400 (Resident Office)

Dartmouth: 461-2333

Lower Sackville: 865-4400



Solutions through Understanding

Supporting Your Community

ROYAL CANADIAN LEGION

Earl Francis
Spryfield Memorial
Branch 152



WE CARE



All You Can Eat Chinese Buffet
Saturday and Sunday 4:30 p.m. to 7:30 p.m.

LUNCH SPECIALS

Specials 11:30 a.m. to 2 p.m.
Monday to Saturday

- A - Egg Roll, Honey Garlic Spare Ribs, Chicken Fried Rice \$3.90
- B - Egg Roll, Sweet & Sour Chicken, Chicken Fried Rice \$3.90
- C - Egg Roll, Chicken Chop Suey, Chicken Fried Rice \$3.90
- D - Egg Roll, Beef with Broccoli, Chicken Fried Rice \$4.85

CANADIAN SPECIALS

- Hamburger Platter & French Fries \$3.95
- Chicken Wings & French Fries \$3.95
- 2 Piece Fish & Chips \$4.50

RDM RECYCLING



Construction Demolition & Debris Services

1275 Old Sambro Road, Harrietsfield

"Using yesterday for a better tomorrow"

ENVIRONMENTALLY REGULATED DISPOSAL OF

Metals • Clean Asphalt • Concrete • Brick

CONSTRUCTION MATERIAL DISPOSAL SPECIALISTS FOR

Wood • Clean Asphalt Shingles
Asphalt & Gravel Roofing • Mixed Roofing
Mixed Loads • Drywall/Gyprock

BUSINESS HOURS

Monday through Friday - 7am to 5pm - Saturday - 7am to 12 noon
Special arrangements available for after hours service

PHONE 477-9995 • FAX 477-0534

Students presented with Annual Lieutenant Governor's Awards

Grade 11 J.L. Ilsley High School students Stephen Gillis Foster and Jillian Margaret Reardon were presented with the 2004 Lieutenant Governor's Medals this month for

their exemplary performances this year in leadership, service to their community and dedication to their academic achievements.

In making the presentations to students from throughout Metro at J.L. Ilsley Her Honour Lieutenant Governor Myra Freeman said she "came to the ceremony today to share a very special moment. This is a very rewarding part of my role as Lieutenant Governor because it assures me that our future is in the hands of some very capable and caring Canadians."

"Our future rests in your hands," she told the 32 students representing all Metro schools. "You are faced with so many decisions and you often wonder if your making the right decisions," she said, encouraging the students to "trust in your instincts and be mentally sharp. Obviously you have demonstrated a willingness to help where possible and your involvement brings vitality and enthusiasm to our communities."

The annual medals are awarded to students who have combined a high degree of academics with commitment to community service and leadership abilities among their peers. "You can take credit for enriching the lives of

Nova Scotians everywhere," said Freeman. "Remember that your ability to interact with one another is a testimony to your humanity."

"You all have the capacity in you to make a positive difference in someone's life," said the Lieutenant Governor. "Leadership is about how you have a positive influence on one person who looked to you for guidance and advice. Today is important for you but it is also important for your teachers and your parents who have supported you over the bumps and hurdles and who have provided a rich educational environment for you to blossom in."

And for families, friends and teachers assembled in the J.L. Ilsley library for the ceremony, the presentations and descriptions of student accomplishments was impressive. From grade marks into the very high 90 averages to resumes documenting volunteer activities that would make one wonder where these gifted students could find the time for study, each recipient's dossier was impressive.

Stephen is an active member at J.L. Ilsley, participating in Robotics, Model Parliament and the Teen Health Advisory Board. An avid mathematics student, he placed in the top ten, in the province, in a University of Waterloo Mathematics Competition. Stephen was recently selected, as one of twenty students, in Canada, to attend an International Physics Conference. He volunteers as a Winter Treasures leader and at the Saint John the Baptist's Youth Group. This year, Stephen was the winner of the Spryfield Lions' Public Speaking Competition. In school, he maintains a 98% average and one day hopes to become a physicist.

Jillian is an active and motivated member in her school and community. Throughout her grade eleven year, she has been involved with Student Council, War Child and the school yearbook. She has volunteered as an outdoor education leader and at the IWK hospital. In addition to these contributions, Jillian has played an active role on the Peer Health Education team and as a cast member in the school's musical production. Her high academic standing has led her to attend the Huggin's High School Science Seminar at Acadia University and to participate in several Nova Scotia math league competitions. During her spare time, Jillian often plays the piano or guitar and aspires to pursue a career in law.



Jillian Reardon with Lieutenant Governor Myra Freeman.



J.L. Ilsley student Stephen Foster with Lieutenant Governor Myra Freeman.



For information and assistance

Peter J. Kelly
Mayor



Tel: (902) 490-4010 • Fax: (902) 490-4012 • kellyp@halifax.ca • www.halifax.ca

Danielsons ~ Water 'N' Wine

"The Best Little Brew Shop In Metro"

South Centre Mall • 477-9463

Make Your Own COOLERS

FOR AS LITTLE AS
87¢ PER BOTTLE!

Choose from these
10 Great Flavours:

Citrus Ice	Hard Peach
Hard Lemonade	Hard Cherry
Hard Blue Raspberry	Margarita
Hard Fruit Punch	Strawberry Daquiri
Hard Lime	Banana Daquiri

Make as much or as little
as you need at a time!

FUN AND EASY TO MAKE,
AT A FRACTION OF THE PRICE!



ACADIAN FLAGS

3' x 5'
Now In Stock

\$14.99

12"x18" Hand Held

\$2.99

We now accept Sears Card payments!

Sears Catalogue Merchant • www.sears.ca • 1-800-267-3277

BRIARWOOD

PAR 3 GOLF COURSE

Try our
Challenging
and Fun
Course



2400 Yards of Pleasure
Public Course
Everyone Welcome

647 1/2 Herring Cove Road
Phone 477-4677

Rent the Lions Den

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

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

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



Support your local Lions Club



DISCOVERING OUR PAST



Names of grading students from local schools posted in newspaper.

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

Another school year is finished and the students have brought home their report cards. During the 1940s, Marjorie Major's column in the local newspaper told us the names of students from Jollimore and Spryfield who passed their exams and moved on to the next grade. From old Cunard School in Jollimore these names appeared in July 1945.

From Primary to Grade One: Gerald Pottie, David Conway and Milton Pace.

From Grade One to Grade Two: Ann Fisher, Eric Kervin, Ann Jollimore, John Froste, Gregory McClare, Gertrude Hill, Audrey Umlah, Ernest Blois, Robert Pace, Paul Carlos, Richard Innes, Lorraine Smith, Edward Boyd, Albert Walker, Joan Kemp, Stuart MacPhee, Patsy Umlah and Aubrey Slaunwhite.

From Grade Two to Grade Three: Roy Hill, Lillian Boyd, Robert Bennet, Richard Pelly, Francis Romo, Ferne Rainforth, David Scarfe, Donald Hyland, Grace MacDonald, Noreen O'Hearn, Fred Wiswell, Russell MacPhee, Beverly Burgess, Billy Vaughan and Ronald Clarke.

From Grade Three to Grade Four: Gary Blacklock, Nola MacDonald, Betsy Innes, Sylvia Chipman, Harry Wiswell, Mitzi Hopkins, Myrna Umlah, Maude Conway, John Pelley, Robert Hartlin, Faye Lavers, Thomas Miller and Maurice Brown.

From Grade Four to Grade Five: Genesta Innes, Gordon Boyd, Betty Chaddock, Elsie Chaddock, Neil Roberts, Joan Boyd, Barbara McSweeney, Stanley Gordon, Jean Verge, Ernest Seel, Reginald Dauphinee, Jean Church, Elaine Martin, Hugh Graves, James Seel, Marie MacInness, Peter LeCocq, Paul LeCocq, Robert Cluett, Irene Gillingham, Barbara MacPhee, Ronald Cole and Leslie Brown.

From Grade Five to Grade Six: Colleen Edwards, Gloria Cole, Daisy McQuilkin, Gordon Hill, Vinia Boyd, Ernest Scarfe, Barbara Harrop, Gerald Westhaver, Rosalie Hyland, June Rainforth, Briant Burgess, Marlene MacLeod, Francis Murphy, Donald Umlah, Manfred Lavers, Duane Burgess, Ann Conway, Edward Kemp and Ethel McPhee.

From Grade Six to Grade Seven: Carl Chipman, Fred Murphy, Pat White, William McCarthy, Carmel Romo, Lorraine Graves and Borden Umlah.

From Grade Seven to Grade Eight: Nancy MacDonald, Josephine Innes, Anne Martin, Elaine Hunter, James Farwell, Rodney Buell, Robert Harrop, Kenneth Edwards, Vincent McDonald, Lloyd Bredeson, John Jollimore, Jean McQuilkin, Thomas Scarfe, Kenneth Martin, Roy Bailly, Don Hopkins, Mary Hill, Betty Conway, John Cruikshank, Frederick Grant and Paul Jollimore.

From Grade Eight to Grade Nine: Alice Roberts, Edith Roberts, Herbert Hill, Dorothy Bignell, Jeanette Innes and Mildred MacDonald.

Former students from Cunard attending LeMarchant School and Queen Elizabeth were also listed. At LeMarchant, promoted from Grade Nine to Grade Ten, were: Thelma Fader, Ruth Hunter, Shirley Cushing, Graham Hunter, Donal Scarfe, Leah Jollimore, Jackie Woods

and John Boyd. At QEH, promoted from Grade Ten to Grade Eleven, were: Laurence Umlah and Carl Jollimore.

In June of 1940 in Spryfield, 134 students from Grades One to Four were promoted to the

next grade. On July 11th the Chronicle Herald printed their list of names. Their teacher was Ida Mae (Yeadon) Marriott. From Grade One to Grade Two: Clifford Oxner, Kenneth Morash, Ruby Johnson, George Blakeny,

Arnold Miller, Stanley Moore, Doris Campbell, Julia Oakley, Barbara Cartile, Janet Rodgers, Ruth Swinamer, Barbara Garrison, Norma Amos, Elwood Oakley, Cyril Hubley, Marian Smith, Robert Dunn, Margaret Yeadon, Wallace Bobbitt, Douglas Perrott, Marian French, Joan Edwards, Tunno Innocent, June Robinson, Godfrey Oakley, Dennis Mosher, Lillian Legge, George Bryden, William McPherson, Bernard Oakley, John Yeadon and Eunice Ingram.

From Grade Two to Grade Three: James Pratt, Edward Pope, Joyce Yeadon, Bruce McNeil, Joy Johnson, Margaret Relf, Angus Brown, Marian Smith, Raymond Schnare, Gordon Kidston, Joan Olie, Joan Bobbitt, Norman Walters, Faith Hislop, Florence Hampton, Peggy Geyster, Louise Molten, Shirley Jones, Greta Hollis, Myrtle Swinamer, Emma Giles, Phyllis Yeadon, Helen Bellefontaine, Elsie Yeadon, Buddy Brown, Stanley Hayden, James Monahan, Richard Moore and Reginald Perrin.

From Grade Three to Grade Four: Victor Brown, Mildred Cox, Richard Giles, Richard Dunn, Frank Lane, Leo DeYoung, Camilla Monahan, Marie Oakley, Henry Perrott, Theresa Yeadon, James Senior, Lorne Pace, Dorothy Oakley, Kenneth Carroll, Bruce Campbell, Roy Robinson, Theresa Relf, Iona Oakley, David Oakley, Karl Robinson, Dolly Edwards and Bennie Slaunwhite.



Spryfield School, about 1940, including students Jimmy Marriott, front row; Pat Hampton, Henry Perrot, H. Monahan, David Hayden, Unknown and Unknown. 2nd Row: Alice Spittal, Theresa Relf, Florence Hampton, Unknown, Camilla Monahan, Edna Oakley, Dot Oakley, Unknown, Dolly Edwards, Buddy Senior and Stanley Hayden. 3rd Row: Teacher Ida Mae Marriott, Frank Lane, Roberta Cox, Theresa Yeadon, Ken Lane, Unknown, Unknown, Jimmy Pratt and Dick Giles. Back Row: Unknown, Unknown, Doug Olie, Ken Carroll, Leo DeYoung, Jimmy Senior, Mike Giles, Albert French, and Bruce McNeil.

THE TASTE OF SUMMER



Three Locations in Spryfield

154 Osborne Street
477-9984

1 Pine Grove Road
479-3206

South Centre Mall
477-1943

Tim Hortons

Scholarship Foundation may disagree with "non-leader" self description

By Corey Baird
Staff

Though she's loath to label herself as any kind of a leader, Gillian Wesley has spent the better part of the last year setting a great example for her peers to follow.

"I'm not like that," she says nervously about being called a leader. The Canadian Millennium Scholarship Foundation would beg to differ. They recently awarded Gillian with a \$4000 scholarship towards her first year of study at the University of King's College.

"I didn't even apply until a few days

before the deadline," she recalls with a laugh. "I wasn't aware the forms were at our school until a friend told me, but the money will definitely help."

The scholarship is in recognition of her work as volunteer swimming coach, peer educator and especially for her efforts to curb bullying at her high school, JL Illsley. The latter issue is one that's close to her heart.

"Through junior high and into the early stages of high school I had problems with a few girls," Gillian explains. That in and of itself doesn't make her all that different from a lot of her peers. It was her response to the

problem that really set her apart.

"We initially formed a group of twelve girls to talk about it, and we ended up planning a one day seminar for the whole school." With Gillian's input the efforts of the group intensified, and helped the school implement a strict anti-bully policy.

"Basically we call it the by-standers program, so that if you're caught watching a fight you're held just as responsible as the person who started the fight."

In regards to being a leader Gillian admits with some further prodding that she's come a long way from her shy junior high days. "I guess I've come out of my shell a lot in the last few years," she says.

That's evident in two of her interests in particular; peer mediation and synchronized swimming, hobbies in which she's been active for several years, only to see her roles in both reversed in recent years.

"In terms of peer education, that was something I was involved in during the early grades, but in the last year I became active in touring junior highs and talking to kids about things like contraception, bullying, eating disorders and the other issues of the day."

Just as startling as her transformation from listener to lecturer is her emergence as a synchronized swimming coach after a successful stint as a member on the provincial Canada Games team in 2003. "I find I actually like the coaching more than the swimming, which is weird because I swam for eight years," she chuckles. "I just enjoy teaching someone

younger and helping them and actually being able to see improvement as a result of it."

Despite all of these achievements and recognition from a national scholarship program she's reluctant to take centre stage. Oddly that's exactly where she hopes to end up after her studies are completed at King's.

"I'd like to be an overseas correspondent eventually. I love to travel, and the thing I love about journalism is that you're always learning. Everyday you're forced to become an expert on some new topic so you're constantly educating and improving yourself."



Gillian Wesley is pursuing a journalism career in university with the help of a Millennium Scholarship she earned.

Dr. Elaine Carey

Welcomes Dr. Natalie Burke to the practice



NEW PATIENTS WELCOME



hours of operation
Monday 9 - 6
Tuesday & Wednesday 9 - 7
Thursday & Friday 9 - 5

339 Herring Cove Road, Royal Bank Building
Phone 477-9457



Crowell's

Pharmasave

HEALTH AND WELLNESS CONNECTION



Watch for Crowell's 50th Anniversary Celebrations

Open
Monday through Friday
8:30 am to 9:30 pm,
Saturday
9:00 am to 7:00 pm,
Sunday & Holidays
10:00 am to 5:00 pm



349 Herring Cove Road
Phone 477-4650

www.pharmasave.com

Live well with

PHARMASAVE

Our Commitment to Care

Crowell's Pharmasave is committed to being able to provide for all your health care needs and services. We are happy to have several specialty services to help you live life to the fullest.

Ostomy Products

We have a variety of ostomy supplies available in the store and can order in any specialty items as required.

Compression Stockings

Crowell's Pharmasave has several certified fitters available to fit clients for compression stockings (Sigvaris or TEDS). We can even come to your home at no extra cost.

Mastectomy Bras and Prosthetics

We are also certified to fit and help you select these products to best suit your needs and lifestyle. Please call to make an appointment.

Clinic and Consultations

Health clinics are held monthly on such topics as osteoporosis, migraine, and diabetes. A pharma-

cist is also available to do personalized consultations for patients and their families upon request.

Equipment Rentals

Items such as wheelchairs, walkers, crutches and TENS machines are available for rent for both short and long-term use. These items are also available for sale.

Assistants to Daily Living

There are many different products now available to assist you in your everyday life. At Crowell's Pharmasave you can find handrails, bath and raised toilet seats, lift chairs, reaching devices, incontinence supplies, braces, vaporizers, heating pads, specialty pillows etc. We can also order in most products at your request.

Blood Collection and Foot Care Service

Every Saturday from 10am to 12pm we have onsite blood collection from QEII Health Sciences Centre phlebotomy staff for \$8.00. Home blood collection is also available by appointment for \$20.00. Foot care services are

also provided onsite by We-Care nursing staff. These 45-minute appointments are available monthly and cost \$20.00.

A Pharmacist is also available as a resource for your community group. Health seminars on any topic can be provided to you group upon request. Please call for details. Lisa Herritt, Pharmacist.

Walk and Talk

Join Crowell's Pharmasave on our mission to introduce *Everyone to Exercise*. We currently have a Walk and Talk group that meets every Tuesday morning from 9:30am to 10:30am. Before the walk starts, we have a 20 minute education session on a health topic of the group's choice such as nutrition, sun care or varicose veins.

UPCOMING CLINICS (Tuesdays from 1-5pm)

September 21st: Migraine
October 19th: Osteoporosis
November 16th: Diabetes

Barrios family carrying on father's 28-year tradition

Standing face to face with Helen Barrios in the centre of Barrios Concrete Ornaments Limited's "outdoor retail showroom" at 1181 Bedford Highway, there is a sense of organized clutter. As the conversation unfolds, it seems there are no other voices to be heard despite the constant quick, purposeful actions of people going about their daily routines.

For the uninitiated, it is difficult to discern who is an employee, who is a customer. Suddenly a man strides by. "That's Pierre (LaPorte)," says Helen without bothering to interrupt his ambition. "He's been here fore-

couple to view the effect.

"That's my sister Nina. I'm so proud of her for buying the business and carrying on the family tradition," says Helen from her heart of hearts. And as Nina strides by to perform the sales function for her customer, there is a quick introduction, but Nina isn't staying long. There is work to be done and making concrete ornaments is Nina's job, talking to journalists is Helen's who's already confessed she's "been working long hours to help Nina get through the changes that are before us."

And change there is. The girls' father Fred, a South American immigrant who came to Nova Scotia a single parent in 1974 to care for his four children, is terminally ill. And although the illness will be decisive, Helen, Nina, their sister Beverley and brother Rob, are just as deeply sad-

decision of what to do about the business. The illness came along and now everything has had to be hurried. The land and buildings of the company are still for sale, but Nina has taken over the business and she's getting all the support her brother and sisters can provide.

"It wasn't an easy decision to make," says Nina. "As children we all worked with Dad helping him run the shop. As adults at one time or another we all went off to do our own things, but we always ended up back here. I guess in the back of my mind I knew this is what I wanted to be doing. I know we're definitely stronger working as a team."

"We still need to move," explains Helen. "We've outgrown this space. We need to reorganize, modernize our equipment and find a better way to display our products. We're very cramped here," she says anxiously awaiting the time when she can rearrange the settings of "Animal Land," the company's handmade water fountains, religious statues, tables, benches, bird baths, patio stones, pagodas and other products.

This is a very labour intensive business, says Helen, explaining that all the molds are filled by hand and separated by hand after curing. Many are painted by Helen herself and there is little automation in this nearly three decade old business that has been built on father Fred's constant ambition to keep his customers happy.

"Dad made this business work," says Helen. "Through struggles with the GST, the recession, you name it, Dad made Barrios

work. He did it for us but making his customers happy was an important thing to him. We have customers coming in all the time asking where Dad is. He treated all his customers like they were family so it always comes as a shock when we tell them he is in hospital," Helen says. At the recent home show Nina says, "I had so many people who stopped and said they were happy to see we were going to continue on in the business."

But if it's the family values that make doing business with the Barrios a delight, the consumer benefit is the lack of a middle man. Unlike the major building supply store, everything purchased from the Barrios is made by the Barrios, allowing customers to receive very high quality products at more reasonable cost.

"We still do all the work by hand so you'll still get the high quality product you expect to get from Barrios but it would be nice to have room for some more equipment, even a forklift to carry some of the heavier pieces," says Nina hoping the company can find an appropriate location not far from the Bedford roots. "It would be nice to find some land on the



Helen Barrios, left, and her sister Nina show the determination given them by their father who built the Barrios Concrete Ornaments Limited business Nina has just taken over.

er," she blurts out with the confidence of an employer assured that whatever Pierre is up to, it's far more important than being introduced to a journalist. Pierre hustles by without even a nod to Helen. He knows where he's going. He knows what he's doing, and Helen doesn't ask. It is the kind of understood communication that fuels this 28-year-old family run business.

Helen's sister Nina appears to the left. She lifts the top off a bird bath pedestal to replace it with another a wife and her husband have inquired about. Nina hoists the thirty or forty pound bowl from the ground with both hands effortlessly, positions it gently on the pedestal, and takes a half step backward to allow the

dened that their father, who worked and struggled for 28 years to build the business and care for his family, won't get to enjoy the retirement he was just beginning to plan as they are for their own loss.

"I remember trying to convince him it was time to retire," says Nina Barrios-Simms. "We told him it would be the perfect time. He was healthy and he would be able to spend time enjoying life. I remember it would be perfect because he could spend more time with his grandchildren."

So Fred put the company's prime Bedford location up for sale to prepare for retirement while his children began wrestling with the



Helen Barrios stands amid one of the company's most popular products, ornamental garden and lawn edgers.

Hammonds Plains Road," she says, already planning how Barrios will be able to improve their business for the betterment of their customers.



Barrios Concrete Ornaments Limited

We Are Open and Manufacturing Quality Concrete Garden Decorations and Patio Stones at Low Prices

WATER FOUNTAINS and SCALLOPED BORDERS



CONCRETE BIRD BATHS AS LOW AS \$45



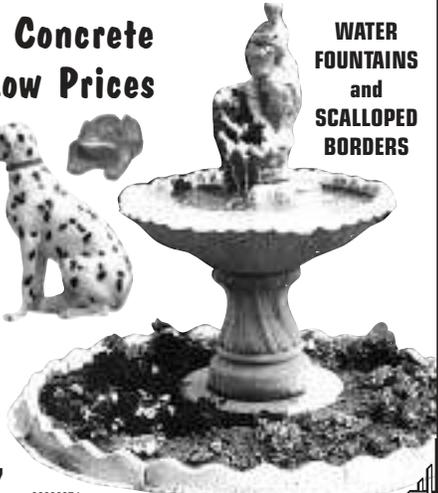
ROYAL URN



SMALL ANIMALS AND GNOMES



TABLE SET



WATER FOUNTAINS and SCALLOPED BORDERS

1181 Bedford Highway, Bedford, N.S. (902) 835-2227

00208374

Spryfield Physiotherapy

Massage and
Work Conditioning

Your community clinic



Quality and Convenience
Day and Evening
Appointments Available
Monday to Friday

479-7500

Theatre Arts Guild still strong after 74 years

By Sandra MacLean
Staff

This summer promises to be a busy time at the Theatre Arts Guild (TAG) with performances, work on the facility and rehearsals for the first fall production that starts September 30th.

The summer schedule at TAG offers two events, starting with the thriller "Dead Guilty" running for three weeks in July. This will be followed by a single performance of a double bill in August, combining the annual summer reading titled "The World of Insects and Creepy Crawlies," with the Dartmouth Players' presentation of "Stage Costumes: The Inside Story."

Plans are in the works to do some building improvements over the summer to upgrade the audience space to make it more comfortable and accessible, and to enlarge the foyer, says Judy Reade, explaining that "we don't want to add more seats. We'd rather preserve the small theatre feeling that we have now."

Drawing from about 300 members, TAG puts on five productions a year plus the TAG at Neptune performance thanks to a large group

of very active members. To appreciate the effort that operating a theatre requires, each performance involves from four to fifteen people and takes six to eight weeks of rehearsals, three times a week. Besides the acting roles, there are the behind-the-scenes workers who are critical to each successful performance.

Perhaps it's that variety of activities that accounts for the appeal of theatre to new and old members. One year a member might be an actor, another the producer, and a third year perhaps work on costumes or props. Judy Reade, long time member, archivist, historian, props and costume manager, says they try to have new actors in every performance so there is always room for new talent.

TAG is proud to be Canada's oldest continually operating community theatre. The Theatre Arts Guild held its first performance in 1931 at the Garrick Theatre located on the site now occupied by Neptune Theatre with a play by A.A. Milne, best known for his Winnie the Pooh stories.

In 2004, TAG returned to Neptune for its first solo production there since their 1931 opening performance. Nick Jupp describes TAG at Neptune as bringing community the-

atre to a new audience and at the same time giving the TAG performers an opportunity to experience the differences between professional theatre and community theatre.

There have been many milestones in TAG's history, including a fire in 1959 that destroyed everything they owned.

Before Neptune opened in 1962 as the first professional theatre in this area, TAG was "the" place for theatre and many aspiring actors learned their skills there before moving away to join the professional world of theatre.

In 1966, after many years of moving from one location to another, member Bernice Ross helped TAG to purchase the Saint Augustine's Church Hall which TAG was then able to pay off over time. Renamed the Pond Playhouse, it has become their permanent home with seating capacity for 107 people.

The 1975 opening of the Dalhousie Theatre School also had a big impact on TAG membership.

Through all these challenges they survived with membership decreasing and then rebounding as interest in community theatre continued strong. In fact, an increasing trend towards performances by school and church members gives people a taste of the theatre and these experiences often lead to a lifelong interest in theatre as performers or audience members.

Long time board members Bill VanGorder and Esther VanGorder even went so far as to hold their wedding at the Pond Playhouse, representing the symbolism of the family feel permeating throughout Canada's longest continuously running theatre troupe.



**Subsidized and full fee daycare
for children ages 18 months to 5 years**

7:30 am - 5:30 pm

a modern facility - a tradition of caring

477-9324

HOMESELLER'S KIT FREE SPECIAL REPORT + CD-ROM*

NO OBLIGATION • MAILED FREE TO YOUR HOME

- Things you should do & not do
- How to establish your selling price
- Quick & easy fix-ups that will make a difference
- How to maximize your investment, and more...

PLUS limited Time Offer, Free CD-Rom* to First 15 Callers.

*WILL PLAY IN PERSONAL COMPUTER



Roy Thomas
430-8700
www.RoyThomas.ca

To Order, Call **1-888-574-7319**

And enter ID# 3028 (talk to no one)

Call 24 hours a day / 7 days a week.
You don't have to talk to Anyone

Just call our 24hr. voicemail system and leave your mailing address. Or visit our website at:

www.HalifaxHomeSellersKit.com



Sutton Group
Professional Realty

CIVIC ADDRESS CHANGES

The Halifax Regional Municipality has completed a project to ensure that every residence and business within the project area has a valid civic address. This will help to ensure that emergency services are efficiently directed to all properties. One of the latest HRM Corrections Projects covers the following communities: Harrietsfield, Williamstown, Sambro, West Pennant, East Pennant, Sambro Creek, Sambro Head, Bald Rock, Ketch Harbour, Duncans Cove, Portuguese Cove, Bear Cove, Halibut Bay, Herring Cove and Fergusons Cove.

As a result of research and field work undertaken, it was found that a number of streets in the corrections project area had similar or exact names. Due to public safety concerns the following streets have been renamed effective May 17th, 2004:

OLD STREET NAME	NEW STREET NAME
Basin Bridge Road, Sambro	Coastal Lane
Birchwood Drive, Williamstown	Birchwood Road
Brittany Murphy Drive, Williamstown	Brittany Murphy Terrace
Charles Mills Drive, Williamstown	Charles Mills Way
East Bull Point Road, Sambro	Bull Point Road
George Gray Road, Sambro	George Gray Lane
Glencairn Drive, Herring Cove	Glencairn Lane
Government Wharf Road, Herring Cove	Herring Cove Wharf Lane
Government Wharf Road, Sambro	Sambro Wharf Road
Grays Road, Sambro	Francis Gray Drive
Heather Lane, Herring Cove	Tranquil Lane
Joes Road, Herring Cove	Joes Drive
Lee Murphy Drive, Williamstown	Lee Murphy Crescent
Litchfield Lane, Herring Cove	Seascape Lane
Oceanview Drive, Herring Cove	Oceanbreeze Avenue
Tribune Lane, Herring Cove	Tribune Head Lane
West Bull Point Road, Sambro	Martins Point Road

The following street name changes will be effective July 19th, 2004

OLD STREET NAME	NEW STREET NAME
Ketch Harbour East Road, Ketch Harbour	East Side Road
Ketch Harbour West Road, Ketch Harbour	West Side Drive

The following new streets were identified (common driveways serving 3 or more residents) and have been given names:

Aquatic Drive, Sambro
Black Rock Lane, Portuguese Cove
Callaway Drive, Williamstown
Clare Lilley Lane, Portuguese Cove
Costa Lane, Portuguese Cove
Faraday Lane, Fergusons Cove
Gill Cove Road, Ketch Harbour
High Barrons Road, Sambro
Humbolt Lane, Portuguese Cove
Islandview Lane, East Pennant
Joeyes Way, Duncans Cove
John O'Neill Lane, Herring Cove
Kirby Lane, Ketch Harbour
Letitia Lane, Portuguese Cove
Margus Lane, Sambro
Pelham Lane, Herring Cove
Ships Lane, Fergusons Cove
Souwester Lane, Sambro
Steel Lane, Herring Cove
Viewpoint Lane, Williamstown
Windship Lane, Duncans Cove
Winterhouse Lane, Ketch Harbour

The following new lanes will be created effective July 19th, 2004

Berthas Walk, Herring Cove
Butter Cove Lane, Ketch Harbour

HRM Civic Addressing staff would like to thank all residents who participated in this project. If you are interested in the specific details please feel to phone HRM Civic Addressing at 490-6079.



• Distress Inventory • Buy Backs • Blemished • Damaged • One of a Kind • Surplus •

LumberMart

CLEARANCE CENTRES LTD.



Sale Ends July 31, or While Quantities Last!

MID-SUMMER SAVE

Now Open
Thur & Fri
8am - 8pm

notice: We must liquidate 16 tractor trailer loads of surplus roofing material

- Discontinued Lines (Full Warranty) • Plant Closure (#1 but no Mfg. Warranty)
- #2 Blems (No Warranty) • Full Load #2 Rolled Roofing • Full Load #2 Felt Paper



#2
ROOFING SHINGLES
4 colours (No Black)
\$11.97 per 32 bundle
GREAT FOR COTTAGES, BARBECUES, SHEDS & MORE
THE #1...
IN STOCK... BOTH LOCATIONS!

PLANT CLOSE-OUT #1
NO NAME "25 YEAR RATED"
\$13.97 Cash'n Carry Special
Two Loads
Brown/Grey
Green

#1
NO NAME "30 YEAR RATED" ARCHITECTURAL
\$15.97 GREEN ONLY
PLANT CLOSE-OUT
No Mfg. Warranty

#1
XT25 year SHINGLE
Lousy Colour Selection
\$14.97 Cash'n Carry Special
Sea Green
If you like GREEN... You'll love this price!

25-YR SHINGLE #1
XT25 year SHINGLE
Mildew resistant
25 colours / Instock
\$16.97 per bundle at LumberMart rebate
OUR FULL LINE #1 ROOFING SHINGLE
Black
Grey
Brown
Green

#1
XT30 year SHINGLE
\$17.97 per bundle after rebate
2 colours only... but nice colours
5 year Mfg. Warranty - Discontinued line
\$18.97 - \$1.00 LumberMart Rebate

#2
ROLLED ROOFING
N.I.S. Lo-Slope
or... 36" Slate Surface
\$15.00 per roll
GREAT FOR SHEDS, CAMPS & MORE!!
Compare at up to \$39.95
YOUR CHOICE
WHITE or BLACK only
(No mfg. warranty, but we guarantee 100% usable)

Paint on a new ROOF
\$49 Mfg. Retail \$139
3 Gal. covers approximately 300 sq. ft.
No stripping old shingles
No dumping fees
Do-it-yourself!
THE FINAL TRINT. Prior to the closure of the Master's Choice Co. this product carried a 10-year warranty.

Pine Plank FLOORING
#15PF 5" Standard
#16PF 6" Premium
\$1.29 sq.ft.
OUR VERY BEST... 6" Kiln-Dried
Kiln-Dried, Full 3/4" Thick T & G
\$1.99 sq. ft.

LUMBERMART SHEDS
4' x 8' from \$288
4' x 8' from \$348
ECONO GRADE includes: Drop-gable 21/2" OSB, Engineered Trusses, 42 Asphalt Roof Shingles, Select 2x4 OSB-Floor, Trim boards, Ply'd Siding
REGULAR GRADE includes: Solid Slop 21/2" OSB, Engineered Trusses, H Asphalt Roof Shingles, Select 2x4 OSB-Floor, Trim boards, Ply'd Siding
DELUXE GRADE includes: 1/2" Ratched Plywood Siding, H Asphalt Roof Shingles, 2x4 Select Drop OSB Floor/Floor-Tim Packings, Rust Siding
BONUS GRADE includes: All the features of our "Regular" package PLUS you choose of any color to match your house.
All Sheds include: Windows, nails and screws, and Instruction Sheet

	ECONO	REGULAR	DELUXE	SIDED
5000	\$499	\$559	\$619	\$679
6000	\$579	\$639	\$699	\$759
7000	\$659	\$719	\$779	\$839
8000	\$739	\$799	\$859	\$919
9000	\$819	\$879	\$939	\$999
10000	\$899	\$959	\$1019	\$1079
11000	\$979	\$1039	\$1099	\$1159
12000	\$1059	\$1119	\$1179	\$1239
13000	\$1139	\$1199	\$1259	\$1319
14000	\$1219	\$1279	\$1339	\$1399
15000	\$1299	\$1359	\$1419	\$1479
16000	\$1379	\$1439	\$1499	\$1559
17000	\$1459	\$1519	\$1579	\$1639
18000	\$1539	\$1599	\$1659	\$1719
19000	\$1619	\$1679	\$1739	\$1799

Treated LUMBER

	8'	10'	12'	14'	16'
2 x 4	4.24	5.90	6.99	8.29	9.48
2 x 6	7.52	9.40	11.28	13.16	15.12
2 x 8	10.65	13.31	15.97	18.63	21.29
2 x 10	13.99	17.45	21.98	24.99	27.89
1 x 6	3.99	4.55	5.46	6.37	7.28
4 x 4	8.89	11.91	14.99	17.49	19.97
5/4"x4"	3.84	4.80	5.76	6.72	7.68

VINYL SIDING
KAYCAN
The more you buy, the more you save
AS LOW AS...
\$43.16 Per Square
Per 100 sq. ft.
Pick-Up Allowance... - \$1.00
YOU PAY... \$53.95
10% Off purchase up to \$800... - \$5.40
YOU PAY... \$48.56
15% Off purchase up to \$1500... - \$8.09
YOU PAY... \$40.47
20% Off purchase over \$2000... - \$10.79
YOU PAY... \$29.68
The FINAL TRINT. All products to be sold while quantities being provided by the manufacturer. Product sold in the regular stock of stock, sale and cash.
SUPER SPECIAL
COIL STOCK \$77

CHECK US OUT ON THE WEB AT... www.lumbermart.ca



- HALIFAX -
751 Herring Cove Road, Spryfield, Halifax
477-6500 • Fax 479-0839
Toll Free 1-800-922-8204

- HOURS -
Monday-Wednesday 8am - 6pm
Thursday / Friday 8am - 8pm
Saturday 8am - 5:30pm

- DARTMOUTH -
15 Wright Avenue, Burnside, Dartmouth
468-7772 • Fax 468-0233
Toll Free 1-866-711-7772

• Cancelled Orders • Buyers' Mistakes • Factory Seconds • Overstock • Bankruptcies •

Dated Stock • Emergency Liquidations • Repossessions • Foreclosures

Manufacturers' Clearouts • End of Line • Overruns • Insurance Claims

Captain Spry Fitness Club
Spry for Life
Come Ride the Fitness Wave

Summer Special
2 Months for the Price of One
 Effective June through August

Enjoy the many benefits of a membership at our Fitness Club at very reasonable rates.

Memberships include lane swims, sauna (19 years and over) and 50% off some fitness classes. One hour personal training included with 3 month and over memberships.

Certified personal trainer and convenient location.

Call 477-7665 (477-POOL) to inquire about our Membership Plans

Located in the Captain William Spry Community Centre
 10 Kidston Road




Shoppers Drug Mart unveils new store

Spryfield took a leading role in the Atlantic Shoppers Drug Mart business this month when owner Pharmacist Dominic Gniewek opened the largest Shoppers Drug Mart retail outlet on Herring Cove Road.

Calling the opening a "coming home" of sorts, Gniewek said at the low key event that "opening this store is like coming home" for him because it returns him on a full time basis to the community where he started in the drug store business 20 years ago.

The flagship store is among the most modern Shoppers Drug Mart stores in the Atlantic area and boasts a high end cosmetics section, a health and wellness department, expanded food department and a modern photography

system allowing consumers to reproduce pictures with hands on digital technology.

Local Senator John Buchanan, who help Gniewek open the original Spryfield Shoppers 20 years ago, helped with the ribbon cutting ceremony. "As a former Premier I've attended many of Shoppers openings," he said, "but being able to assist Dominic with this event rekindles my memories of the great thing he did here 20 years ago. It's wonderful to see this commitment to the community being reenacted."

And the development is seen as a real boost to the image and moral of the community. The expansion of the former IGA building, left vacant for more than two years, makes a

significant improvement to the streetscape of Herring Cove Road being revitalized by a bevy of business improvements including a renewed Spryfield Animal Hospital, redevelopment of the Canadian Tire Building and the move of Dial-A-Tire into the old Irving Station just across the street.

In the photo Store Administrator Thelma Cluett, left, and Front Store Manager Tom Campbell, right, help Gniewek and Senator Buchanan cut the official ribbon opening the store.



SUMMER EVENTS

PHARMACY EVENTS

July 9

Asthma Day

Asthma Lectures at noon and 6pm

July 16

Life Threatening Allergy Day

July 22

Diabetes Meter Trade in Days

Diabetes Lecture at noon

COSMETIC EVENTS

July 7th • 12pm-5pm

Neo Strata Dermatological Skincare Demonstrations

July 16th • 3pm-8pm

Cover Fx Cosmetic Clinic

Experience a flawless complexion. Blemishes, redness and discolorations disappear! Complimentary make-up applications.

July 18-24th

Neo Strata/Vichy demonstrations

"Enjoy safe sun" tanning event. Sampling of self tanners and how they work.

July 25-30th

Complimentary make-up & skincare consultations

Gift with purchase when you have a consultation.

HealthWATCH™

SPRYFIELD
 315 Herring Cove Rd.
 477-1210
 8am to midnight, 7 days a week

SHOPPERS DRUG MART 

MLA commits to working closely with new Member of Parliament

By *Graham Steele*,
Halifax Fairview MLA

You have an advantage over me because, as I write this, we are a few days away from the federal election and I don't know who your next Member of Parliament will be. But by the time you read this, the federal election will be over and you'll know the result.

I don't think I'll surprise anyone if I say

that I hope the winner in Halifax was Alexa McDonough. As MLA, I have had the opportunity to work closely with Alexa, right down to sharing a constituency office in the Bayers Road Shopping Centre. I know, as do many voters, that with Alexa they're getting a representative with unquestionable integrity and a dynamite work ethic.

But if another candidate won, then I commit myself to working 100% with that person,

in the interests of you, the citizens we represent. I am absolutely committed to the principle that your federal, provincial, municipal and school board representatives must work together closely to make life better for you and your family. I have no time for any elected official serving their personal or partisan interests ahead of your interests.

During the campaign, I had the opportunity to knock on doors with Alexa in Kline Heights and Cowie Hill, which are among the neighbourhoods that my constituency shares with hers. Alexa used to be the MLA here, before she moved on to federal politics in 1995, so she knows the area well and the voters know her. Now, with the recent re-drawing of the federal boundaries, Kline Heights and Cowie Hill are once again in Alexa's constituency.

For an elected official, there is simply no substitute for getting out there, knocking on doors, and finding out what's on your mind. Many people are shy about going to a public meeting, or calling their MLA or MP with an opinion or problem. There's nothing like letting talking to your representatives, from the comfort of your own doorstep.

On a completely different note, I have discovered a sure cure for cynicism. If anyone has any doubts about the smarts, the creativity or the energy of today's young generation, I recommend attending a high school graduation ceremony. On June 25th I did exactly that, as I participated again in J.L. Isley's graduation exercises.

They say that graduations are really for the families, and I couldn't agree more. On gradu-

ation day, graduates think of, and thank, all those people who helped them get to that short but important journey across the school stage.

As in previous years, I was happy to present the Eileen O'Connell Memorial Bursary to a graduating J.L. Isley student. Most of you will recall that Eileen was my predecessor as MLA. She was a teacher with a great interest in promoting democratic ideals and the interests of women. That's why the bursary is awarded to a student who makes an outstanding contribution to the school's Model Parliament, with preference going to a young woman.

Congratulations, J.L. Isley graduates and, especially, your families.



Herring Cove Junior High School invited local citizens to attend Literacy Week and tell their individual stories. Literacy Coordinator Isaac MacEachern organized the event and invited Herring Cove residents Gloria Turner and Jeannie Henneberry.



Spring Painting

Clean professional service



Call: Trent Exley
479-7199
exley@eastlink.ca



MICHELE RAYMOND, MLA

OFFICE HOURS

10 Kidston Road (Captain Spry Centre) B3R 2J7
Monday-Thursday 9 am - 5 pm
Friday 9 am - 12 pm

"ROLLING OFFICE HOURS" call to confirm

Chocolate Lake Recreation Centre
First Monday of each month 9:30 - 11 am

Dock & Dory Marina - Sambro
Second Monday of each month 9:30 - 11 am

Harrietsfield Community Centre
Third Monday of each month 9:30 - 11 am

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

Phone: 477-4100
Email: mhraymondmla@eastlink.ca



Pelham Electric & Refrigeration Ltd.

Service Since 1967

Contracting - Rewinding - Repair

Electrical Contracting
Commercial Kitchen Equipment
Refrigeration & Air Conditioning
Home Security & Monitoring
Machine Shop Service
Voice & Data Cabling
Electric Motor Repair
Appliance Repair
Telephone Service
Computer Aided Shaft Alignment



477-4621

Fax: 477-3056

20 Battery Drive, Halifax, Nova Scotia, B3P 2G8



Graham Steele

MLA - HALIFAX FAIRVIEW

7071 Bayers Road, Suite 319A
Halifax NS B3L 2C2

Phone: 453-5556
Fax: 453-4566

graham@grahamsteele.ca
www.grahamsteele.ca

Moving on with the Juan clean-up and busy summer months

By Stephen Adams
Councillor District 18

Although Hurricane Juan hit us nine months ago we are continuing to feel the ill effects of this disaster, namely fallen trees. Over the past number of months Council has struggled with a burning by-law and solutions to address the massive amount of fallen trees and brush. At a recent Council meeting we passed a motion encouraging the federal and provincial governments to help with the clean-

up and we will also attempt to implement a pick-up program.

Should you wish to burn debris, there are provisions to allow for special consideration. Factors include the area in which you live, proximity to property lines and buildings and weather indications, among others. I encourage you to contact your local fire department to see if you qualify.

In a recent field visit to Herring Cove Junior High with HRM staff, Mr. Acoino, Brian Dempsey and myself, we looked at ways

to improve the sports field. We will address the fencing, drainage and broken culverts. During the visit the lining of the field was raised. Before we left HRM crews were busy ensuring the fields were lined for the evening games. My hat goes off to them for their efforts.

The Month of June is generally busy with many community events and school fairs. Central Spryfield, Harrietsfield Elementary and Sambro School had very successful fairs. They were jam packed with students, parents and visitors alike, and strongly supported by teachers. If you ever have an opportunity to attend any or all of these events I highly recommend it. There is something for everyone.

The McIntosh Run clean-up and the Trout-A-Rama are fixtures in the month of June and have become traditions in our community. I am amazed at the trash, debris and rubbish taken out by those who participate in the clean-up every year. Grocery carts, engine blocks, hot water heaters are some of the more common items.

Trout-A-Rama was another success story. A steady stream of parents and children alike made their way to Williams Lake to try their luck. The true impact of this cannot be mea-

sured until you see the delight of a youngster with a fish. Perhaps we can look forward to the day when the Trout-A-Rama could expand to include the McIntosh Run so that all that is taken out of the Runs is fish as well.

In June I was approached by Mr. Brian Hatch of Williamswood to present a petition regarding the condition of Old Sambro Road. This petition, with in excess of 350 names, was addressed to Michele Raymond, your MLA. As I understand, Michele also presented it to the legislature. I am hopeful that this will result in some new paving and long overdue repairs. My sincerest thanks goes out to Brian for his efforts.

Congratulations goes out to Ross and Peter Ainslie of Spryfield Animal Hospital, Dominic Gniewek of Shoppers Drug Mart and Dave MacDonald of Dial-A-Tire. These local business people relocated to brand new facilities and have added to the ever improving streetscape of Herring Cove Road.

Finally I wish you a safe, relaxing and enjoyable summer. Above all, be careful of excited school children as they play throughout our communities.



Brianna Musolino, left, and her mother Donna, seated, helped out at the Harrietsfield Elementary School Spring Fair this year. Donna is working to put designs on the cheeks of students Abigail Price and Katlyn Bowdridge.

City, School Board, work to improve availability of facilities

By Linda Mosher
District 17 Councillor

In the last number of years, there have been many instances where residents or the municipality have wanted to book school facilities. Unfortunately, they were either unavailable or too expensive for groups to afford. I am pleased to announce that Halifax Regional Municipality (HRM) and the Halifax Regional School Board (HRSB) have signed a service agreement for indoor and outdoor recreation facilities. The intent of this Service Exchange Agreement is to formalize the exchange of services between HRM and HRSB respecting the use of each party's facilities. The intent of the agreement is to obtain greater access to facilities at a reasonable price.

Previously, HRM was in charge of community based facilities located next to schools and HRSB was in charge of facilities inside schools. The agreement provides schools with access to HRM's inventory of facilities such as athletic fields, sport courts, swimming pools, ice arenas, and playgrounds, while providing HRM Recreation Programming with access to school facilities to offer community-based recreation programs during non-school hours. The HRSB facilities, excluding P3 Schools, would include gymnasiums, classrooms, auditoriums, cafeterias, and specialist rooms including audiovisual, family studies labs, libraries, weight rooms, and auxiliary rooms.

In general, the three key highlights to this new service agreement are priority access to facilities, improved community access and central booking of all facilities.

Without getting into the lengthy, detailed specifics of the agreement, generally, HRSB is to provide HRM with priority access to its school facilities from 6 p.m. to 10 p.m. Monday to Friday, and 9 a.m. to 6 p.m. Saturdays, Sundays and Holidays during the

school year for HRM programs and services. Access during the Summer break, Christmas Break and March Break for HRM Recreation Programming will be provided from 9 a.m. to 3 p.m. Monday to Friday for a minimum of two schools within each of six geographic regions, one of which is Halifax Mainland South, Spryfield, Herring Cove, Purcell's Cove, Harrietsfield and the Northwest Arm.

In exchange, HRM will provide HRSB with priority access to its outdoor sport and recreation athletic fields, playgrounds, green spaces, sport courts, pools, and arenas for the operation of school-based and school-sponsored activities (Intra-murals, physical education, PAL programs, interscholastic sports, track and field, and other uses as agreed), programs and services during the school hours of 7:30 a.m. to 6 p.m. Monday to Friday for the school year.

HRM held community meetings across the municipality to identify community concerns regarding indoor facilities. Some of the key findings were that residents were not satisfied with the availability of facilities, particularly in the non-core areas, and the cost to access these facilities was felt to be excessive. Under this agreement, residents of HRM will have access to the school facilities at affordable rates (cost recovery only) Monday to Friday from 6 p.m. to 10 p.m. throughout the school year.

Prior to this agreement, it was very cumbersome to book some facilities. Residents can book facilities by calling 490-7100 between 8:30 a.m. and 4:30 p.m. or a message can be left at this number 24 hours per day.

Halifax Regional Municipality and Halifax Regional School Board understand the importance of community and recreational groups. We are working together to maximize availability of our facilities wherever and whenever possible at affordable rates.



Linda Mosher

HRM Councillor, District 17

Concerned, committed representation.

Office: 490-4050
Cell: 476-4117
Home: 477-8618
E-mail: mosherl@halifax.ca

Stephen Adams

HRM Councillor, District 18

Phone 490-4050
Cell 497-8818

*Showing how government
can work for you*



Partnership helps develop life skills for teenagers

Creating partnerships in the community for the benefit of local citizens and children provided approximately 20 teenagers with the opportunity to develop skills in sportsmanship, respect, teamwork and leadership said Captain Jim Mercer of the local Salvation Army Community Church.

Working through the Army's Cornerstone Family Centre, the Church established a floor hockey team for teenagers called the Spryfield Stars. Each for from September through to May the team and its members gathered to play floor hockey at Rockingstone Heights School. "It's a real partnership," Captain Mercer said of the team, explaining that not only the team but agencies in the community, including school officials, the Cornerstone Family Centre and Pastor Jake MacIsaac from Calvary Baptist Church all had a hand in bring the project

together for these kids.

And Mercer said the partnership was extended at the closing banquet when Cleves Sporting Goods and J. Robert Younker of Younker and Associates Investment Council combined their generosity to provide jerseys for the team members while the local KFC and Ross Elliott from Investors Group Financial Services helped with the banquet fees.

"The beautiful thing about this outreach is that it targeted kids who, for the most part, would probably never choose to be part of an organized league," said Mercer. "Through the support of other agencies and volunteers, we were able to provide a safe place where the kids not only had fun together playing sports but where they were encouraged, had their concerns listened to and they developed character, skill and respect toward on another."

For the teenagers, the closing banquet was an opportunity for them to gain the spotlight and feel pride as each one was presented with their jersey in a professional format.

"Because we believe that building healthy trusting relationships is the key to impacting the life of another we are proposing to continue this outreach again in the fall," said Mercer suggesting that the aim is to bring the team outside Spryfield to play in other leagues. "In the meantime, the partnerships in the community continue to grow as we seek to make an impact in the community in which we live and to cheer louder than ever that we are proud of our community and the people we serve."

In the accompanying photo, Rockingstone Heights Principal Ramona Joseph, Captain Mercer and J. Robert Younker assisted team members Jorge Aguilar, Anna Aguilar, Jimmy Atiol, Justin Chaiisson, Jeremy Edwards, Timmy Hillier, Christopher Laprade, Joey Maclean, Jeremy MacDonald, Deryk Richardson, James Thompson, Brad Wells and Gregory White with their new jerseys. Missing from the event were Pastor Jake MacIsaac, Mark Chute, Phil Blagdon, Coyle Boudreau, Shayne Cotter-Earle, Colin Cyr, Evan Humble, Joshua Kane, Derek Lyons, Michael Marriott and Nicholas Paul.

Urban Farm Museum Society gets development agreement

Chebucto Community Council this month gave approval to an Urban Farm Museum Society development agreement to allow animals at the Farm.

Residents opposing the application were concerned about a proposed parking lot, noise and the affect animals may have on asthma sufferers.

The Society will be allowed to have animals on the property on a restricted basis including not more than seven days in a row and only a preset number of days per year.

Development of the parking lot will not proceed and HRM will study the use of barricades to restrict off road vehicle access.



K.N.

UMLAH

INSURANCE AGENCY LIMITED

- Auto • Homeowners • Life & Disability •
- Commercial • Group •
- Monthly Payment Plans •

Age 50 plus? Ask about our special rates for you.



181 Herring Cove Road

477-2511

www.umlhins.ns.ca



Municipal and School Board Elections

PUBLIC NOTICE is hereby given that the preliminary list containing the names of those persons entitled to vote in the Municipal and School Board Elections being held on **Saturday, October 16, 2004** is available for revisions at the office of the Municipal Clerk, 2nd Floor, 1841 Argyle Street, Halifax.

HOW TO MAKE ADDITIONS OR REVISIONS TO VOTERS' LIST

If your name is not on the preliminary list or is listed incorrectly, the Revising Officer may make additions or revisions to the list upon application by telephone, "fax", mail, electronic mail, or in person. If you are applying by telephone or in person, please do so between 8:30 a.m. and 4:30 p.m. Monday, June 28 2004 to Tuesday, August 17, 2004. **All applications must be received before 4:30 p.m. on Tuesday, August 17, 2004.**

Applicants must provide surname, given name and initial, date of birth, address (including mailing address if different from street address), postal code, telephone number and reason for the revision by either of the following means:

- In person:** Municipal Clerk's Office
2nd Floor, 1841 Argyle Street, Halifax
(Between the hours of 8:30 a.m. and 4:30 p.m.)
- Telephone:** 490-1552, 490-1553, 490-1554 or toll free at 1-888-476-8683
(1-888-HRM VOTE) (Between the hours of 8:30 a.m. and 4:30 p.m.)
- Fax:** 490-4208
- Write:** Returning Officer
Halifax Regional Municipality
P.O. Box 1749
Halifax, NS B3J 3A5
- E-mail:** election@halifax.ca

Revisions and additions can also be taken in person by Revising Officers who will be present at **HRM Customer Service Centre** locations on:

THURSDAY, JULY 15, 2004		
Acadia School	636 Sackville Drive, Lower Sackville	8:30 a.m.-4:30 p.m.
Alderney Gate, 2nd Floor	40 Alderney Drive, Dartmouth	8:30 a.m.-4:30 p.m.
Cole Harbour Place	51 Forest Hills Parkway, Cole Harbour	8:30 a.m.-4:30 p.m.
Musquodoboit Harbour	Hwy. 107 at East Petpeswick Road, Musquodoboit Harbour	8:30 a.m.-4:30 p.m.
Scotia Square Mall, Lower Level	5201 Duke Street, Halifax	8:30 a.m.-4:30 p.m.
West End Mall	6960 Mumford Road, Halifax	8:30 a.m.-4:30 p.m.

Revisions and additions can also be taken in person by Revising Officers who will be present at the **local libraries** on:

SATURDAY, JULY 17, 2004		
Bedford		
Bedford Public Library	15 Dartmouth Road, Bedford	10:00 a.m.-5:00 p.m.
Cole Harbour		
Cole Harbour Public Library	51 Forest Hills Parkway, Cole Harbour	10:00 a.m.-5:00 p.m.
Dartmouth		
Alderney Gate Public Library	60 Alderney Drive, Dartmouth	10:00 a.m.-5:00 p.m.
Dartmouth North Public Library	134 Pinecrest Drive, Dartmouth	12:00 noon-5:00 p.m.
Woodlawn Public Library	114 Woodlawn Road, Dartmouth	10:00 a.m.-5:00 p.m.
Halifax		
Captain William Spry Public Library	10 Kidston Road, Halifax	10:00 a.m.-5:00 p.m.
Halifax North Memorial Public Library	2285 Gottingen Street, Halifax	10:00 a.m.-5:00 p.m.
Keshan Goodman Public Library	330 Lacewood Drive, Halifax	10:00 a.m.-5:00 p.m.
Spring Garden Road Public Library	5381 Spring Garden Road, Halifax	10:00 a.m.-5:00 p.m.
Hubbards		
J.D. Shattford Memorial Public Library	10353 St. Margaret's Bay Road, Hubbards	10:00 a.m.-2:00 p.m.
Musquodoboit Harbour		
Musquodoboit Harbour Public Library	7900 #7 Hwy., Musquodoboit Harbour	10:00 a.m.-3:00 p.m.
Sackville		
Sackville Public Library	636 Sackville Drive, Lower Sackville	10:00 a.m.-5:00 p.m.
Sheet Harbour		
Sheet Harbour Public Library	Blue Water Business Centre, Sheet Harbour	1:00 p.m.-4:00 p.m.
Tantallon		
Tantallon Public Library	4 Westwood Boulevard, Upper Tantallon	10:00 a.m.-5:00 p.m.

For information concerning the removal of one's own name, that of another person, or that of a deceased person please contact the revising officers at the following numbers: **490-1552, 490-1553, 490-1554** or toll free at **1-888-476-8683** (1-888-HRM VOTE).

WHO IS ELIGIBLE TO VOTE?

- Every person who
- is of the full age of eighteen years on ordinary polling day;
 - is a Canadian citizen on ordinary polling day;
 - has been ordinarily resident in the municipality for a period of three months preceding ordinary polling day and continues to so reside.

REMEMBER....The last day to file an application to be on the Voters' List or to make changes to the Voters' List is **Tuesday, August 17, 2004.**

Jan Gibbon
Returning Officer
HROPA125-6912

002069821

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 a flea 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 into 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 where 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 home, 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 pets infested with fleas. No longer waiting to treat the pet, 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 for cats only that will provide flea protection for six months. Other forms of IGRs are available in collars 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 pet's 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 will before the flea season is underway, and in our climate that usually means April or 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, which in our climate last until November.



Parents and members of the Board of Directors of the Chebucto Boys and Girls Club feed the troops at the Family Barbeque and Annual General Meeting held in June.

Providing Services for Pets Since 1939

• Convenient Hours to Serve You

• Housecalls

• After Hours Emergencies Call

468-0674

Dr. Ross Ainslie & Associates

- Nutritional Counselling
- Preventative Medicine
- Flea Control • Geriatrics
- Dentistry • Pet Adoption
- Surgery • Exotic Animals

www.halifaxvet.com

HALIFAX VETERINARY HOSPITAL **422-8595**

6293 Quinpool Rd
Dr. Kelly McInnis
Dr. Mary Jane Corkum

FAIRVIEW ANIMAL HOSPITAL **443-9385**

3422 Dutch Village Rd
Dr. Michael West
Dr. Adrienne Harris

SPRYFIELD ANIMAL HOSPITAL **477-4040**

320 Herring Cove Rd
Dr. Jim Gillis
Dr. Debbie Hoffele
Dr. Laura Speer

LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

ETTINGER. Dessie - 78, Joyce Avenue, passed away in the VG Site, QE II. Born in Ponty Waun, South Wales, she was the daughter of the late Thomas and Sarah (Garland) Nichols. She was a member of St. Paul's United Church Women's League, and was a war bride, coming to Halifax and Dartmouth in 1946. She is survived by sons Michael William, Clayton Park; Kevin Murray, Kennetcook; daughters Janet Elizabeth, Lower Sackville; Karen Marguerite, at home; grandchildren Jonathan, Sarah, Holly and Sean. She was predeceased by her husband, Charles Murray Ettinger; brothers William, Darby, Stanley, Thomas, Tony and Major; Sisters Elizabeth, Joan and Louise. Cremation has taken place under the direction of J. Albert Walker Funeral Home. Internment in the United Church Cemetery Kennetcook. Donations may be made to St. Paul's United Church.

FROST, John Edward - 67, passed away May 22, 2004. Born in Charlottetown, PE, he was the son of the Harriett (Poutney) and John Frost Sr. He retired from CIBC, Barrington and Duke Street. He is survived by his wife of 33 years Fe; son Daniel (Amanda); daughter, Jo-Ann (John Arsenault); sister Hilda (John C. Berrigan), Dartmouth; several nieces and nephews. He will also be missed by his devoted four legged companion Al. Cremation has taken place under the direction of J. Albert Funeral Home. Donations may be made to the SPCA, Halifax Chapter.

MAHAR, Edward Earl "Eddie" - 61 Goodwood, passed away in Glades Lodge after a courageous battle with diabetes. Born in Kentville he was a son of the late Walter and Mary (Landry) Clements. He was employed for more than 30 years with the Halifax Regional Water Commission. He enjoyed hunting, fishing, making crafts, spending time in Cape Breton with the boys playing crib and darts, and most of all being a grandfather. He had a tremendous gift of sharing however he would tell you to get back and get your own sandwich. Surviving are his wife of 42 years Gloria "Jeanie" (Mitchell); daughter Crystal (Mark) Usher; sons Brian (Sandy), Duane (Tammy), Kevin (Lily), Eddie (Heather); grandchildren Duane, Kyle, Devin, Andrew, Cynthia, Dakota, Larissa and Kelsey; brothers Bobby (Gwen), Richard (Gladys) and Douglas (Crystal) Clements and Joseph (Myrna) Hudder; sisters Doria Carr, Shirley (Ron) Lepage, Marlene Breen, Shirley (Robert) Boutilier. He was predeceased by a son in infancy. A special thanks to the staff and support groups of the QE II Health Sciences Centre and VG Site Dialysis Unit and Robert Gannon of CNIB. Funeral arrangements were under the direction of the J. Albert Walker Funeral Home. Cremation has been held with internment in Sunrise Park Inter-Faith Cemetery, Hatchet Lake. Donations may be made to the Canadian Red Cross Society, Kidney Foundation of Canada, Nova Scotia Branch or charity of choice.

J. Albert Walker

Funeral Homes Ltd.

Prearranged Funeral and
Cremation Planning

24 Hour Service

Chapel Facilities / Ample Parking

Halifax

149 Herring Cove Road
477-5601

five locations

Lakeside, Seabright,
Dartmouth, & Cole Harbour

Forest Lawn Crematorium

453-2409

\$375.00 Cremation Retort Fee
Direct Cremation

Removal within a 40 km radius of
Halifax, cremation case, temporary
urn, service fee, documentation.

Alvina Florist

for all your floral needs

249 Herring Cove Road
477-2564 or 477-1479

Spryfield Lion's

Bingo

Sunday's and Thursday's

Lion's Rink, Drysdale Rd.

Doors open at 6 pm

Mini Bingo @ 6:30

Main Bingo @ 7:30

Games 1-14 \$200

Game 15, 3 in 1 game
Around the free \$100
Around the world \$150

Full card will be a building
jackpot. Starting with \$1050 in
51 #'s or less, with \$1000 to go.
Each night jackpot is not won
\$50 will be added.

Building Bonanza

Building Loonie Pot

Second Chance Game

Last Sunday of each Month

\$400 ticket draw

The last Sunday of each
month you can win a trip
for two to Penobscot High
Stakes Bingo in Bangor Maine
with Sue-Anne Tours.

BINGO



License # AGA-113771-02

Chebucto News

Publisher & Editor: Reg Horner, 479-6397
Publisher's Assistant: Akiko Lovett, 422-6397

Circulation:

12,000 copies
Agent: The Halifax Herald
Printer: Transcontinental

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.

Letters to the Editor:

Letters should not exceed 200 words and must
include the writer's full name and telephone
number. Letters are subject to editing and are
printed at the discretion of the publisher.
Letters will not be returned.

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

Advertising / Editorial Inquiries:

Please call (902) 479-6397
Email: rhorner@ns.sympatico.ca

Notice: The publisher assumes no responsibility for the
contents of any advertisement or editorial materials.
Any warranties or representations made by any printed
material contained herein are those of the advertisers or
writers and not those of the publisher. The publisher
reserves the right to refuse, edit or cancel any advertising
or editorial submission at any time and for any reason.
Materials can be reprinted only with the expressed
permission of the publisher.

© 2003 Chebucto Publishing Inc.

Welcome to

HERRING COVE
PLACE

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

477-5735

00321crc@sobeys.com

JULY EVENTS

Healthy Cooking Class
Mondays from 6:30 - 8:30 pm
Rent-A-Chef Dietitian Felecia Tighe-Kimball
Cost - \$5

In-store Dietitian

Thursdays from 2 - 9 pm
Make an appointment to meet with Felecia or
attend one of her classes posted in store.

"We Care" foot clinic

Friday July 16
Meet with a registered nurse and have your
feet taken care of - Great for Diabetics!

Canadian Red Cross Baby Sitting Course

Friday July 23 and Saturday July 24
Kids age 10-16 come in and learn the basics
in child care. There will be a deposit. See in-
store for details and times.

Travel Tips

Wednesday July 28, 7:30 - 9 pm
Meet with Vision 2000 travel group for all
your travel tips and guides.

Sobeys
Ready to serve.™

Atlantic Superstore

Community Events

• SPONSORED BY ATLANTIC SUPERSTORE "SPRYFIELD MARKET" • DARREN HILLIER, MANAGER •

To have your Community Event listed call or fax us at 479-NEWS or send e-mail to rhorer@ns.sympatico.ca

Strawberry Social

St. James United Church, Sambro will be having a Strawberry Social on Saturday, July 10, from 1 to 3. There will also be prize draws and a cake walk to win cakes. Everyone Welcome. For information contact Crystal Gilkie at 868-2939.

High School Reunion

Graduates from J.L. Ilesley through the 1970s will gather for a reunion Thursday July 29 from 10:30 pm to 12:30 am aboard the tall ship Silva. Live band and cash bar. \$15 per person. For information call Carmen Bachynski at 477-3562 or 488-1321.

Legion Notes

The following events will be held at the Earl Francis

Memorial Legion:

Bingo - Every Sunday beginning at 1 pm - doors open at noon;
Senior's Day - July 5, with Newfie George at 1 pm.
Canada Day Karaoke, 3 to 7 pm
Karaoke July 2, 16 and 30 - 3 pm to 1 am, Members and guests welcome.

Library Happenings

All Ages Teddy Bear Day, Friday, July 23 10:00-10:30 a.m. Teddy Bear Registration, 10:30-11:00 a.m. A "Very Beary" Puppet Show, and 11:00 a.m. Presentation of prizes and certificates and Teddy Bear Picnic. Bring your cherished teddy to this annual special celebration for well-loved bears (or toy bunnies, or pigs...) Register

your furry friend for a special certificate, stay for a puppet show, and then enjoy the Teddy Bears' Picnic. (Bring your sandwich and the library will provide lemonade and cookies). It's a whole morning of fun!

Time Switchers

Summer Reading Adventure 2004 For Independent Readers. Enter the fabulous world of books by joining Time Switchers, this year's Summer Reading Adventure at the Library! Follow the exciting journey of Anthony, James, Megan and Anita as they are shifted back to Medieval times, and thrust into a whirlwind quest to help Princess Genevieve save his kingdom and find safe passage back to the present? Read with us to find out! Collect original fantasy cards, play online games and get set for adventure with Time Switchers this summer!

Book Buddies Summer Reading Program

For Pre-readers Ages 3 and up. Reading with your child is a great way to spend quality time together and foster early reading skills. Make this summer a special one by joining this summer's Book Buddies Program. Your child will love sharing stories with the family, keeping track of favourite books and earning prizes along the way! All ages Puppet Shows - Alternate Saturdays 11 a.m. - For group bookings, call Cindy Sampson Fleet at 490-5796.

Preschool Family Drop-in

Tuesdays at 10:30 am - 45 minute program offering games, puzzles and crafts - To register call 490-5796.

Chebucto News Business Directory



MacLeod's Auto Service

Computer Diagnostics, Welding, MVI, Exhaust, Servicing all Makes and Models.

Monday to Friday 8 am - 6 pm

477-4682 / 431-2886



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

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

BAILLIE'S WOODWORKING

Renovations, Roofing, Decks, Sheds, Cabinetry, Finished Carpentry

Call Mike 497-5147 or 868-2629

Spryfield Denture Clinic

Service direct to the public

Melville Professional Centre
15 Shoreham Lane
479-2453

STEVE MURPHY'S AUTO SERVICE

- Wilson's Fuels -

225 Ketch Harbour Road
477-4160

- Complete Collision & Mechanical Shop Services
- Body Repairs and Painting • Bench Frame Straightening
- Undercoating • Sandblasting • Mig Welding

Bor-co Siding

Borden Garrison, Contractor

Siding, Roofing, Soffit, Fascia, Gutters, Downpipe, Cladding of Windows & Doors, Cedar Siding.

Free Estimates

Ph: 477-9028 • Cell: 489-9028

WHITE'S AUTO & RUST CHECK

485 Herring Cove Road

479-1883

2 LICENSED MECHANICS

Major & Minor Repairs • MVI • Brakes • Exhaust

Your Ad Here
\$35 + tax

Chebucto News

479-NEWS

• To Book Your Ad Space Call 479-NEWS •



Queen Lioness Millie Duncan and Lioness Dorothy Mosher presented Ilze Lucis, Resource Teacher at Sambro Elementary School and a member of the school's Literacy Committee with a \$700 cheque in support of the program.

2004 MDX \$599/mo.
2004 EL \$269/mo.
2004 TSX \$399/mo.

We've made the rate as attractive as the automobiles.

While some prefer redefined style and sophisticated luxury in an automobile... others have a passion for the exhilarating performance of a sporty car.



* Limited time lease rate offer based on new 2004 EL, 2004 TSX, and 2004 MDX models. Available through Honda Canada Finance Inc. Based on 48 month lease, does not apply to previous purchase. Downpayment required. Taxes, licence, and insurance are additional. See Atlantic Acura for details.

ATLANTIC ACURA

30 BEDFORD HIGHWAY • HALIFAX

457-1555 • TOLL FREE 1-800-458-1555



Summertime

Savings

Don't pay for **One year**

on all home furnishings, mattresses and appliances.



High quality top grain leather

Comfortable high-back style with pillow arms. A must have for the comfort of your loved ones!

Sofa **\$999**



Contemporary & Casual

Chenille fabric, soft accent pillows combined with deep-seated comfort.

\$799



Round Drop Leaf Table & 4 Chairs

Two tone solid hardwood table and chairs.

\$599

Front Load Laundry Pair

FRONT LOAD LAUNDRY PAIR

7 cycles and 4 wash/rinse temperatures
Fabric softener and bleach dispenser

8 CYCLES AND 3 HEAT SETTINGS

4.0 cu.ft capacity
Auto end-of-cycle signal

\$1099
Pair Price



LIMITED TIME OFFER

Chiropractic Springwell

Save now! **\$500**

Instant Rebate*

*Redeemable in-store coupon for instant savings. Ask for details.

Queen Size mattress set: **\$1399**

Introductory Offer

Majesty

NOW: \$899*
after rebate

PILLOW-TOP MATTRESS

It's just like sleeping on a cloud! 800 Superlastic coils offer maximum support to ensure the best in a night's rest! Endorsed by the Canadian Chiropractic Association.

* Some terms and conditions may apply. See store for details. Sale date: July 7th to 18th, 2004.

HALIFAX COUNTRYWIDE

Home Furnishings & Appliances

531 HERRING COVE ROAD, HALIFAX, N.S.

5 km from the Armdale Rotary

(902) 479-4448 www.countrywidestores.com

Mon., Tues., Wed. & Sat. 9-5:30pm
Thursday & Friday 9-9pm



The VALUE keeps on getting better!