

Chebucto News

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Salvation Army opens "Cornerstone Family Centre" in Greystone

Spryfield - Identifying and managing sports opportunity for kids, making counselors available for those who need a listening ear, offering advice for first time mothers, learning together through a collective kitchen program or taking advocacy roles for the disadvantaged are all areas of work and responsibility the Salvation Army Community Church will forge

into now that its "Cornerstone Family Centre" is opened in Greystone.

Officials of the Salvation Army and members of its Spryfield Community Church, which has spearheaded a once-a-week community dinner for more than a year now, opened the newest support facility in late May, offering two completely renovated townhouse units

in the Greystone community to those who may see themselves in need.

Officials told a gathering of about 75 that a needs assessment on behalf of the Army made it clear that the needs of HRM "were great in comparison to the existing work of the Salvation Army." That assessment spurred the Army to "make a commitment to more adequately meet the needs of people in Halifax.

"The needs assessment told us this was the time to act and this (the opening of this facility) is just a part of our action," said the Army's Divisional Commander.

In thanking partners including the Metro Housing Authority for agreeing to accommodate the Army's request for space and sponsors Sobeys, the Real Atlantic Superstore and Sojourn Enterprises, the Commander said "it is the volunteers who make the difference. We will not make a difference in Spryfield without your support and the support of the community."

And MLA Robert Chisholm agreed. In bringing greetings from the province Chisholm said in his 12 years as MLA he has discovered

see "Salvation" pg. 2



Mainland South Heritage Association historian Iris Shea, and Assistant Archivist Marjorie Swingler, discuss old photographs of the Northwest Arm following Mrs. Shea's "Illustrated Talk" at the AGM of the Northwest Arm Heritage Association.

Liability insurance threatens Canada Day

Ketch Harbour - Ketch Harbour isn't Mahone Bay. And Canada Day Celebrations are not quite like the Mahone Bay Wooden Boat Festival, but they both suffer from similar insurance worries that may yet prevent the Ketch Harbour Residents Association (KHRA) from offering hot dogs and hamburgers to kids on July 1.

Last year the KHRA took possession of the government wharf in their harbour. It was part of the Federal Department of Fisheries, Small Craft Harbours, program to divest itself of wharf responsibilities on both coasts. The KHRA agreed after it learned it could provide \$20 million in liability insurance through a Toronto agency for \$600.

But this year things are quite different.

When the organization went to renew its program, it was told the minimum cost for only \$1 million in liability would be \$2,500. And that was only if all 13 similar organizations accepted the premium. When some didn't, the initial quotation went to \$9,000.

KHRA Co-Chair Terry Flemming said the small community organization can hardly afford the original \$600, much less \$2,500 and for sure \$9,000 is out of the budget altogether. He said through a company in Halifax the organization managed to secure \$1 million in liability for the \$2,500, but that doesn't stop him from worrying.

Flemming said the organization wants to have Canada Day dorey races and a barbeque but there is an issue with insuring this activity. "We're not sure we can get insurance (directors' liability) and we have to make a decision soon," he said.

And he said the community is worried the wharf will fall into private hands. If that happens a company could erect a fence or tie up a barge effectively making the facility useless to the community.

He said Councillor Stephen Adams has met with the group to discuss their situation and Adams has taken the issue to city hall. He said Adams is asking the city and the province both if they can include the facility under their insurance. But for that to happen the facility's ownership may have to be in the name of either the city or province. That would be precedent setting and so far all the KHRA knows is that the city is looking into it. A decision is unlikely before Canada Day.

Creativity and imagination may be quickest road to change

Spryfield - It comes as no surprise that "vacant and boarded up buildings present a challenge to the sustainability of a community," but a city staff report on the subject offers little hope the city can make demands on owners to do anything beyond keeping their properties clean.

And residents and members of the District 18 Business and Development Association, which has been quietly working toward finding uses and occupations for the sites, shouldn't expect a great deal of improvement in their appearance too soon. In fact, any quick and significant improvement, beyond occupation of

the sites, may only be found in creativity and imagination.

According to a report submitted to Council this month, the city's available jurisdiction is limited at best. But the best news says District 18 Councillor Stephen Adams is that the matter has been brought to the attention of Council and staff at city hall.

A report from staff was first requested in June 2001, asking staff to identify the length of time a building may be boarded up and the feasibility of drafting a by-law to address the issue throughout HRM. Currently, says the report, staff respond to dangerous and unsight-

ly complaints including vacant and boarded up buildings which "must be boarded up" to secure them from invasion and vandalism. "Boarded up buildings must be painted in keeping with the exterior of the building," says the report of existing legislation which allows the city to do the work and place a lien on the structure to secure the costs from the owner.

But the report also suggests the decision to leave a building vacant and unused is that of the property owner alone. "It is the legal right of a property owner to determine whether the property is occupied or not and it is the

see "Creativity" pg. 2

Creativity and imagination may be quickest road to change

continued from pg. 1

owner's right to determine how long to leave it vacant," says the report.

Under current wording of the Municipal Government Act a boarded up building is not considered dangerous or unsightly "as long as the minimal appearance is retained and it does not provide a safety hazard to the public."

The report recognizes that "the impression of economic decline and resulting impact on community image negatively effects property values which may lead to actual economic decline." It also suggested that when a community reaches a stage where a large number of

buildings are boarded up, it becomes "a much broader issue. The situation becomes a community development concern requiring a multi-faceted approach to address the underlying issues, including maximizing the authorities provided through the MGA." But wording of the MGA may leave the city with little influence with the exception of forcing paint brushes onto the plywood coverings.

Councillor Adams and others however, have broached the concept of undertaking an action to help deter the influence of plywood. The Councillor has suggested the possibility of undertaking a community wide competition to paint artwork on the buildings. He suggested a

competition might be staged where agencies and organization, like the schools and Chebucto Boys and Girls Club, would paint designs on buildings. "We could judge the entries and determine a winner and offer an appropriate prize," he said.

And he acknowledged that some members of the business community have considered trying to obtain permission to use the space for advertising their companies. "Anything that would reduce the visibility of plywood would be beneficial," he said.

Salvation Army opens "Cornerstone Family Centre"

continued from pg. 1

that "partnerships are what this community is all about and that's why this community is so special."

District 17 Councillor Linda Mosher speaking for Mayor Peter Kelly said "this is another excellent example of this community working together for the benefit of all residents."

Captain Jim Mercer said the phrase "am I my brothers Keeper" is a reference of "what we must do for each other. This is a reflection of our sense of responsibility" to each other.

The Centre, to be managed by Coordinator Sally Budge, has already begun soccer and sport programming for kids and counseling for adults. In September a collective kitchen will be initiated along with a Mom and Tot practical parenting and nutrition program and an advocacy program featuring real advice from real lawyers.

A "first time mom" program will start in October this year and a "hockey for all" project will start in January. The Army is hopeful and Alpha program will begin in September this year and a "reading coach" project will start in October.



Captain Michelle Mercer and Coordinator Sally Budge were among the first to enter the Cornerstone Family Centre following official opening this month.



The John W. MacLeod Fleming Tower School Parent Teacher Association held its Third Annual Adult Dance this month to raise money for the school. John MacAdam and Kim Storey arrived early to help set up the silent auction. Other committee members included Donna Powell, Ida Picca-Coracristi, Sue Sampson, Linda Hamilton, Sherry Mowat, Melanie Poulin and Kevin Slaunwhite.

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Carl White bids work farewell

35 years of community participation comes to an end this month

By Akiko Lovett, Staff

If you're from Spryfield than you most certainly know who Carl White is. Or Carl, anyway. That's how most people know him, he says. Just Carl. And that's the way he likes it.

"It makes you feel closer to someone when they call you by your first name," he says. When the people in the community see me, big or small, it's never Mr. White, it's always Carl," says the man who will retire this month after 35 years of operating a business in Spryfield.

Carl's Texaco was a landmark in the community of Spryfield for many years. He took

over the station in 1968 and has continued to run service stations in the area ever since. Carl says that's why so many people know him. That's how they remember his name, he says. Because the sign said "Carl's Texaco" for so many years. A humble remark from an equally humble man.

The truth is, so many people know who Carl is because of all he's given to the Spryfield community. Carl has lived in the community for almost all of his 63 years. He was one of the first members of the Spryfield Lion's Club, and has been so for 35 years. In 1972 he opened the canteen in the Spryfield rink and to this day, he

still runs it.

But it isn't the canteen that brings Carl the fondest memories of the rink. It's the ice itself, and the fact that he was the first person to ever skate on it.

"It looked just like cement," he says about the newly laid first layer of ice. "I thought 'I can't skate on that, I'll cut it all up. But I got on and just glided. It felt great.'"

Carl's love for sports lead him to begin teaching and refereeing minor hockey in the rink in the early 70's. But it wasn't just his love for sports that got him involved, it was his passion for working with kids. "I learn a lot from the kids," he says. "We learn from each other, sometimes they'll have an idea and I think "Gee I never thought of it that way." Carl believed so much in the benefits of team sports he gave every penny he made from refereeing back to the Chebucto Minor Hockey Association.

"For young people, being in team sports keeps them out of trouble," he says. "They meet other kids and they're more involved - it's a team effort."

And he feels the same way about baseball. Carl has umpired baseball in the area for 20 years and he says he has a different way of going about it than most people. "I never kick a kid out of the game," he says. "When a player throws his bat or does something wrong, everyone wants me to kick him out. That's not the way to do it because if I kick them out, they may give up on sports altogether and then god knows where they'll end up."

And Carl's theory has worked. To this day he has kept many a kid out of trouble - he even knows where most of them are. "They're on my old timers hockey league," he laughs. "Some of the kids I coached years ago are on my hockey team now."

A testament to how many years Carl has been giving to the community. And to how many years he's been leading by example. A self confessed workaholic, Carl works seven days a week. "I don't feel my employees should have to work if I can't go in and work with them," he says.

It's that dedication that has made the community of Spryfield indebted to Carl. And the community has shown its appreciation. When Carl was going through a stressful time with his business, the community stood behind him. And when his little granddaughter, Carly, fell ill, the community raised \$10,000 for the family. Carl says it's an example of how good the people of Spryfield are. But those in the community would tell you it's all a reflection of how good Carl is to the community.

On Thursday, May 29th after 35 years of service, Carl will officially retire from his service station business. Right now he says he doesn't know what he'll do with himself. He is excited about having more time to put into running his canteen. And playing golf - his favourite sport of all. But for a man who is used to working seven days a week, can he stay away from work for long? "I'm sure I'll drop in once in awhile," he says with a smirk.



The William King Elementary School PTA Spring Fair was a huge success. J. L. Ilsley student Ashley Hancock volunteered her time to do face paintings, and Genevieve Darrah and Robyn Poole took advantage of her services.

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DISCOVERING OUR PAST

Rockingstone one of Halifax's oldest attractions

by Heather Watts and Iris Shea
Mainland South Heritage Society

If you were a tourist in Halifax a hundred years ago, chances are someone would have suggested that you take a trip to the Kidston farm in Spryfield to see the famous Rockingstone. The curious and the adventurous would climb onto the huge boulder to feel it move, enjoy a picnic lunch on top and then have a picture taken. Even royalty came! One memorable day young Prince George (later to be King George V), a midshipman on a British warship in the harbour, made the seven mile journey to the Kidston farm gate, walked down the path through the woods to marvel at the great stone, and on his return took a cup of tea in the farmhouse.

The stone was supposedly discovered by quarrymen, sheltering under its overhang during a rainstorm. They could feel it moving in the wind, and found that a slight push would set it rocking. Later when the stone had settled slightly or debris had built up under it, a stout pole used as a lever was required to start the motion.

The Rockingstone is a glacial erratic boulder, caught up in a moving glacier during the last ice age. When the ice melted and retreated, the boulder was gently dropped onto a flat outcrop of granite, perhaps many miles from its original site. The Spryfield boulder was first reported in the *Acadian Recorder*, a Halifax newspaper, in 1823, and experts later declared it to be one of the largest "perched stones" in the world. It measures 20 feet by 14 feet by 9 feet high and has been estimated to weigh about 200 tons.

Today the Rockingstone stands as it always stood, close by the shores of Kidston Lake, but now in a municipal park of the city of Halifax. The rustic ladder is no longer there but a pole is usually close by to help set the great boulder rocking. If you haven't been there, why not pay a visit! There are walking trails in the woods around the lake and a manmade sandy beach beside the water. And like Prince George before you, you can claim to have visited one of Halifax's oldest attractions.

The above article was written by Heather Watts for the *Senior's Advocate*, January-February, 1996, Vol. 13, No.1.

In 1967 the Kidston property around the lake and the Rockingstone was expropriated, supposedly for low-cost housing. This did not happen. The houses on Feldspar Crescent were built, however, creating a detour of the original road to the Rockingstone. Today as you approach the entrance to Kidston's Lake on the way to the Rockingstone, you will see clear cutting in preparation for a new housing development. It is hoped that public access to this historic site will not be disturbed or, even worse, completely blocked.

Heritage designation for this valuable historic site is imperative! The Rockingstone has appeared in publications around the world. As a young boy Andrew Bonar Law, whose mother was a Kidston, spent his sum-

mers at the Kidston farm in Spryfield, swimming in Kidston Lake and playing at the Rockingstone. Educated in Scotland, Bonar Law became Prime Minister of Great Britain in 1922, died in 1923, and is buried in Westminster Abbey.

Prior to his death in 1914, Judge Hugh McDonald Henry of the Nova Scotia Supreme Court, and the son of one of the "Fathers of Confederation," spent his summers in a cottage near the present HRM parking lot, not far from the Rockingstone. The foundation stones are still visible. The old road to Kidston's Lake was maintained by Judge Henry to accommodate his horse and carriage.

Charles Oakley of Spryfield was Henry's driver. About 1916 the Kidston children were exploring the abandoned cottage and discovered a secret door in one of the walls. Behind the door they found a German military rifle, bullets, a helmet and maps, believed to be that of a German spy.

On Saturday, June 7, 2003, to celebrate the 8th annual Nova Scotia Museum Weekend, members of the Urban Farm Museum Society, the Mainland South Heritage Society, and the CRABapple Mapping Project have planned a guided tour from the Kidston



The Rockingstone of Spryfield, inset Table Rock.

Farm to the Rockingstone and nearby Table Rock. The public is invited to participate in this historic walk. Meet us at 2 PM at the

parking lot of the Captain William Spry Community Centre (rain date Sunday, June 8th).

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Williams Lake clean-up helps bring community together

By Akiko Lovett
Staff

Tires, pylons, a bicycle and fishing twine. Not quite what one would consider garbage, but to the Williams Lake Conservation Company that's exactly what it was. These were just some of the interesting finds the company made on its annual clean-up of the Williams Lake area. Heather Watts, who organized the clean-up, says it's as much for the community as it is for the environment.

"It's important for a community to get together," says Watts. "It helps us be responsible for our own neighborhood instead of relying on someone else."

This year saw more than 40 people pitch in to clean-up an area that included Fleming Park, Williams Lake and Purcell's Cove Rd. And while in past years it was families that came to help, this year there were a

large number of teenagers who came alone. "I know why they all came," says Matthew Timm, who's ten. "It's because of the reward," he laughs. And he's partially right. Organizers offered a \$100 reward for the person or group that gathered the most garbage. Matthew thinks his group won.

But while money was definitely an incentive, everyone who helped with the clean-up understands the need to keep the environment clean. Adam Rocker says he felt it was important for him to help. "It makes me feel bad when I see all the garbage on the beach," says the 13 year old. "I go fishing at the lake all the time. I don't leave my twine behind though."

Adam's mother, Melanie Dobson, who also helped with the clean-up, says it's about stewardship. "It's not yours. It's going to be here for our grandchildren," she says. "Nobody really owns it, so how do you have the right to ruin it? You have a responsibility to take care of it."

Dobson is an active member of the

Williams Lake Conservation Company. It's a not-for-profit group that works to keep the area clean and the environment protected. Williams Lake itself is one of the clean bodies of water that Spryfield area residents can walk to and use as a beach. It's also home to wildlife, including a beaver and a family of loons.

Dobson says it's important to her to help out because she knows what pollution can do to a city. "I lived in England for ten years," she says. "I know what can happen with pollution." Dobson says when she came back to Halifax 10 years ago, it was as beautiful as she remembered it when she was here for university. She says she and her husband bought the first home they looked at after they saw the fresh body of water - Williams Lake - from the window. She says she wants to maintain this beauty for generations to come.

And so do other residents. Even when the clean-up was officially over, people still came by with bags of garbage they'd collected. But probably the

most interesting find was a sewer grate dating back to 1974. Some of the kids found it in the woods and had to pull it out from under tree roots. Adam Rocker helped.

"It's an antique," he says with enthusiasm. "It's almost 29 years old." Organizers say they'll continue on with the official clean-up every spring, although it's a year round effort as well. And hopefully, in years to come - maybe even when Adam is 29 years old - the area will still be as clean and beautiful as it is today.



Even bicycles can find their way into unnecessary and unwanted places. But then again, so can a lot of other stuff, as this mound collected by members of the Williams Lake Community would attest. The event was organized by the Williams Lake Conservation Company.



13-year-old Adam Rocker found an unusual item during a clean-up around Williams Lake by the Williams Lake Conservation Company. He located a drain cover, circa 1929. Adam, his friend Matthew Timm, Melanie Dobson and Heather Watts were among the clean-up crew.

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Captain Spry Fitness Club
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Come Ride the Fitness Wave

Centre's program helps youth stay healthy and occupied

For many parents, trying to keep their teenagers interested, healthy and occupied is not an easy task. But for some others, sending them to the Captain William Spry Fitness Centre is both rewarding and inexpensive.

The Fitness Centre is offering a rather unique program aimed at youth between the ages of 15 and 20. For an hour each week the kids, young women and young men alike, can learn the ins and outs of strength training from a personal fitness trainer dedicated specifically to them.

Community Program Coordinator Sherri Moffatt says the Centre's youth strength training spring program is popular enough that the Centre is planning to encourage a second weekly program to accommodate more youth. And the ten week program is inexpensive. Youth can participate for one hour a week for a little as \$25 for the full ten week program.

"We'll take a break for the summer after June 19, the last day of the spring session," said Moffatt, "but we're already planning to add a Tuesday and a Thursday program to our activity schedule for next fall.

Personal Strength Trainer Trevor Starkes, a graduate of Acadia University with a degree in Kinesiology and a certified fitness consultant, says the program is intended to introduce weight and strength training to teens to encourage healthy lifestyle habits and to promote gym safety and knowledge.

He said the program always begins with a five or ten minute warm-up to help loosen muscles and get the heart rate up. "Our intention is strengthen muscles and warming up properly prevents muscle tears, increases circulation and the delivery of oxygen to the

muscles to get them ready to work."

He suggested the rule of thumb is that weight training exercises should be performed in three sets with eight to twelve repetitions in each. A resting time of approximately one minute between sets is recommended. "When performing the exercises," says Starkes, "movements should be slow and direct to prevent the possibility of injury to the target group of muscles or other parts of the body like the back."

It is also important, he said, that students not try and lift more weight than they are capable of lifting. "It is preferable to start slow and light, slowly increasing the weight loads until each student is comfortable with how much they are lifting."

At the end of each regular routing students and instructed to stretch their muscles and body again. "Stretching helps loosen muscles after exercising and prevents muscle soreness the next day," said Starkes. He also suggested stretching delivers oxygen to the muscles and aids in relieving built up lactic acid which accumulates through the weight lifting routing. He also suggests students drink lots of water to stay hydrated during the routing to prevent exhaustion and muscle

cramps.

The program encourages a healthy lifestyle. By exercising just three days a week while maintaining a heart rate of 60% of a person's maximum and eating a balanced diet a person can significantly improve their health.



Personal Weight Trainer Trevor Starkes positions Tyler Marriott to spot for Sarah Mills as she lifts weights during the youth program offered by the Captain William Spry Fitness Centre.

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Elizabeth Sutherland School brightened by tile artwork

Spryfield - Elizabeth Sutherland Vice-Principal Joe Morrison likely had something of a limited appreciation of the positive affect he was about to have on the school when he inquired one day of Art Teacher Sue Vey if something could be done "to brighten the foyer" of the school.

In response Ms. Vey undertook a tile project to give students an opportunity to research

the world around them and the result is a montage of 101 tile images prepared by 42 students in the school. The ceramic tile mural was unveiled at a special celebration this month.

Ms. Vey said interested students in Grades 4 to 9 submitted drawings under the theme "Spryfield Proud" and a mural team was formed. She said the team visited Multi-service Coordinator Linda Roberts who shared information about Spryfield's organizations, volunteer groups and awards given to the community.

Former ESS teacher Carolyn Mont supplied the team with resource material on community programs, volunteers and the walking trails of Spryfield.

"Our team began to realize that there are a lot of citizens working hard to make Spryfield a wonderful community," said Ms. Vey, admitting that from their research the students made even more tiles.

The images were transferred onto bisque tiles using under glaze pencils and under glaze paints said Ms. Vey. The tiles were covered with an over glaze and fired in the school kiln.

The completed mural contains 101 tiles with the centre 25 tiles honouring the volunteers of ESS. "The hard work of these parents, teachers and community members make ESS the special place that it is," said Vey.

The outer tiles encircling

the school illustrate some of the wonderful aspects of Spryfield, depicting buildings, clubs, teams, organizations, volunteers, the people of Spryfield and beautiful green spaces.

Ms. Vey congratulated the students during

the unveiling and thanked resident Kevin Cormier who donated his time, energy and resources to mount, grout and frame the artwork which now hangs in the school's foyer.



Kevin Cormier built the frame and grouted together the Elizabeth Sutherland School Student artwork after Ms. Sue Vey had the students create their own impressions about what their community is about. The wall hanging will brighten the front foyer of the building.

Cory Gaudet declared winner of Elizabeth Sutherland School science fair



Elizabeth Sutherland School Grade Nine Student Cory Gaudet was declared the overall winner of the school science fair. Cory, under the guidance of Teacher Ms. Andrea Pugsley, undertook nearly a hundreds test samples to find out which products would conduct electricity better than others. Other winners included Grade 7 - Daniel MacPhee, gold; Felicia Randell and Rachel Organ silver; Daniel Martin and Victor Tse bronze; Anthony Skerry, Amanda Pinsent, Alex Paris, Meghan Verge, Kyle Pronoski, Mitchel Titus, James

Auby and Alex Brown, honourable mention: Grade 8 - Sam Swinamer and Amanda Martell, gold; Kayla Brady, Ashley Hatcher, silver; Julie Connors, Jessica Pyke, bronze; Andrew Tse, Stephanie Farmer, Mark Butler, Ryan Bellefontaine, honourable mention: Grade 9 - Brian Hatcher, gold; Shontee Armstrong, Courtney Burgess, silver; T.J. Church, bronze; Bryan Lynch, Ashlee Coady, Dayna Kidd, Brant Baugild, Adam Singer, Stephanie Deagle, honourable mention.

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Mosher defeats Cooke for PC nod in Halifax Atlantic

Spryfield - It was a packed house at the Spryfield Lions Club bingo hall that saw an unofficial 255 ballots cast by Progressive Conservative members of Halifax Atlantic who gave District 17 Councillor Linda Mosher the nod over Herring Cove Resident Bruce Cooke to carry the party's hopes in the expected upcoming election.

Cooke was the party's candidate in 1999, losing to New Democrat and Party Leader Robert Chisholm. His nomination was moved by Sandy Faulkner and seconded by former Postmistress Anne McIsaac.

And Cooke knew going in that his chances of swaying enough votes to win the day were remote. "I feel like Spartacus being fed to the lions," he said. "But like Spartacus I feel good.

I am passionate about our community and what I tell my kids all the time is that what is worse than failure is not trying. What determines your altitude in life is your attitude," he said.

He told the delegates that he believes he can win this seat for the conservatives in the next election. "In 1998 we had no winning polls. In the 1999 general election we won the 15 polls I was able to canvass and we raised our voting percentage from 13% to 33%," he said, suggesting people voted for him because "they saw an honourable person with integrity and a strong work ethic who would be a resident MLA. Now people are saying 'Let's do it again,'" he said in reference to Mosher's living in Springvale Subdivision on the northern

sides of the Armdale Rotary.

"My life is based on leadership by example," he said, offering up his work to support development of a sewage treatment plant on property next to his own home, making financial contributions to the Ladies Fire Auxiliary and ensuring students at William King Elementary school went on trips. "Actions speak louder than words."

Mosher, whose nomination from Herring Cove resident Brian Dempsey came second to Cooke's and was seconded by District 18 Councillor Stephen Adams, said she wants to run for the PC party because of the quality of people it contains "and the team environment. Premier Hamm has built a highly professional team of motivated individuals, and with your support tonight that's the team I will proudly be part of," she said.

Mosher told delegates how over the course of more than two years as municipal councillor she compassionately supported 400 residents of Abbey Road following a tragic fire, had traffic barricades removed from southend Halifax which impacted commuters in the constituency, rewrote the city's blasting by-law, was instrumental in seeking national historic site designation for Sir Sandford Fleming Park, has

gotten kids causing vandalism involved in their own recreation programs and has been diligent in her duties on the Harbour Solutions Project and in her attempts to ensure Herring Cove will get a treatment plant and its residents clean drinking water.

"I do my homework, I get informed and I keep my constituents informed," she said. "Halifax Atlantic has been under-represented, under-funded and under-acknowledged for more than a decade. You deserve better."



Linda Mosher, Councillor District 17, gained the Progressive Conservative nod for Halifax Atlantic in a contested race against Herring Cove resident Bruce Cooke.

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Cadet Squadron celebrates 50th Ceremonial Review

Spryfield - Stephanie Beaton, WO2, was recognized as the Best All Around Cadet in front of about 75 visitors attending the 50th Annual Ceremonial Review of the 529 Armdale Kiwanis Royal Canadian Air Cadet Squadron held at Elizabeth Sutherland School this month.

Beaton was also considered the Most Dedicated Drill Member and, along with Cadet K. Harie, was promoted to WO2 from her rank as Flight Sergeant.

Twenty-eight year member of the RCMP Inspector Vern Fraser, who has been awarded the United Nations Peace Keeping Medal, two Commanding Officer Commendations, the RCMP Distinguished Service Medal, the Canadian Peace Keeping Medal and the Queens Jubilee Medal, acted as Reviewing Officer for the ceremony.

Following a well rehearsed display of marching by the Cadet Drill Team, the Squadron's Annual Awards were presented. Brooke Tucker and Neil Hynes tied for the Top Level 1 Cadet Award; Jamie Dockrill was the Top Level 2 Cadet; Alex Kawchuk Top Level 3 and Devon Hynes Top Level 4. The Most Improved Cadet was Chris Perks, Top Personal Drill was Kim Harrie and the Sportsmanship Award went to Katrina Verlinden. The Top Marksman of the year was Sergeant Chris Perks.

The squadron also handed out promotions to its members. Cadets S. Verlinden,

N. Hynes, Burgess, Burgess, S. Wilson, T. Moffatt, M. Saunders, Gavaacs-Thompson, S. Gardiner, MacLean, Royal-Perara, D. Lyons and N. Paul rose from AC Cadets to LAC Cadets. K. Verlinden, J. Dockrill, L. Duggan, C. Swinamer, A. Priest, J. MacKinnon and E. Walker rose from LAC to Corporal. C. Perks, A. Drysdale, T. Skora and S. Brine rose from Corporal to Sergeant. And A. Kawchuk, D. Hynes and J. Lutz went to Slight Sergeants from Sergeants.

Commanding Officer Captain Paul Eagle told the gathering the squadron will be sad to see its Cadet squadron Commander Warrant Officer Jean-Louis Boudreau leave the squadron. "He will be ending his career at this year's ACR and embarking on a new and wonderful journey at the Royal Military College. We wish him all the best," said Captain Eagle, who thanked the Armdale Halifax Kiwanis for their continued support hoping that "this partnership can continue for many years to come."

The staff and volunteers of 529 Squadron embody everything that the cadet movement is proud of, said Captain Eagle. "Without a group such as this the squadron would not nearly have the success that it does. Without them this would not have been the experience it has turned out to be. I thank them from the bottom of my heart and will miss working with them as

squadron CO." Among Squadron Staff Captain Eagles cited Administration Officer Cadet Valerie Parsons; Assistant Administrative Officer CI Amelia Hynes; Training Officer Lieutenant Paul Eagle; Assistant Training Officers Lieutenant Karen Chrchill and CI Natasha Taylor; Supply Officer Captain Ken Mayo; Armdale Kiwanis Club President Steve MacEachern; Sponsoring Committee Chair Gordon DeVries; Squadron Liason Officer Captain Eric Hill; Squadron Air Cadet League Director Mike Parsons and Cadet squadron Commander WO2 Jean Louis Boudreau.

Armdale Halifax Kiwanis President Steve McEachern said the club has spon-

sored the squadron since the early 1970's. "The squadron not only lives up to the Cadet motto - To Learn, To Serve, To Advance - but its members are also living up to our own motto - We Build. These young men and women are building a strong foundation for tomorrow's future."

"Although the numbers fluctuate a little these young men and women have come together from different backgrounds, views and personalities and have taken their strengths to form a dedicated and determined squadron. The awards and outstanding performance through the past year are a testimony to this," he said.



Members of the Armdale Kiwanis Air Cadets, Squadron 520, march past Reviewing Officer RCMP Inspector Vern Fraser during the Squadron's 50th Annual Ceremonial Inspection at Elizabeth Sutherland School.

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Carl White Chosen 2003 Volunteer of the Year

Spryfield - After providing 35 years of continuous service to his customers and thousands of hours volunteering his time to the community and supporting every initiative or project to come to his attention, Carl White was chosen Volunteer of the Year by the Captain William Spry Community Centre Board of Directors.

The annual award is presented usually during the Board's Annual General Meeting. But this year the Board chose to present the honour to Mr. White during the unveiling of Central Spryfield School's "Celebration in Ceramics" project held at the Centre's Community Meeting Room.

Multi-service Coordinator Linda Roberts said it is unusual that a great number of people do not attend the Annual General Meeting. "The Board thought it might be appropriate to have the presentations included as part of another community activity and this year we chose the Central Spryfield School unveiling."

The result was that about 75 people, including every member of his immediate family and many special friends, were on hand to witness the presentation. Following the presentation, Mr. White received a framed certificate honouring his dedication to the community from the Halifax Regional Municipality from

Councillor Stephen Adams.

In making the presentation Adams said he can remember coaching hockey teams with Carl - "in fact I can remember when Carl was my Coach." Adams recalled how Mr. White the referee had little tolerance with players and kept strict control of the game.

In presenting the Volunteer Award to Mr. White, Reg Horner, Chebucto Publishing Incorporated owner, said that Carl had lived almost his entire life in Spryfield. "He and his wife Carol rented their first home in this community and raised their three children here. After opening his first business here in 1968, Carl moved only once, just a little further up the Herring Cove Road. All told his 35 year business career spanned almost two kilometers of space."

But Carl's impact in the community has been significant. He's been a member of the Spryfield Lions Club for 35 years and has worked as a referee and organizer of the Chebucto Minor Hockey Associations. He has almost single-handedly run the Lions Rink Canteen by himself since it opened and he has, for the past 20 or so years, volunteered his time to the Spryfield Minor Softball Association as an umpire. Carl has never accepted a financial rewards for any of his

refereeing or umpiring, preferring to give the money back to the organizations to run their programs.

Throughout his tenure as a businessman in the community Carl has become known as a person willing to support almost any worthwhile cause in the community. Horner said three years ago the White family faced a dilemma. Granddaughter Carly became ill and needed expensive medical treatment found only in Toronto. A fundraiser for the family was planned, said Horner, and before the

event's date arose more than \$10,000 had been collected. "It was as much in tribute to Carl and his life's work in Spryfield as it was in response to Carly's illness that such a great outpouring occurred," he said. Fortunately Carly's condition improved as abruptly as it started and the treatment was never needed.

Besides the plaque Carl took home that evening, his name will be etched into the plaque honouring all Volunteer of the Year Award recipients which hangs near the entranceway of the Community Centre.



Carl White was presented the 2003 Volunteer of the Year Award as part of the "Celebration in Ceramics" of Central Spryfield School. The award is given annually by the Board of Directors Captain William Spry Community Centre. Members of the White Family who attended with many others included his wife Carol, Daughter Darleen and Husband Glen and Children Carlie and Travis; Daughter Cheryl and Husband Eddy and Children Haley and Tyler; and son Barry.

Work of Lions, Lioness, "immeasurable and appreciated" - Adams

Spryfield - "It is unbelievable what your clubs do," District 18 Councillor Stephen Adams told the 46th and 23rd Charter Night gathering of Lions and Lioness members at the Spryfield Lions Den this month.

"I know you're not out there telling everything that it is that you do but it is immeasurable and appreciated," he said. "Without the Lions Clubs, Spryfield would not be the community that it is."

With District 41N2 Zone Chairman Alex Hancock among the head table guests, Queen Lioness Millie Duncan listed the J.L. Ilsley Learning Centre, donations to four local food banks, the selling of daffodils for Cancer Nova Scotia, presentations of flowers to four nursing homes on a regular basis, the offering of three bursaries to high school students, support for three families at Christmas time and the pay-

ing of the insurance premiums for the Chebucto Boys and Girls Club and none senior organization as just a few of the works of the ladies side of the Lions program in Spryfield.

But what was most pleasing for the Queen Lioness was the installation of four new members this past year.

King Lion Darrell Wentzell told the gathering that the local club is financially in good shape but he anticipated a number of capital works projects, including the roofing and parking lot, required for the now 31 year-old Spryfield Lions Rink complex.

He said the club has dropped to 33 members and Lion John Mosher remains the only continuing Charter Member. Challenges for the coming year, he said, will be the development of an active Retention and Membership

see "Work" pg. 16



The Spryfield Lions and Lioness Club celebrated charter nights this month, the Lions for 46years and the Lioness Club for 23 years. Queen Lioness Millie Duncan received an award from her members while Lions Leo Supple and Rene Quigley received Lions of the Year Awards from King Lion Darrell Wentzell.

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"Ceramics Celebration" about past, present and future

Spryfield - "We all have learned many things about Spryfield while doing this project. Sometimes people hear the name Spryfield and they think a lot of bad stuff goes on here. But we know that Spryfield is full of wonderful history and great people. We want other people to learn the things we have learned. Spryfield is an awesome place to grow up in and we are proud to be from here!"

Those words by Central Spryfield Grade Six student Chris Higgins summed up both the purpose and the success of "Celebration Spryfield," a ceramics project by two grade six classes in the school unveiled at a special ceremony this month. In conjunction with the gathering of about 70 residents, long time service station owner and community supporter Carl White was presented with the Captain William Spry Community Centre's 2003 Volunteer of the Year Award.

J. L. Ilsley Family of Schools Arts Express Coordinator Willie Reid who helped spearhead the project, said the intention was to give students at the school and opportunity to "honour an often maligned community and to raise their own confidence and sense of self esteem."

Funded by the Four Cs Foundation of Halifax, the final work included 48 tiles all mounted on a four panel fold-out frame which, at least for the time being, will be on display at the Spry Community Centre. "The tiles were arranged to be portable," said Reid, explaining that the design allows the tiles to be shared with other groups, agencies and members of the public.

School teachers Catherine Pianosi and

Mary LeBlanc, mistresses of ceremony for the event, said the school was one of 12 which received a grant from among 42 presented to the Four Cs Foundation. "The project gave our students an awareness of the history of Spryfield, identified where they came from, where they are now and where they see Spryfield in the next 20 years.

Started last fall, the project started as 48 paper designed transferred to clay tiles, each individually fired in the kiln at J. L. Ilsley High School. The tiles were then painted by the students and refired before being mounted on the permanent display panels.

Local historian Peter Saulnier, who met with each of the students twice during the project, said "I can't believe how polite and interested each one of these kids was during the project. They were great."

During the presentation a number of students, including Selena Cotter-Earle, T.J. Drysdale, Nicholas Phillips and Carly Myers, gave a short presentation on why they chose their particular subject material for their tiles. The 48 tiles and their creators included Dingle Tower, Steven Pippy; Fire Services; Nicole Meister, MacIntosh Run; Andrea Randall; Bingo, Amanda Andrews; Grandparents, Chris Young; Elizabeth Sutherland, Carly Myers; Volunteers, Chantelle Francis; Hiking Trails, Brittany Townsend; Leiblin Park, Chris Higgins; Urban Farm, Ashley Callaghan; Biking, Justin Hall; Ms. Beasley's Cookies, Scott Jenkins; Soccer, Devon Newell; Friends, Damian Caldwell; Community Police, Vincent Brown; Community Workers, Matt Cameron; "Family," Natasha Barrs; Art, Lori Wingfield;

Spryfield Stories, Samantha Guthrie; Lakes, Sacha Longtin; Captain William Spry Library, Hayley Fougere; Construction, Steve Hawes; Skipping, Erika James; Peter Saulnier, Gerry White; Stores, Josie Taylor; Music, Michelle Mercer; Environmental, Peter White; Lion's Arena, Corey Higdon; Community Garden, Aileen Stuart; Boys and Girls Club, Katie Chapman; Legion, Tyrisha Kelsie; Piggery, Nick Phillips; Milk Program, Kyle Stark; Food (Subway), Brittany Lace; Day Camps (Hfx Rec), Haneen Aikasaweneh; Schools in

Spryfield, Selena Cotter-Earle; South Centre Mall, Allyson Roache; Wave Pool, Claessia Downey; Churches, Jason Colson; Hope for the Future, Mark Ryan; "Rockingstone" Rock, Chris McCulloch; Drysdale Park, T.J. Drysdale; Food Outlets, Melissa Betts; Power and Electricity, Jonathan Colson; Christmas Tree Lighting, Michael Benjamin; Teen Scene, Colten DeYoung; Harten's Field, Cleon Gray; and Bowlerama, Brandon DeBoer.



Students at Central Spryfield built a four panel mural of tiles depicting things they like and appreciate in the community. Arts Express Coordinator Willie Reid for the J. L. Family of Schools, students Melissa Betts, Devon Newell, Sammi Guthrie and Nicholas Phillips, and teachers Mary LeBlanc and Catherine Pianosi, opened the display at a "Celebration in Ceramics" showing.

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Backfilling Roach's Pond and capital budget expenditures

By Stephen Adams, Councillor, District 18

I am sure that anyone driving by Roach's Pond has seen the property in this area change significantly over the past number of months. This area went from a treed, natural area, to an area which has been clear cut and backfilled. The concerns raised by this have been numerous and expressed by residents throughout District 18.

When the infilling started, I contacted our ByLaw Enforcement Office and the Department of Environment to ensure the area would be protected and that all ByLaws are followed. However, some individuals have taken it upon themselves to utilize this property as their

own private landfill.

The original intent of the backfilling was to use clean fill to prepare the property for development. However, what I consider to be inappropriate materials are being dumped. As a result, I have asked our ByLaw Enforcement staff to identify the materials being dumped and to take appropriate action to remedy this situation. I am confident that there will be a satisfactory resolution reached in the very near future.

Our City's Capital Budget has been approved and the following projects have been approved:

- a flashing overhead crosswalk sign adjacent to Harrietsfield Elementary School has already

been installed:

- paving on Tartan Avenue from Auburn to Athole;
- Whimsical Lake Outfall;
- Catamaran Pond Sanitary Sewer from Old Sambro Road to Herring Cove Road;
- Ferguson's Cove guardrail and retaining wall;
- Leiblin Park Storm Sewer upgrade for Juniper Crescent;
- Roach's Pond playground upgrade;
- Ketch Harbour playground;
- Riverview Daycare playground;
- Sambro ball field upgrade;
- basketball court construction on undetermined site near Barry Crescent.

On Thursday May 15 I met with residents

of Captain William Spry Lodge to deal with the installation of a long overdue and much needed elevator. On September 24, 2002, I raised this at Council and brought it to the Provincial Government for consideration. However, it appeared that this was "lost in the shuffle." As a result, I raised it again at our May 20 Council meeting and again requested that the Provincial Government come forward with funding for this elevator. I have asked our staff to explore funding options and Councillor Linda Mosher and I will be contributing to this effort as well.

Can you imagine not being able to walk up or down stairs in your own home? You would be a captive in your own house. This is an issue of fairness and respect, it is as simple as that.

Springvale Avenue condominium project approved by Council

By Linda Mosher, Councillor, District 17

In early 2002, HRM's planning department received a request regarding the "red apartments" at 7, 9, 11 and 13 Springvale Avenue. The owner of these buildings applied to HRM for a development agreement. This request included the demolition of the existing buildings, and construction of a new, thirty-eight unit building. Part of the approval process for development agreements involves a public information meeting to ascertain resident opinions. The public information meeting was held in October 2002. The residents in attendance were generally pleased with the proposal, with the major exception being the number of visitor parking spots. In response to these concerns, the developer had the plan reconfigured to allow for an additional ten underground parking spots, as well as addressing some other resident issues and suggestions.

HRM Planning staff prepared a report and recommended approval of this application. The report recommending a public hearing was passed by Chebucto Community Council and forwarded to Regional Council for final approval. A public hearing was held at Regional Council on May 20th with many residents from the area in attendance. Only one of these residents spoke, who wanted to confirm that this development would not continue to be for rental apartments. The developer's architect indicated that these units will be sold and not rented. Based on the resident and planning support for this project, HRM Council unanimously approved this application.

Chebucto Community Council could not approve this application, as it required a zoning change. The zoning of the existing properties was R1, designated for single family homes. The existing apartments were deemed "non-conforming" but were "grand fathered" and are allowed to exist. They could remain in place indefinitely, subject to basic regulations such as being structurally sound and not unsightly. Many residents in the area have complained about these buildings, and had requested that something new be constructed.

The new building is designed to have nine townhouse units facing Springvale Avenue with their own private entrances. There will be a central lobby to provide access to twenty nine apartment suites at the rear of the building. There are provisions in the agreement for specifics such as exterior building materials, decorative balconies, and extensive landscaping. The maximum height of the building will

be fifty feet, with four being the maximum stories allowed. The exterior of the building has been designed to integrate well with the existing community. Further information is available at HRM's West End Mall Customer Service Centre - Case # 00435.

On another note, I was privileged to bring greetings on behalf of HRM Council for the "Grand Opening" of the Cornerstone Family Centre on Greystone Drive. The Centre is the creation of the Salvation Army who have become synonymous in our minds with goodwill and compassionate service. The Centre will provide valuable resources and programs to the community. Congratulations!



This landscape will change when construction begins on a project to build nine townhouse units at roadside and a central lobby to provide access to 29 apartment suites. The project received Council approval this month.

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Linda Mosher

HRM Councillor, District 17

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Seniors should receive free health care like everyone else

By Graham Steele, Halifax Fairview MLA

In late May I visited Jean M. at her home. She'd seen me in the newspaper talking about the cost of nursing homes. She wanted to share her story. Jean's in her seventies. Her husband Edgar, also in his seventies, is afflicted with Parkinson's. A year ago, Edgar had to move into a nursing home.

Jean is beside herself with worry. It's bad enough that her husband's health is failing and they have to live apart. Now Jean's fearful she'll lose her home. The daily cost of Edgar's care has gone up over 30% in just one year. Jean sees their retirement savings draining away.

The NDP believes it is wrong to make seniors pay for health care. We have a universal health care system. Why did the Liberals bring in a system in which health costs in a nursing home are not covered? Why did the Liberal Leader apologize for bringing in the system, and then retract his apology? Why are the Conservatives moving so slowly?

This whole affair has unpleasant echoes of the fiasco around the Sisters of Charity. The Liberals refused to grant the Sisters a nursing-home license, then granted it just before an election, only to see the Conservatives reverse that decision and again refuse a license. Why do they do these things?

Last fall Darrell Dexter and the NDP launched a campaign to stop charging seniors for their health costs in nursing homes. Our campaign continues.

In mid-May, Darrell tabled many more petitions signed by Nova Scotians like you. That brings the total number of petitioners to

over 22,000 since the fall.

I've been busy working on this issue too. On May 14th, after being contacted by another constituent, I raised in the Legislature the issue of nursing homes raising their per diem fees by more than the new subsidy of \$12.75. In effect, the subsidy was going to the nursing homes, instead of giving seniors and their families a break.

"House" will not sit again until after the election - Chisholm

By Robert Chisholm, Halifax Atlantic MLA

The House of Assembly wrapped up this week and will not sit again until after the election.

In the next session you can look forward to Michele Raymond continuing the NDP's work in Halifax Atlantic.

This community means a lot to me and I want it to be well-served. I know that good representation can make a real difference. I saw this when I worked with local businesses to cut through the red tape of bureaucracy and make the most of their opportunities. I saw this when I fought for people so they could receive the benefits they deserved from Canada Pension, Workers' Compensation, and Social Assistance. And I saw this when I worked with this community's non-profit groups to secure program funding. In fact the success of the Teen Health Centre, and the Single Parent Centre remind me of why I became a MLA.

Of course some of my time as your MLA was also spent as leader of the NDP. In this role I worked too on provincial issues, as when

Health Minister Jane Purves had no answer to my questions. She implied that seniors should be grateful for the \$12.75, and said there would be no deviation from the Conservative plan to tackle the problem piece-meal until 2007.

Meanwhile, Jean M. despairs. "What good does it do me to wait until 2007?" she asks. "All our savings will be gone by then. And

who's to stop the other parties from changing their minds between now and then?"

Jean M. knows that charging seniors for their health care isn't right, and so do I. An NDP government will move quickly to eliminate the health-care fee charged to nursing-home residents. That's part of the "Better Deal for Today's Families" an NDP government will deliver.

I facilitated talks in Sambro around closure of the fisheries.

I have had the privilege of watching the NDP grow from a small, but effective opposition, to a party poised for government. In fact this session will be remembered as one in which the NDP set the agenda for government.

Covering the healthcare of seniors in nursing homes, and fighting to get the lowest and fairest auto insurance issues for Nova Scotia drivers, are NDP issues. Both other parties have scrambled to try and keep up.

We will continue the same leadership in the issues that matter to Halifax Atlantic.

Families here are depending on us. The Tory \$50 fuel rebate did nothing to help fami-

lies who struggled all winter with staggering home heating. Cutbacks to school funding has meant that wonderful programs like the one year business program at J.L. Isley are no longer there. Our roads too are getting worse as the province and HRM continue to ignore the agreement made during amalgamation to maintain the roads in the former county.

Four years of Tory management have done nothing for Halifax Atlantic. Even the local Tory candidate has admitted this. Today's families deserve a better deal. It is clear that only Darrell Dexter's NDP is prepared to deliver it.

I may be leaving politics, but I am proud to say that the NDP will still be here.

Thank you.

MP urges participation in the political process

By Geoff Regan, Halifax West MP

This summer looks like an exciting one for political junkies here in Nova Scotia. As it approaches, I wanted to take a minute to talk about the importance of participating in the political process and particularly, the opportunities presented through the current Liberal leadership race.

Some say that politics is the art of the possible. Others take a much more negative view of the profession, choosing to believe that most of its practitioners are self-serving and self-interested. Having grown up in political life, I can tell you that both exist, but that there are far more people in politics for all the right reasons. And that extends beyond any lines, be they party lines, provincial lines or levels of government. While my colleagues in the House of Commons often (and sometimes vigorously) disagree about what the right thing to do is, I believe we are all interested in doing

that thing we each consider to be right.

What it comes down to is the quality of the people, rather than the nature of the institution as a whole. As you may know, I am actively supporting Paul Martin in the Federal Liberal Leadership race. While all of the candidates have proven themselves as capable Members of Parliament and Ministers, I believe that Mr. Martin has excelled at every challenge that has faced him since entering political life. And there has certainly been no shortage of challenges: from slaying the \$42 billion deficit our government inherited from the Mulroney Tories to securing our growing economy in the face of global uncertainty. Time and time again Paul Martin has demonstrated the kind of strength and leadership that Canadians need to lead them into the next decade.

Possibly one of the most important attributes he offers to Canadians is the ability to listen. My regular Let's Talk sessions


see "MP" pg. 15



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Local Lionesses assist purchase of seeing-eye dog

Spryfield - Saying "I won't ever walk alone again" 35-year-old and mother of two Brenda Anderson expressed the ultimate relief of having her guide dog "BJ," the result of a combined effort by the Spryfield Lioness Club and the Easter Passage Cow Bay Lions Club.

"Stubbournness. Bullheadedness. I'm full of," she told the local Lionesses during a visit to offer personal thanks to the club and show off BJ, a two-year-old German Sheppard.

The Lions Clubs throughout the world are renowned for striving to assist the visually and the hearing impaired by purchasing guide dogs and the local club is no exception. BJ represents at least the third vision companion purchased by the local club which raises the necessary \$6,000 to get the process started.

Anderson said the rest of the expense is managed through the school in Toronto where she undertook the 26-day training course before being allowed to be one her own and alone with BJ.

But just because both her and BJ, not all of the prospect dogs make it through training and they can be rejected from service for even the most minimal of inappropriate behaviour, made it through training, doesn't mean the work is done just yet. "No one in my house, including my two kids, are allowed to pet the dog, or feed him or walk him until he has bonded with me for at least four months," she said.

Anderson told the club that she had been legally blind since age eight but was too stubborn to even use a white cane much less a guide dog. "I always acted as if I was sighted

and, since my eyes move toward sound, people often think I am. But when I began running into parking meters in downtown Halifax and falling from curbs while exiting a bus I thought something had to be done." At that point Anderson took up the offer to apply for a guide dog.

Now that BJ has come into her life she couldn't be more thrilled. "I don't go anywhere I didn't go before," she said, "but there is a very real comfort in traveling. I don't worry as much that I'll step off an unexpected curb or walk into traffic. BJ keeps me safe."

There are troubles however says Anderson. She has been asked to take BJ out of coffee shops before even though she's unable to read the "No Dogs Allowed" sign because she is legally blind. "It's just a lack of public education," she says, suggesting that BJ's harness carries a sign that he can't be patted because he's a working dog. "I handle him. I don't own him. He works for me," she said.

But when he isn't in harness and working she says, he's a two-year-old puppy who likes to chew on tennis balls and leave them lying around on the household steps. "I scold him for it," she says, "but I still have to check the steps when I come down because I think he leaves them there on purpose."

BJ will be able to work for up to eight years and, if Anderson wishes, he can then become a family pet and she may be eligible for another guide. According to Nova Scotia Director Lion Peter Wallis Lions Clubs now have sponsored eight seeing-eye dogs, two special services dogs and six hearing-ear

dogs.

"The total cost to put a dog and a person through the program is \$21,000 and it's very encouraging to see this Lions Clubs, and other, participating by donating their funds to development of the program," he said.

And for the local male Lions Club, the members are doing 50/50 draws at each Thursday and Sunday bingo to help raise money for yet another dog to assist a person in need somewhere in the community.



Brenda Anderson and her Guide Dog BJ stopped into the Spryfield Lioness Club to give thanks for their relationship. Nova Scotia Director Lion Peter Wallis, background, attended with Brenda and Lionesses Dot Mosher and Anita Wentzell and Queen Lioness Millie Duncan.

A strong voice for Halifax Atlantic

Gerald Rodgers is a lifelong resident of Spryfield, who has seen his community grow from a village to a strong, thriving part of the Halifax Regional Municipality.

But there are still challenges facing all of Halifax Atlantic. Small business still struggles, roads need upgrading, and residents are still fighting for their fair share of municipal and provincial services.

Halifax Atlantic's problems are Gerald Rodgers' problems, because he lives right here, in your neighbourhood.

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There's lots to do in June, everyone should get involved in something

MULTI-SERVICE NEWS

by Linda Roberts
Multi-Service Coordinator
Captain William Spry Community Centre

McIntosh Run Clean-up

The Annual McIntosh Run Clean-up will take place on Saturday, June 7 from 9 am to 1 pm. Meet at the Spryfield Legion on Sussex Street to help take the trash out of the Run. The students at J. L. Ilsley High School have taken a

lot of leadership in organizing the event and working hard on clean-up day. For more information, call Terry Bobbitt at 477-0467.

Heritage Walk

At 2 pm on Saturday, June 7 (rain date is June 8) there is a Heritage Walk sponsored by the Urban Farm Museum Society, the Mainland South Heritage Society, and the CRABapple Mapping Project. The walk will start at the Captain Spry Community Centre and go up through MacIntosh Park, the Farm Field, to Table Rock, the Rocking Stone and historic Kidston Lake. For more information, contact Pat MacLean at 477-6087.

Rocking Stone & Table Rock Walks

The Spryfield Residents' Association will organize walks to the Rocking Stone and Table Rock. Their aim is for local residents to know about and appreciate some of the unique and historic features of Spryfield. If you are interested in joining a walk, call Linda Roberts at 479-4487 to get your name on a list.

Urban Agriculture and Edible Landscaping Talk

Marjorie Willison is the guest speaker at the Urban Farm Museum Society's Annual General Meeting on Wednesday, June 11 at 7:30 pm at the Captain William Spry Community Centre. Ms. Willison will be speaking about urban agriculture and edible landscaping and will also answer gardening questions. Admission is by donation. For more information, call 477-6102.

Planting trees on Sunday, June 22

The McIntosh Run Watershed Association, INTRIA Items, and Evergreen are teaming up to plant trees in Spryfield. Native trees and shrubs will be planted in four places along the McIntosh Run. This is part of a national initiative by INTRIA Items, a national financial services company, and Evergreen, a national environmental organization. The tree planting will take place on Sunday, June 22 from 1-4 pm.

Lots of volunteers are needed. Come to the Captain William Spry Community Centre (out front if it is nice or Conference Room #1). Bring proper footwear, clothing and a shovel. For more information, call Terry Bobbitt at 477-0467.

Spryfield Residents' Association

The Spryfield Residents' Association is meeting the 2nd and 4th Wednesday of each month for the present time to discuss planning issues particularly around Kidston Lake. Residents of the area are urged to come forward with ideas and concerns, and get involved. The meetings are at 7 pm in Conference Room #3 at the Captain Spry Community Centre. For more information, call 479-4487.

Celebration in Ceramics on display

The "Celebration in Ceramics" project of Central Spryfield School will be on display in the lobby of the Captain William Spry Community Centre the week of June 6 - 13. Drop by to see how the students took their ideas on what is great about Spryfield and made them into ceramic tile pictures. There are 48 images that include Hartlen's Field, the Spryfield Legion, churches, food outlets, the Urban Farm, hiking trails, volunteers, McIntosh Run, and grandparents.



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MP urges participation in the political process

continued from pg. 13


(which, by the way, celebrated their 50th session in January!) are my way of hearing what the people of Halifax West have to say. Paul Martin has spent most of his time since last June travelling the country hearing what Canadians have to say. Now, through his Town Hall meetings and the six leadership debates organized by the Liberal Party of Canada, we are hearing what he has learned - and I continue to be amazed. In short, he's a pretty remarkable guy.

Someone once said that history is made by those who show up. Leadership races - and not

just in the Liberal Party - are an excellent opportunity to get involved in the political process. Politics is a group effort: the bigger the group, the better the effort. Join a party. Support a candidate. Develop policy. In short, get involved!

As always, if either my staff or I can be of assistance, please feel free to contact us by phone (426-2217) or by e-mail (geoff@geoffregan.com). You can also visit my website at www.geoffregan.com, where you'll find lots of information on many topics of interest.

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Believe in Better



The Harrietsfield Williamswood Elementary School held its Annual Spring Fair and opened the gymnasium to an appreciative and entertained crowd. Victoria MacDonald and Ashley Monk wait for popcorn to finish. Kathy Vickers and her children Natasha and Travis, and Kathy Goulden seem to enjoy their work.

In the Garden

by Marjorie Willison



Weeds do have a place in your garden if used properly

Are violets or wild strawberries weeds? It depends on whether or not you want them in your garden.

Most plants we call weeds are very good colonizers of newly disturbed ground, caused in nature by such things as mudslides and changing water levels. Most weeds are non-native plants, often of European origin.

Weeds, however, have important functions in the garden as well as in nature. Deep-rooted weeds bring nutrients from deep in the ground up towards the soil surface. Weeds reduce erosion by covering bare soil, and help reduce soil compaction over winter.

Weeds also increase the diversity of plants in your garden, which helps to increase the diversity of insects. A greater variety of insects likely means that no one kind will grow to huge numbers and cause problems. For example, fava beans that are growing with weeds will probably have far fewer aphids.

The types of weeds are indicators of soil conditions. Dandelions and coltsfoot, for example, grow better than grass on soil that is compacted and/or acidic. Therefore, aerate the lawn and add garden lime to raise the pH to 6.5.

Plantains indicate heavy clay soil, waterlogged, or poorly drained soils, that are low in lime (especially on lawns). An abundance of yarrow indicates low potassium levels, and quack grass indicates hardpan or crusty soil surface. Improving your soil is a good strategy for reducing weeds.

To enjoy a few weeds without having too many, also try these other strategies. Mow lawns to 3 inches (7.5 cm) high, to help shade out broad-leaved weeds; aerate if the soil is compacted; and spread garden lime if the pH is less than 6.5.

In the vegetable garden or annual flowerbed, avoid digging, which brings weed

seeds to the surface. Instead, keep beds to about 4 feet (1.2 m) wide, so that you do not compress the soil by stepping on the beds. Never let weeds go to seed, and dispose of seedy weeds in the green bin (commercial composting gets hot enough to destroy weed seeds).

If you plant in rows, spread mulch between the rows to prevent weeds from growing. At weeding time, stand upright and swing your hoe as if sweeping with a broom, so that you skim off the weeds just below the

soil surface.

In the perennial flowerbed, keep the soil surface covered with mulch, year-round. Last year's faded perennial leaves and stems make a good mulch in the spring. Simply chop up stiff stems and leave them in the flowerbed.

Under asparagus, raspberries, fruiting shrubs such as highbush blueberries and currants, and under newly planted trees and shrubs, spread corrugated cardboard on the ground. Cover this with a mulch of straw, leaves, or shredded bark.

Work of Lions, Lioness, "immeasurable and appreciated" - Adams

continued from pg. 10

Committee and negotiating to have the city assume responsibility for the rink facility under some form of management agreement.

The King Lion presented Lion of the Year Awards to both Rene Quigley and Leo Supple. Quigley, said Wentzell, has been a member of the club for 18 years, working projects like the mini bingo and Santa Claus Parade Chairman, as well as creating the Business Bowling Challenge, which raised \$2,000 for the Chebucto Boys and Girls Club, and developing the "Recycle For Sight Month" project, "both of which went a long way to improve the Lions awareness and identification in the community."

The King Lion said Supple, who besides being the Charter Night Chairperson, was King Lion for a year, is a keen participant in the visitation program, has attended the Lions Officer Training School and is a dedicated Sunday Night Bingo volunteer.

The King Lion thanked the Lioness organization for its ongoing support and work in the community and presented Queen Lioness Millie Duncan with an Appreciation Award. Lioness Dot Mosher also thanked Queen Lioness Millie Duncan for her work at the helm this year and Lioness Carol White made a presentation to Don Strople in appreciation

for his work as the Liason between the two clubs.

Senator and guest speaker John Buchanan regaled the audience with tales but said that as a 40 year member of the club "I am proud to be a life member of this organization whose 'We Serve' mission is shared by 1.5 million people in 191 countries around the world."



The Urban Farm Museum ran into a bitter Mother Nature for it's Annual Plant Sale at the Captain William Spry Community Centre.

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PetCare Insurance is both available and worthwhile

So many times when pet owners are faced with an unexpected veterinary bill, they have jokingly said how great it would be if they had health insurance for their pet.

Surprisingly, a large majority of the pet owning population in Canada still do not know that pet insurance exists. This year, PetCare Insurance Brokers Ltd., a subsidiary of Pethealth Inc., a Canadian company incorporated in 1998, launched its new PetCare policies which are now available to dog and cat owners all across Canada. The newest policies seem to end the wait for pet health insurance that is both affordable and user friendly.

Veterinarians have always wholeheartedly supported and encouraged pet owners insuring their pets for obvious reasons. Firstly, by having more pets insured, veterinarians are hopeful that

there will be a decrease in the percentage of animals euthanized due to illnesses or accidents for which the owner has no financial ability to cover. As well, pet insurance will permit a higher level of medicine to be practiced by veterinarians in that insured animals will benefit from receiving all the advanced diagnostic and therapeutic procedures open to them. Vets have been encouraged by the new policies offered by PetCare, and, in fact, in 1999, both the Canadian Veterinary Association and the American Veterinary Association exclusively endorsed their policies.

So how affordable is this insurance? Monthly premiums for dogs and cats start as low as about \$10 for the QuickCare policy and can go as high as about \$40 for dogs of select breeds in the MasterCare policy. New pet owners are

highly encouraged to enroll pups and kittens in the QuickCare policy, since pets are eligible for enrollment at 8 weeks of age and because of the increased risk of accidents occurring in the young pet. This type of policy covers things such as motor vehicle accidents, foreign body ingestion, cuts or lacerations including porcupine quills or abscesses resulting from cat bite or scratch wounds, burns, reactions to insect bites, poisoning, accidental death and in some cases, for accidents resulting from feline highrise syndrome (injuries resulting from cats falling out of apartment buildings). Anyone that has a dog which has a penchant for pursuing those prickly porcupines can attest to the fact that unfortunately these dogs are often repeat offenders at a veterinary price tag of up to several hundred dollars a chase, depending on how reluctant your dog is to let go. Such owners may find this policy a steal.

Cat owners who have made several trips to the vets office for bite wounds their Fluffy has incurred while out defending her turf may also be interested. With the rising costs of medical treatments, particularly drugs such as antibiotics and anesthetics, these policies are worth considering. For many people, the ownership of such a policy could easily save hundreds, even thousands of dollars over their pets entire lifetime, particularly if your pet is unfortunate enough to become poisoned or hit by a car - accidents which often involve lengthy hospital stays and orthopedic surgery in the case of a hit by car, which can range up into the thousands, depending on the severity.

For owners wanting more peace of mind there is the MasterCare policy which covers all other unforeseen accidents and illnesses which a pet may experience. This may be a better choice for owners of purebred dogs, which may experience higher veterinary costs over the pet's life-

time, owing to an increased risk of inherited diseases, and also for older pets (pets can be switched from QuickCare to a higher benefit policy up to age 8 unless they are a select breed where the limit is 6 years of age). There is a list of 18 select breeds which have a slightly higher premium owing to this fact. However, the policy is excellent and has an almost all encompassing list of coverage.

There are a few minor limitations to the policies, such as no coverage of preexisting conditions (which only serves to encourage people to sign up early on). Behavioral problems are not covered, as is the case with the costs of breeding and pregnancy related problems. As well, pets must have a physical exam every year and be up to date on all vaccines deemed necessary by the attending vet for the policy to be valid and all such costs of what is considered to be routine health maintenance costs are expected to be paid by the owner. For each claim, there is also a standard \$50 deductible fee.

On the upside, there is not much to lose really. If you have already purchased a pet and accept the responsibility of the regular ongoing costs of having an animal, the benefit of spending a few more dollars a month does seem worthwhile. The policies seem very fair, even when read between the lines. Advantages this policy has over others in the past include a fixed deductible, regardless of the total cost of a claim. There is also no two year chronic clause, which means that should your pet's health conditions become chronic, they will not be cut off after a set time, but will be covered for life. Premiums do not change with age and older pets enrolling do not have higher premiums. For those injury prone pets, coverage applies for an unlimited number of accidents as well.

If you are interested ask your veterinarian for details. All in all, it is certainly something worth considering.



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LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.



RODGERS, Mary Bridget (Wadden) - 89, Spry Avenue, Halifax, passed away peacefully, Thursday, May 15th home after a long illness. Born in St John's, Newfoundland, she was the daughter of the late Lawrence and Mary (Kelly) Wadden. In

her younger years, Mary worked as a manager and accountant for a drygoods chain in St. John's, Newfoundland, Scotia Flower and Feed, the Nova Scotia Power Corp., and Simpson's/Sears. Mary was an executive member of the Home and School Association, Toastmasters Association, and loved to swim at the Spryfield Wave Pool. She was a Longtime member of Saint Michael's Roman Catholic Church Spryfield. She is survived by her husband of 60 years, Gerald Rodgers Senior; two sisters, Evelyn (Mrs. Frank Bowland, Thunder Bay, Ont.), Rita (Mrs. Fred Powers, Manchester, New Hampshire, USA); and a son, Gerald M. E. Rodgers Jr., leader of the Nova Scotia Party, Halifax. She was predeceased by brother Alex, and sisters Mary Belter, Eileen Smith, and Pauline Fowler all residents of St. John's. A memorial mass was held at St. Michael's Church in Spryfield, May 23. In lieu of flowers, donations can be made to Dalhousie Medical Research Foundation.

DARRAH, Henry Joseph "Gussie" - 70, Old Sambro Road, passed away May 17, 2003, in the New Infirmary, QEII. Born in Halifax, he was the son of the late Marjorie (Kennedy) Darrah. He is survived by his wife, Sheila (Gilkie) Darrah; sons, Carmen (Joanne) Herring Cove; Vere, Spryfield; daughter, Gwen (Greg) Poole, Herring Cove; grandchildren, Megan, Genevieve and Kaelee Darrah, Alaina and Robyn Poole. Henry was predeceased by several uncles. Cremation has taken place. Donations may be made to Canadian Cancer Society.

ARMITAGE, Arthur Kenneth - 71, Spryfield, passed away May 8, 2003 in the QEII Health Science Center, VG Hospital Site. Born in Halifax, he was a son of the late Frank and Gertrude (Dunbar) Armitage. He is survived by his wife, Claire (Cook) Armitage, Spryfield; brothers, Jack Armitage, Halifax; Frank Armitage, Montreal; many nieces & nephews. He was predeceased by sister, Margaret. Cremation has taken place. Donations to charity of choice.

ORMON, Morris Edward - 87, Melville Gardens, formerly of Herring Cove Road, passed away peacefully with his family by his side, April 29, 2003. Born in Halifax, he was the son of the late John and Mabel Theresa (Connors) Orman. Surviving are daughters, Marlene (Mrs. Donald Tanner), Dartmouth; Irene Theresa (Mrs. Michael Maher), Ottawa; Jean Anne, Dartmouth; brothers, Charles "Donald," Cole Harbour; Ernest Waldo, Calgary; 6 grand-children; 8 great-grandchildren. He was predeceased by his wife, the former Jean Catherine Walsh; son, Morris; Brothers, James, Melvin, Raymond, John. Donations in memory may be made to Canadian Cancer Society. Special thanks to the staff of Melville Garden.

FRASER, Mary Elizabeth - 87, Williams Lake Road, Halifax, passed away April 27, 2003, in the VG Site, QEII. Born in Halifax, she was a daughter of the late Michael and Mary Elizabeth (Naylor) White. Surviving are daughter, Judith Ann, Upper Sackville; sister-in-law, Mildred White, Dartmouth; grandchildren, Charles "Ted" and Scott Fraser. She was predeceased by her husband, Arthur Edward Fraser; sisters, Gertrude Sarah, Margaret; brothers, Michael, John and William. Interment in Gate of Heaven Cemetery. Donations to the Canadian Cancer Society or CNIB.

HOLLAND, Bertha Mary - 81, Margaret Latter Manor, and Halifax, passed away May 12, 2003, in the Halifax Infirmary, QEII. Born in Halifax, she was a daughter of the late William and Mary (Richardson) Brophy. Those with loving memories are sons, William (Margaret) Hatch, Portuguese Cove; Maurice (Mona), Halifax; Edward (Sylvia), Maitland; William (Hazel) Brophy, Ontario; daughters, Helena (Mrs. George Harding), East Pennant; Nina (Mrs. Stephen Icton), Bear Cove, Halifax Co.; sisters, Mrs. Rita Gates, Herring Cove; Mrs. Thelma Nagel, Fairview Villa; half-sister, Marie Reid, Ontario; 11 grandchildren; 19 great-grandchildren. She was predeceased by her first husband, William Hatch; second husband, Lemuel Holland; brother, William; sisters, Jenny, Helena, Edna, Mildred. Burial in parish cemetery. Donations to the Heart and Stroke Foundation of Nova Scotia or Canadian Cancer Society.

BECKERSON, Jack Thomas - 80, Melville Lodge, formerly of Middleton, passed away May 1, 2003, in the VG site, QEII. Born in Hamilton Ont., he was the son of the late Archibald and Pearl (Place) Beckerson. Surviving are daughter, Judy (Mrs. David Tattersall), Middleton; Sons, William (Linda), Sackville; Jack (Lois), Port Dufferin; Ronald (Susan), Bedford; brother, Ronald, Hamilton, Ont.; 8 grandchildren; 4 great-grandchildren. He was predeceased by his wife, Ora Somers; sisters, Doris and Georgina. Interment in Middle Melford Cemetery at later date.

FISHER-WRIGHT, Janet Marie - 73- Seabright, passed away May 9, 2003 in the QEII Health Science Center, New Halifax Infirmary Site. Born in Stewiacke, N.S. she was a daughter of the late Adams and Blanche (Gourley) Fisher. She is survived by her best friend and loving companion Gerald Wright, Seabright; brothers, Franklin (Ruth) Fisher, Spryfield; Alden (Marianne) Fisher, Tatamagouche; Lee (Pam) Fisher, Coldbrook; Bill (Betty) Fisher, Stewiacke; sisters, Shirley Corbin, Toronto; Margie Robinson, Shubenacadie; Jean (Robert) Hall, Bridgetown; Karen (Denvert) Levy, Stewiacke; Juanita (Jim) Withrow, Prince George, B.C.; Charlotte (Robert) Fleming, Stewiacke; many loving nieces and nephews from her and Gerald's family. A private family burial will take place at a later date. Donations to Canadian Cancer Society, or charity of choice.

FORGERON, Lawrence Edward "Larry," "UeUe" - 64, Halifax, passed away May 15, 2003, in the VG site, QEII. Born in Martock, he was the son of Glenna (Dorman) Forgeron and the late Joseph Forgeron. He attended SMU and went on to teach at various schools in the Halifax area. He worked for Edward's Fine Foods, Coca-Cola and drove taxi for a number of years. He was an excellent

mentor to many, and especially to daughter Jill Burke, who was the light of his life. He will be sadly missed by his family and many friends. Besides his mother and daughter, he is survived by his good friend, Karen Burke; brothers, David (Carolyn) Forgeron; sisters, Eleanor MacKenzie and best friend Bruce MacDonald, Anna Marie Kolakowski, Frances (Erling) Alstrup; uncle, Earl Dorman; many nieces and nephews. Cremation to follow.

GRACIE Barbara Anne - 62, Halifax, died April 23, 2003, in the New Halifax infirmary, QEII. She was the daughter of the late Lawrence and Margaret (Sturgess) Cooper. She is survived by daughters, Dorothy, Halifax; Margaret, Victoria, B.C.; brothers, Raymond and Gerald, Dartmouth; Joseph (Stella), Paul (Carol), both of Halifax; sisters Shirley (Wilson) Burgess, Detroit, Mich.; Ethel Craig, Cathy (Ronald) Clark, both of Middle Sackville; Nancy Cooper, Halifax; many nieces, nephews and friends. She was predeceased by both, Lawrence; sister, Joan. Burial will be at later date in Mount Olivet cemetery. Donations may be made to Canadian Cancer Society.

ROBERTS, Mary Angelina - 75, Circassion Drive, Dartmouth, passed away May 22, 2003 in VG Site, QEII. Born in Charlottetown, P.E.I., she was the daughter of the late Frederick and Caroline Goss. She is survived by daughter, Helen, Halifax; sons, Joseph Ernest, Dartmouth; Joseph Donald, Halifax; Joseph Philip, Halifax; James Ronald, Dartmouth; 5 Grandchildren; uncle, Leonard, Halifax. She was predeceased by her husband, Harrison Roberts; sisters, Bertha Gross and Theresa MacKill. Cremation has taken place. Burial in Gate of Heaven Cemetery, Lower Sackville.


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

Judy Cosgrove

477-2817

00321crc@sobeys.com

**ANNOUNCEMENTS
BIRTHS - DEATHS
CARDS OF THANKS**

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IN MEMORIAM

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TO INCLUDE A PHOTOGRAPH

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479-6397
Monday to Friday
9am - 4pm
e-mail: rhorner@ns.sympatico.ca
fax: 479-6397

June Events

Healthy Cooking Class
Every Monday from 7-9 p.m.
(FREE)

Nutrition Tour of Your Store
Thursday June 5, from 2-4 p.m.
(FREE)

Healthy Eating on a Budget
Thursday June 12, from 2-4 p.m.
(FREE)

Bone Health
Thursday June 19, from 2-4 p.m.
(FREE)

Call Heather Barnes our Dietitian for more information on the above classes at (902) 443-0577

Please register early for above classes, space is limited

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Community Events

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

Benefit Dance

A Benefit Dance and Silent Auction in support of Robert Leck will be held July 5 from 8 p.m. to 1 a.m. in the back hall of the Spryfield Lions Rink. For tickets or to donate to the auction contact Kevin at 477-8761.

Planning Session

The Eastern Chebucto Planning Group will hold a planning session June 7, from 9 to noon in Conference Room 3, Captain William Spry Community Centre.

Annual Lobster Supper

The St. James' Anglican Church in Herring Cove will have its Annual Lobster Supper from 3 to 6 p.m. June 14. The eat-in or take-out menu includes mussels, a one pound lobster or half pound of scallops, or half lobster

and one quarter scallops, salads, beverage and desert. The childrens' menu includes hamburgers, hotdogs, salad, beverage and desert. Price are \$20 for adults and \$5 for children. Tickets are sold in advance only. Please call Carl Doubleday at 477-0398 or John Richardson at 477-5535.

Plant Sale Fundraiser

The Colpitt Lake/William's Lake Conservation Company will hold a fundraiser Plant Sale Sunday June 1 from 2 to 4 p.m. at the Captain William Spry Community Centre. More than 40 varieties of perennials including Bleeding Hearts, Cranesbill, Hostas, Pulmonaria, Herbs and many more. For more information call 446 8306 or visit www.williamslakecc.org.

Summer Parade, Carnival

The Harrietsfield Williamswood Community Centre will hold the Third Annual Summer Parade and Carnival June 21 beginning at Crystal Pizza at 11 a.m. and ending at the Centre for the Carnival from 12 to 3 p.m. To enter or volunteer call 479-8514.

Yard Sale

Enmanuel Church Hall, 322 Herring Cove Road, will be the site of a Yard Sale Saturday, June 14, beginning at 9 a.m. The event is being arranged by St. Martha's Anglican Church Women.

Urban Farm AGM

Marjorie Willison will be the guest speaker at the Urban Farm Museum Society's annual general meeting Wednesday, June 11, 7:30 pm at the Captain William Spry Community Centre. Ms. Willison will be speaking about urban agriculture and edible landscaping and will also answer gardening questions. Admission is by donation.

Legion Parade

The Earl Francis Memorial Spryfield Legion will hold a D- Day Parade June 1 at 1:30 pm at Peace Grove Park.

Annual Runs Clean-up

The MacIntosh Runs Association will hold the annual Clean-up on June 7. Volunteers should meet at the Earl Francis Spryfield Memorial Legion for registration at 9:00 am.

Tree Planting

The McIntosh Runs Watershed Association will undertake a Tree planting June 22. Meet at the Captain William Spry Centre from 1:00-4:00 pm. No rain date.

Branch Renaming Ceremony

Renaming of the Branch ceremonies will be held June 21 at the Earl Francis Spryfield Memorial Legion at 4:00 pm. Ceremonies and Dinner is by invitation only. The dance, open to all Legion members, will begin at 8 p.m.

Dispose of Expired Marine Flares

The Nova Scotia Department of Environment & Labour reminds recreational boaters to drop off expired marine flares at the nearest RCMP detachment or Canadian Coast Guard base, for safe disposal. For information on Nova Scotia's new Disposal Program for Expired Marine Flares, contact the Canadian Coast Guard, Office of Boating Safety, in Dartmouth at 426-6362 or 1-888-670-0771.

Spring Fair

The Sambro-Ketch Harbour Elementary School would like to welcome everyone to the Spring Fair Saturday,

June 7, from 11:00 am to 2:00 pm. Families will be able to enjoy a great selection of games, flea market, air tent, barbeque, cotton candy, snow cones and surprises!

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.

Heritage Walk

The Urban Farm Museum Society, the Mainland South Heritage Society and the CRABapple Mapping Project will hold a Heritage Walk at 2 p.m. June 7 from the Captain William Spry Community Centre to the historic sites around Kidston Lake including the Rockingstone and the Table Rock. The walk is part of the 8th Annual Nova Scotia Museum Weekend Events across the province.

Williamswood Softball Registration

The Williamswood Minor Mixed Softball Association for ages five through 14 is registering players. The fee is \$25 per child with a \$5 discount for each child in the family. Contact Greig Campbell at 475-1662 for information.

Co-Ed Softball

Co-Ed Softball will be played on the ball diamond in Williamswood every Friday night at 6 p.m. beginning May 23. For information call Cathy at 475-1022.

Family Fun Day

On Saturday, June 21 from 10 am to 3 pm Chebucto Heights School will hold its Family Fun Day.

Library Events

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



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Chrissy Beals, Carol Boudreau, Lola Downey, Colleen Kane, Vanessa Snelgrove, Tanya Morris, Martha Taylor, Margie Sexton, Gillian Stevenson, Devonna McIntyre, Liz Cobb and Sabrina Sexton, were among Mother's Day Spa - a fun day just for them, including all the trimming topped off with lunch served by their kids at the Healthy Kidz kitchen in Greystone.

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*O.C. - See store for details

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