

Chebucto News

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Association gets unanimous approval for BID Commission application

Spryfield - The membership of the District 18 Business and Development Association gave unanimous approval at its annual general meeting authorizing the 2003/2004 Board of Directors to proceed with the formation of a local business improvement district (BID) commission.

The approval represents the culmination of

three years of research and study by the association in its efforts to respond to what outgoing President Sharon Beasley says is the "ever increasing role and responsibility of the business community to strengthen and revitalize the business district in Mainland South."

A BID Commission, explained Beasley, is a process where "businesses in an identified

area pay a levy which is collected by the municipality and handed over to the commission for its use. The legislative requirement," said Beasley, "is that the commission use its funding for activities like promotion, beautification, maintenance and advocacy." Because of the unique nature of the Mainland South community, she said, the association will apply to the city to establish a commission including everyone from the Armdale Rotary to Sambro.

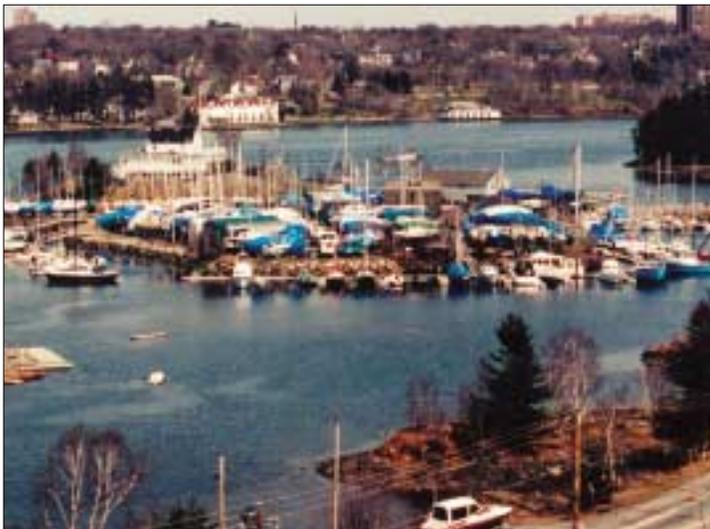
Under the proposal to be forward to the city the minimum payment by member businesses will be \$50. The maximum will be \$1,000. "Our research tells us that 58% of businesses paying occupancy tax will pay the minimum while only three percent will pay the maximum," she says. Commercially, 40% will pay the minimum and 5% the maximum. In all the Association will receive approximately \$40,000 annually to run its affairs. The formu-

la for estimating business occupancy or commercial tax base levies on an individual basis is the assessment multiplied by the rates which are \$.001718 for business occupancy and \$.000859 for commercial.

"When you look at a business association trying to manage its affairs on a volunteer basis with a bank account of only \$1,500, having the ability to hire a part-time staff person to manage the day-to-day operation will help tremendously in our ability to communicate effectively with members, develop program and create an identity for the community," she said.

"I am thrilled unanimous support the business community has shown for the efforts of this volunteer group. It shows that our efforts are valued and there is a commitment from local business to have a strong and viable busi-

see "Association" pg. 2



Many of the boats at Armdale Yacht club were still cover this past sunny weekend but a good number of the skippers were out tending their ships taking advantage of the spring's real showing of good weather.

Development raises concern over protection of Kidston Lake lands

Spryfield - Renewed construction of a housing project near Feldspar Crescent has caused local residents to questions HRM's long term strategy for land and historical sites around Kidston Lake.

At Chebucto Community Council this month several residents, including Art Kidston whose family has heritage involving the Kidston Lands, a Feldspar Crescent Resident and members of the Spryfield Residents

Association Nancy Wooden and Chair Wendy Miller, approached Council with concerns over the project and future impacts to the Kidston Lake park and surrounding lands.

After expressing concerns over the developer's clear-cutting work, Councillor Stephen Adams told residents the activity is the second phase of the original project approved by council some years ago. The project will see a number of single family homes constructed.

But Art Kidston told Council the project destroyed what little was left of that section of the historic Rockingstone Road, a 200-year-old pathway which led to the popular Rocking Stone, a 400 ton granite boulder designated as an Historic Site by Council in 1971. Will the rock, which still sits on land near the lake, continue to be protected by that designation, he asked?

Kidston also told Council of his worry that the last remaining portion of Rockingstone Road, that part south of Feldspar Crescent which leads to the lake may be lost. He wondered whether or not the city still owns the road and if access to the lake might be at some point denied.

He said the 1995 Halifax Parkland Strategy includes 9.5 acres of community park, including a supervised beach at Kidston Lake,

see "Development" pg. 2

Association seeking detail and timelines for environmental review

Harrietsfield - The Harrietsfield Williamswood Community Association is asking Provincial Environment Minister Ron Russell to explain in greater detail the parameters and timelines of an environmental impact review of site conditions and engineering proposed by RDM Recycling in the development of its planned construction and demolition disposal site.

Spokesperson Shannon McDonald said the request was made earlier this month when representatives of the Association presented a 900-name petition to the provincial legislature opposing the project. The Minister responded to the petition suggesting the department of environment "would be reviewing the informa-

tion from the community" and "undertaking water analysis and reviewing soil conditions," she said.

But she suggested the minister did not offer much detail about the review. "The indication is that the department is not yet ready to make a decision" on this issue, she said. "The minister's response is missing the detail of exactly what is involved in the study and what the timelines will be," she said.

RDM Recycling has been working through the complexities of plans to develop a construction and demolition waste disposal operation at its Harrietsfield site. A series of heated public information sessions and a formal public hearing at City Council resulted in the com-

pany receiving municipal approval for rezoning to CD3 on 63 acres of its 150 acre property. The rezoning allows the company to accommodate the city's ambition to develop facilities in its effort to divert construction and demolition waste from the regular landfill.

Having passed the rezoning stage, the company then falls under provincial environmental regulations and must have its process and project approved by the provincial body before it can go forward. The Association presented its petition to the legislature in response to a company advertisement, required by the department, asking the public to bring environmental concerns to the department. At issue

see "Environmental" pg. 2

Association gets unanimous approval for BID Commission application

continued from pg. 1

ness community in Mainland South," she said.

What the members could not decide on was an appropriate name for the new commission. For five years now the association has been using the name "District 18" but it is not inclusive of all areas in Mainland South. "In our efforts to build relationships with our business partners throughout Mainland South," said Beasley, "the Board has been discussing changing our name to become more reflective of the communities we want to serve."

Proposed by the board for membership discussion included such names as Spryfield Business Association, Chebucto Business Association, Spryfield and District Business Commission, Herring Cove Road Business Association and Herring Cove Road and District Business Commission, but none met the favour of the membership. After consider-

able debate the membership agreed to defer the name selection until more study could be undertaken and a professional program could be put in place to help make the final decision.

The Association also, as part of its annual business, presented Property Improvement Awards to Wendell Brown and Debbie Randell, Top Cat Motor Sports and Outdoor Equipment, and Bev and Sandy Shearer, Tim Hortons owners of three businesses including outlets on Pine Grove Road and 154 Osbourne Street. The association also presented Long Service Awards to John and George Sfaiakos of Thornhill Pizza for 34 years; Dr. Ross Ainsley, Spryfield Animal Hospital, 33 years in this community and 50 years in business; and to Scott Hadley, for J. Albert Walker Funeral Home, 40 years.

Members also voted in Kevin Umlah as the 2003/2004 President. Umlah, owner of Umlah

Insurance Agency Limited, said he "looks forward to working with my fellow business owners as we move forward with the establishment of the new business commission and the benefits it will bring to our community."

Umlah will work with Peter Dockrill as Vice-President. Ms. Beasley remains as Past President for the term while returning directors

include Dan Doherty, Reg Horner, Fran Dunn, Tom Campbell, Doreen Archibald, Corrine McComb and Fred O'Hearn. New directors chosen for the board of directors included Greg Van Den Hoogen, Pharmasave; Mike McGlone, Open For Business; Gwen Armshaw, Paradime Investments Limited, and Allan MacDonald, South Centre Mall.

Development raises concern

continued from pg. 1

but he could not find any records of ownership at the Registry of Deeds. Councillor Russell Walker suggested most of the land owned by the city is not recorded in the registry.

Mr. Kidston also suggested the Kidston lake watershed, like that of Colpitt, Long and Williams Lake, drains granite terrain and "their environmental significance and sensitivity to destruction has been, and will continue to be, a dominant topic within our communities. He said he is "concerned that the lake will be surrounded by private lots and the natural watercourse will be obliterated and reduced to culverts. Will the lake and stream be protected by a no-cut buffer zone," he questioned?

He also pointed out to Council that there is a distinctive glacial feature in the area called "Table Rock" and that the area contains "outstanding examples of rock grooves and gouges left by the glaciers" which are "well known to geologists and field naturalists" and described in hiking books and geological maps.

He said in the "Generalized Future Land Use for Chebucto Peninsula" there is a preser-

vation area on the Barrens or south of the lake that was nominated under the Special Places Protection Act and "I am concerned that this has fallen by the wayside."

"You can see," he told Council, "that there are many questions about this property. Questions that were raised and studied by community groups before now and will undoubtedly be studied once again with renewed vigor and support from our Council, community groups and provincial agencies."

He provided Council with copies of a Canadian Press article outlining a development strategy called "brownfield." A brownfield, he said, is described as abandoned, vacant and derelict sites contaminated by past industrial activity. The story suggested that every hectare developed in a brownfield can save 4.5 hectares of Greenfield land from being developed in outlying areas.

Council took the concerns under advisement, suggesting consideration would be given to ensuring the protection of the area.

Environmental review

continued from pg. 1

are concerns over rain water run-off and potential leachate from the disposal operation into the area's watershed. Other concerns include odour, hours of operation and truck traffic on Old Sambro Road in the vicinity of Harrietsfield Elementary School.

Residents contend the rezoning allows the company to expand into a full 150 acre operation and that technology to safeguard against leaching from the disposal site is not proven. McDonald says studies from the University of South Florida indicate that "this so-called inter material, once buried, undergoes chemical reactions and the United States government is taking a more serious look" at the technology.

The company says the rezoning only involves 63 acres of its site and it intends to construct a leachate collection system to ensure protection of the lake system and water table.

"Professional engineers have done extensive testing and plan development over the past three and one half years," says spokesperson Dawn Lawrence. "We have drilled far below the requirement of DOE (Department of Environment) and HRM in the area of the proposed cell and have not reached the water table. The clay we are using for the liner and sealer at the disposal site is well above the requirements for permeability. Although indications are that there would be no leachate from the project, RDM has included in its plan a leachate collection system."

She suggested residents concerns that some

of the debris to be buried will contain hazardous material are unfounded. "We do not now nor ever will accept hazardous materials," said Lawrence. "Materials such as asbestos and lead paint are identified by environmental assessments on buildings before HRM issues a demolition permit and these materials must be removed by qualified people and taken to an approved site that accepts hazardous material."



RDM Recycling of Harrietsfield is always prepared to assist the community in managing and facilitating local projects. Employees Rodney Chin, left, and Richard Doubleday took time out of their day to remove the Community Christmas Tree from South Centre Mall's parking lot in late March at the request of the local business association.



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Local Lions Club takes aim on "Recycle for Sight Month"

Spryfield - May is "Recycle For Sight Month" for the International Lions Club organization and the local Spryfield Lions Club is embarking on a special project to help improve eyesight for disadvantaged people right around the world.

The Lions Club international has been recycling eyeglasses for decades. In the program Lions club collect unused, discarded and no longer useable eyewear from those whose prescriptions have changed over the years. The otherwise discarded glasses are sent to the Medical Ministry International (MMI) in Hamilton, Ontario, where they are

cleaned, sorted and repaired. A computer determines each set's prescription and then each pair of now useable eyewear gets targeted for disadvantaged people whose eyesight needs improving.

A committee of local Lions including Vic Eisan, Dave Parsons, Jim Glazebrook, Baz Carrol and Chairman Rene Quigley, have set their sights on reusing literally hundreds of pairs of glasses this May with the help of citizens who no longer have a use for glasses whose prescriptions have outworn their usefulness.

"Very few people throw away old eye-

wear," says Quigley, "even though we know prescriptions change over the years and new glasses are needed periodically. What we want to do is collect old unusable eyewear from people who so we can turn them over to the Ministry in Hamilton."

From May 20 to May 31, the Lions Club, through has arranged for special drop-box locations located at Sobeys, Crowell's Pharmasave, Lumbermart, Atlantic Superstore, Shoppers Drug Mart, the Harrietsfield Irving and the Captain William Spry Community Centre where people can deposit their old eyewear. Quigley says the specially ordered boxes, emblazoned with the Lions Club logo, will be available as a resource for residents to drop off glasses, frames and cases to help those in third world countries with vision problems.

He said the MMI is the world's largest short-term volunteer Christian medical mission and boasts more than 3,000 participants yearly who travel at their own expense to bring donated medicines and surgical supplies to third world countries. The Lions International, he said, and the local Spryfield Club, help by collecting literally thousands of pairs of glasses yearly for the cause.

He said MMI Ophthalmologists and Optometrists screen all patients offering complete eye exams, treat disease and infection, remove blinding cataracts and straighten crossed eyes. For

those who will receive a benefit he said, the Lions Club International glasses collection program provides a valuable opportunity for improved vision. "For the amount of relief we can offer a struggling member of third world countries," he said, "this project doesn't take a great deal of effort on either our part or the part of local citizens."



Lumbermart employee Sharon Benoit accepts a drop-off box for unused glasses from Spryfield Lion Club and glasses recycling chair Rene Quigley. The club is asking residents throughout the district to donate unused and unwanted eyeglasses to the club for use in third world countries.

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DISCOVERING OUR PAST

The Brunts of Harrietsfield and Spryfield - "foreign Protestant" descendants

by Iris V. Shea, Historian
Mainland South Heritage Society

During the summer of 2003, thousands of visitors from all over the world, descendants of a group of European settlers known as "foreign Protestants," will arrive in Lunenburg, Nova Scotia to take part in the 250th anniversary of its settlement. A Grand Family Reunion will take place from July 10 to 14 to remember approximately 2700 families, mostly German and French speaking Lutherans, who settled in Lunenburg in 1753.

Johan Jacob Brand and his young wife, Anna Sophia Christina Fredericka, were among those early European settlers who arrived in Halifax between 1750 and 1752 and made their way to Lunenburg in the spring of 1753. The spelling of the Brand surname changed several times over the next two hundred years. In Nova Scotia the accepted spelling is Brunt. Some of these same descendants, however, who moved from Harrietsfield to the eastern United States during the 1920s, now go by the name of Brant.

Among the passengers on the "Murdock" when the ship arrived in Halifax on 25 June 1751, was Jacob Brand, aged 25 years, a cooper from the Palatinate in Germany. In the 1752 census for Halifax, Jacob Brand was among the many foreign Protestants living at the "Isthmus and Blockhouse" located near the head of the Northwest Arm. On 8 March 1752 Jacob's first child, Johan Caspar, was baptized at St. Paul's Church, Halifax. This son, however, died sometime within the first year of his birth as he did not appear in victualing lists or any future records. A second child, Anna Mary Barbara, was baptized at St. John's Anglican Church in Lunenburg on 24 Mar. 1755, and another son, Johan Philip, was baptized on 1 May 1757 at the same church.

When Jacob Brand settled in Lunenburg, he received two town lots, one on York Street and the other on Lincoln Street, and, in 1756, was given two 30-acre lots in Mahone Bay. In Dr. Winthrop Bell's book "The Foreign Protestants and the Settlement of Nova Scotia," there is an account of an Indian raid in 1758 in Mahone Bay which killed Joseph Brand's neighbour, Joseph Lay, and two others. Shots were fired at Brand's house, next door to the Lays. By 1766, another 300 acres of forest were awarded to Jacob and his children.

In 1760, after the death of his wife, Jacob married Anna Elizabeth Weyman at St. John's Anglican Church in Lunenburg. The couple had one child, Catherine Barbara but no further record has been found for her. Jacob Brand died in 1770 and his land was divided among his heirs. His daughter, Mary Barbara, married George Philip Rhodenizer in 1771 in Lunenburg.

Jacob's one surviving son, Philip, carried on the Brunt surname in Nova Scotia. Philip's marriage to Magdalene Salome (Sally) Clattenburg, the daughter of Peter Clattenberg and Anna Maria Margareta Christina Wagner, took place in 1785 in Lunenburg. Fourteen of their fifteen children were baptized at Zion Lutheran Church in Lunenburg.

About 1811 the family moved to Spryfield where the youngest child was baptized in 1813

at St. Paul's Anglican Church, Halifax. Philip Brant's land, part of lot number eight in Leiblin Manor, included present day Princeton Avenue and was located on both sides of the Herring Cove Road. In 1827 Philip Brunt was listed as a farmer in the census for Spryfield, with 12 acres of cultivated land, one horse, three pigs and four horned cattle. That year his farm produced ten bushels of grain, 150 bushels of potatoes and six tons of hay.

Two of Philip's sons, David and John, settled in Harrietsfield where they married members of another foreign Protestant family, the Marriettes (later spelled Marriott). In the 1827 census for Harrietsfield, David Brunt appeared as the owner of 20 cultivated acres, ten horned cattle, two pigs and one horse. His farm produced twenty bushels of grain, three hundred bushels of potatoes and fifteen tons of hay.

Philip Brunt died in 1831, his wife died in

1829, both in Harrietsfield. His land in Spryfield was passed down to his son Paulus who married Jane Ryno of Herring Cove. From Paulus, part of the farm was deeded to



Brunt Farmhouse before 1940

Samuel Smith's farm joined the eastern boundary of the Brunt farm. George Brunt's son, Alonzo, continued to farm the land during the first half the 20th century. The photograph

shown here is of the homestead and farm of Alonzo Brunt and his wife, Annie Topple. In 1940 this house burned down resulting in the loss of life of Bruce Bernard Brunt, their seven-year-old grandson. While much of Philip Brunt's original land has been subdivided and sold, Brunt descendants continue to live on part of the land that has been in their family for nearly two centuries.

On May 14, 2003, I will give an illustrated talk on the history of Jollimore and the three other foreign Protestant families, the Jollimores, Boutilliers and Slaunwhites, whose descendants left Lunenburg and settled on the shores of the Northwest Arm. The talk will be held at the Armdale Yacht Club immediately following the 7:30 PM Annual General Meeting of the Northwest Arm Heritage Association (approximately 8 PM). The public is invited to attend.



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"The Forgotten Man" Brackett's first CD set for release



Peter Brackett, centre, has just cut a new CD which will be released later this month. Instrumental in the project were engineer Dennis Field, left, and producer Peter Connors.

By Sandra MacLean

Herring Cove - Born right here in Herring Cove, Peter Brackett is the baby of a family of eleven where music was always a big part of family life while he was growing up. With a sly smile that shows his sense of humour he says, "even the sewing machine was a Singer!"

Brackett returned to Nova Scotia last year only to find everything in place to help him spin out one of his dreams, the launch of his first CD. He had enough songs, and lots of support from family and friends, found a local producer and promoter and went to work. "Sure, it's a gamble," he says, "but if not now, when," he muses.

Brackett describes his style and his person as diehard, heart and soul country. "I really am a cowboy and cowboys have stories to tell."

How did a boy from Herring Cove first get to be a cowboy, and why would he give it up? The answer to the last is easy, "the ground got too hard," he says, explaining that he got introduced to the cowboy lifestyle after his family moved to Ontario. "A friend's father knew someone who owned a ranch and I got a chance to work there the summer I was fifteen," he said. He never looked back. He spent many years working with horses and entertaining people with his guitar and his singing, and although the music was always there, it stayed in the background quite a while before Brackett made the move to a full time career as a musician.

Pete's song writing career started as a challenge. "If you don't like the new country

music, write something yourself," he said of his foray into song writing and citing people like Merle Haggard and Tom T. Hall, people Brackett considers "real country singers," as his role models.

He began song writing in 1990 but with no formal training it took a while to figure out how to go about it. He'd listen to others people's songs and wonder, "how did they do that?" He tried to write songs but he had a difficult time until one day when he realized that "songs are just stories and I'm a good storyteller. I made a few changes and the story became a song," he said. "Once I had that figured out I was on his way."

"The Forgotten Man," the title song of his new CD which will be released May 9 at 9 p.m. at the Earl Francis Memorial Spryfield Legion, is the first song he ever wrote. It took seven years to complete, he said, but "you just know when a song is done."

The multi-talented Brackett performs all original music and lyrics on the CD, but he's received great help from Spryfield music producer and 2000 Juno Award Judge Dennis Field of Denmark Productions, and promoter Pete Connors, a name familiar to many who knew The Autumn Band of the seventies and eighties.

Peter Brackett will keep on working to make his dreams come true. Once he launches the CD, then it's off on tour in the Maritimes. Who knows what may come next? A nomination for an East Coast Music Award? Next year's Juno Awards? Brackett hopes this is just the beginning.

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Cowie Hill Physiotherapy

Celebrating tenth year along with Physiotherapy Month

Keeping a business operating and running for ten years is a real achievement in the world of business where statistics show how hard it is for small businesses to survive. But if you ask owner Wendy Jardine what the secret is, she'll deflect the success. "It's all because of my great staff. They're what has made it possible."

With tremendous support from her staff, this mother of three has been able to juggle the demands of a growing business and family and find enough time to return to Dalhousie where she graduates this year with a Master of Science Degree in Physiotherapy. Another high point of this anniversary year, Wendy will present her research at The World Confederation for Physical Therapy Congress in Barcelona, Spain, in June.

The Cowie Hill Physiotherapy Clinic is still in the very same building where it started. Jardine chose to start her new business in Cowie Hill for two reasons. She knew the area because her sister Nancy, her first office manager, many of her family and friends lived there, and there was no physiotherapy clinic in the area past the rotary, so people had to go all the way downtown.

But then again, back in 1993 there weren't many private physiotherapy clinics anywhere,

and Wendy was cautioned that there wasn't enough business in Halifax for another independent practice. A lot has changed.

The Cowie Hill Physiotherapy Clinic launch coincided with early cut backs in hospital physiotherapy services that created a demand for community-based physiotherapy. Later, changes in legislation meant that you didn't necessarily need a referral from your



Cowie Hill Physiotherapy owner and physiotherapist Wendy Jardine stretches shoulder muscles to provide relief for one of the company's patients.

doctor to see a physiotherapist, and self-referrals that helped build her business.

To keep up with the times, new types of staff have joined the clinic. It started with just one physiotherapist and an office manager and

grew to now include additional physiotherapists Jill Kowtaluk and Katie MacFarlane, office manager Aldena Deveau, massage therapist Dana Olsen, and kinesiologist Jason Terris.

Many people may not be familiar with the role of kinesiologist, since the discipline has only been around since the late 1980's. The kinesiologist does assessment by watching people in their daily activities and provides functional physical education. This may mean going to the gym with a client to set up their program or making ergonomic adjustments in the workplace. This frees up the physiotherapist for hands-on treatments.

The Cowie Hill Physiotherapy Clinic plans to branch out into rehabilitation equipment that will help clients continue their programs at home. Wendy would like to see more specialized equipment available such as the balance ball that so many people now use for exercise. "It's not so long ago that this was just used by therapists," she says. "First it was used for neurological problems and later in orthopaedics. Now it's mainstream," she said.

Jardine believes that physiotherapy is ideally positioned to take advantage of the current trend to more alternative, holistic health care with client and therapist actively working together. She sees the future of physiotherapy practices with more and more focus on preven-

tion, not just treatment after an injury. A clinical demonstrator for physiotherapy students at Dalhousie University, Jardine will keep growing her business in line with emerging new ideas and research.



Cowie Hill Physiotherapy Active Coordinator Jason Terris helps Gary McKerness perform exercises using the exercise ball, one of many tools employed in the physiotherapy industry

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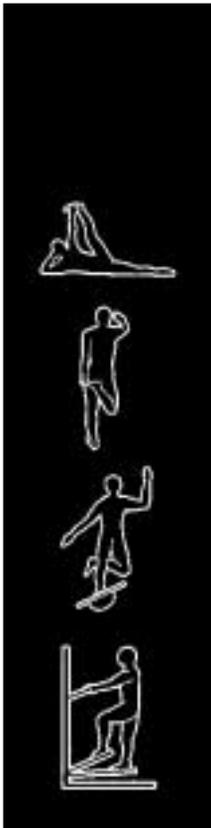
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J.L. Ilsley launches "Just Live It - Be Active" program

Spryfield - It seemed that MCs Tom Timoshyk and Brian O'Reilly had prepared for weeks getting ready to launch J. L. Ilsley High School's "Active Schools Community" project before a near capacity gymnasium filled with students and invited guests representing, school, recreation and elected officials. Their message, given humorously but directly to the students from their centre-stage podium was simple - "how about getting off your butts and becoming more active!"

The launch at J.L., one of a handful of schools participating in a provincial government sponsored three year program aimed at

getting entire communities more active, is the first phase of the Active School Community Initiative. The project, funded with a \$20,000 grant each year for the next three years, will see the initial push aimed at getting high school students active, later moving into the full gamut of JL's Family of Schools and finishing by undertaking programs to encourage the entire community to join in and be more active. It is a response to Nova Scotia's overpowering consistent poor performance in physical fitness.

Called "Just Live It - Be Active," the launch began with a quick verbal introduction by the MCs followed by a display of

BMX biking, skateboard and cheerleading maneuvers on the gym floor. A following skit by students portrayed the other side of activity, as a husband and wife "coach potato" pair fought off advances for exercise by their daughter in preference of eating chips, drinking beer, watching television and suggesting "if you want exercise go to the fridge and get me a beer!"

Finally, in desperation, the daughter got her parents to begin line-dancing to a bouncy tune which eventually had most of the gymnasium's students and invited guests bobbing to the music in a display of the joys of physical activity.

The MCs told students that for their age group sixty minutes of physical activity every day is the required amount according to Health Canada statistics. But if that seemed like a lot the pair suggested that if students took fifteen minutes to walk or bike back and forth to school, spent ten minutes in the school weight room and twenty minutes shooting hoops at lunch "you will easily make your quota."

Halifax Bedford Basin MLA Mary Ann McGrath, representing Health Promotion Minister Rodney MacDonald, told students that in 1985 when the seatbelt law was proclaimed not many took easily to the program. "But now almost everyone wears a seatbelt. Most of you students were born in 1985 and the goal of this program is that by the time those who are born this year reach high school physical activity will be as normal as wearing seatbelts."

Carol Jamieson, representing the Nova Scotia Sport and Recreation Commission, made students realize that personal physical health is nothing more than a personal choice. "Some of you (students) left your seats to join in the line-dancing and others didn't," she said, "and the only difference is a personal choice to participate."

The school will begin programs toward physical fitness by opening the gymnasium for sports activities, developing a weightlifting resource and encouraging students to be more active each day.

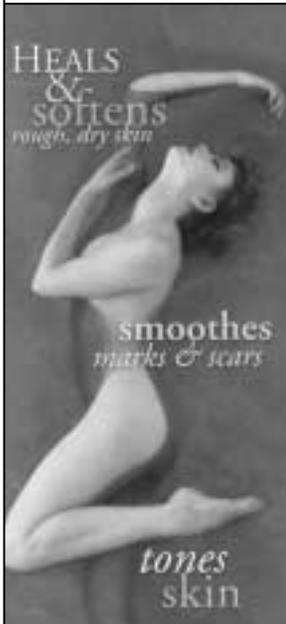
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Students at Elizabeth Sutherland School participated in a book fair during the month of April. Taking advantage of the program for one session were students Wyatt Albert, Breonna Alberts, Shelley Beaman, Devan Beeler, Tyler Bolduc, Cody Brown, Taylor Conran, Erik Foote, Bradley Fredericks, Kistyn Grouse, Thomas Hall, Jonathan Huskins, James MacDonald, Brenna MacMillan, Bradley Matthews, Brittany Matthews, Corey McNamara, Leah Mosher, Devin Rafuse, Michael Rains, Amanada Rogers, Ronald Snelgrove, Colleen Spearns, Aaron Stevens, T.J. Church, Cara Hall, Shontee Armstrong and adults Mrs. MacKinnon and Mrs. Wilks.

Councillor Linda Mosher

is seeking the nomination for the PC Party in Halifax Atlantic.

To support Linda, you must obtain a membership by May 7th in order to vote at the May 21st nomination meeting.

For more information, please contact Brian Dempsey: 477-7825.



"You will have your say" on Sunday shopping - Premier Hamm

Spryfield - Calling his annual summer tour of the province "a great source of ideas" Premier John Hamm gave strong hints to the Spryfield Lions Club this month that Nova Scotians will have their says on the Sunday shopping issue.

In a barrage of questions regarding a possible plebiscite on the Sunday shopping issue

in the expected upcoming election, Premier Hamm said he was not at liberty just yet to identify that the province would see a plebiscite on the issue. But he did promise that "you (the people) will have your say... figure out what means" for yourself he suggested.

The Premier told members that on a per-

sonal level he does not favour Sunday shopping. But he added that the issue is no longer being driven by big box stores. "It is the consumer who is now driving the issue," he said, suggesting that he is being told all the time "don't tell me if I can Sunday shop or not - let me decide." Members of the club suggested small business won't benefit from Sunday shopping and the Premier confirmed that he has heard loud and clear the position of the District 18 Business and Development Association which opposes Sunday shopping.

And, following a 20 minute presentation extolling government inspired improvements to Nova Scotia's economy, health and education portfolios, the Premier was besieged with questions about the anti-smoking issue which, in recent days, had been confused by the Council of Halifax Regional Municipality when it passed a total ban on smoking in all public places.

Local Lion members, whose club does tremendous community support work based on revenues achieved through its bingo operation, told the Premier that disallowing smok-

ing at bingos threatens to put an end to the program's profitability.

The members were upset that the anti-smoking legislation will not affect the operation of the Halifax Casino which has a clause in its Liberal-signed contract exempting it from legislation it considers detrimental to its business. The Premier explained that according to the contract, if the legislation is proven to be detrimental the province would be required to purchase the Casino (\$80 million) plus pay for all potential profits to the year 2015. "We would end up with a Casino we don't want and have to operate it until 2015 giving all the profits over to the Casino," he said, admitting that the province can't afford that.

Although the anti-smoking issue has turned into a municipal issue with the passing of the city by-law, Lions Club members urged the Premier to allow an exemption for its operation. The club provides both a smoking and smoke-free facility for its bingo patrons and members felt the club should be exempted because it is already giving people an option.



King Lion Darrell Wentzell and Former Lion District Governor Doug Adams flank Premier John Hamm who made a visit to the club to make a presentation this month.

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Spryfield leading the way in Doula development

Spryfield - Although you may find Doula programs in other parts of Canada Spryfield is the only place where you will be able to find free-of-charge services provided by a Doula.

The word "Doula" means women helping women and here in Spryfield that means supporting women and families during the prenatal, childbirth and postpartum periods through a program started at the Single Parent Centre

in 1996.

Program co-coordinator Hilary Marentette has trained 102 volunteer Doulas with 48 actively volunteering in the community. More than 365 women and families have benefited from the support of volunteer Doulas who have helped not only women from Spryfield but many others who live in metro and as far away as Shubenacadie. Many women, includ-

ing single parents, married couples, newcomers to Canada and teenage girls have used the local Doula services.

Why have a Doula? A Doula provides unconditional, continuous support and information to empower women to allow them to have the positive birth experience they want. Women receiving Doula services from our program have a 21% reduced risk of cesarean section, is significantly lower than the current rate at the IWK Grace Hospital. Also, 90% of the newborn babies are benefiting from the nutrition of breast milk and the mother-baby bonding by breastfeeding at birth and 75% continue to be breastfed at 4 weeks of age.

For new mother Trish Glazebrook, who was new to the community during her pregnancy, the Single Parent Centre Doula Program provided emotional, physical and informational support before, during and after her March 19 delivery. "I had taken classes at the Centre taught by my Doula Leslie Blatt so I felt I knew her well and it was important that she become an active partner in the labour process. It contributed so much to my confidence and comfort level," said Glazebrook.

For Glazebrook the Doula Program provided information on procedures such as birth induction and pain management "so that I was able to make clear, reasoned choices" during the pregnancy and delivery. "The nurses and the Doula working together made me feel that I had Western medicine and alternative birthing practices working together in harmony. I had the feeling of getting the best of both worlds," she said, suggesting the cooper-

ation helped her relax so that labour progressed smoothly with less pharmaceutical intervention. "The birth of my child would not have been the amazingly wonderful experience that it was if my nurses and Doula had not worked together so well."

May is Doula Month and the Single Parent Centre is inviting everyone to visit the information board in the main lobby of the Captain William Spry Centre which will be on display for the month of May.

The Centre is also working on a website to promote the Centre's monthly calendar and all the programs the Single Parent Centre has to offer. The site is www.singleparentcentre.ca or interested persons can call Hilary at 479-0508 to receive more information on becoming a Doula or having a Doula.



Tina Glazebrook is very thankful for the opportunity to have a volunteer Doula assist with her recent birth.

Angie Roos wins quilt

Spryfield - Ms. Angie Roos of Walnut Street, Halifax, is this year's winner of the Urban Farm Museum Society Annual Quilt Raffle. Ms. Roos said she learned about the Urban Farm that is being developed in Spryfield and agreed with the concept that eating local foods in season helps the environment and the local economy. She was thrilled at her win on April 7 and said "I've always wanted a quilt."



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Odd Ball! 4'x7' Sheets Exterior Ranch wall style siding/sheathing. Ready for paint or leave primed. Values to \$29.95... our price \$15.68/sheet
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#1 Vinyl siding in stock. Full warranty rebate program on now, pay as little as \$45.00 per sq! See Jason or Bill
Super Special. 50ft rolls white coil stock for fascia and trim. Regular \$89.95 now \$59.95, while it lasts! Justin or Bob on this
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Cottage lot of cape cod at our Dartmouth Store... make us an offer! See Jason
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See Vince or Darren
Low Profile Roof Vents, Black, Brown or Gray. Just \$9.50 at Lumbermart
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1/4" Meranti (mahogany) real plywood, many uses including Sub Floor, Cabinet Backing, Crafts, etc. Only \$13.88/sheet
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Concrete Paint by Masters Choice, Gray only, values to \$39.95 per gallon. Lumbermart Price \$10
Clear concrete sealer. Keeps dust down. Reg \$29.95/gallon now \$10
5 Gallon Pails Interior primer for New Drywall. Our price \$39.95 (That's just \$8 a gallon!)
Marine Paint, most popular colors available. Now just \$19.95 a can!

Gray Metal Primer by Masters Choice, 1 Liter \$3 or 4 Liter for \$10 (less than half price) only at Lumbermart

Recycled Premium Quality ppaint for Interior. Values to \$29.95 our price \$9.99 while it lasts
In stock spray paint 25% off with this ad.
Floor works Acrylic Finish... \$10 gallon while it lasts
1200 PCS Pintar Professional Paint Brushes (Dartmouth)

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Marine Paint, most popular colors available. Now just \$19.95 a can!

store only) save 25% with this ad. See Vince or Justin on these

Bathroom

4x8 Sheets Barker Style Board. Many patterns. Looks like Ceramic. Value to \$54.95. Our price? \$29.95 While they last!
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Ask about our "Houselot" priced on prefinished MDF primed Baseboard and casing. Guaranteeing best price in metro.
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12x12	\$669	\$889	\$1178	\$1178
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12"x12" staple up ceiling tile, both locations. You won't believe the price!

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37x15 - \$82	35x23 - \$97
31x19 - \$88	35x31 - \$119
31x23 - \$97	47x31 - \$139
31x31 - \$112	47x35 - \$149
55x23 - \$135	55x31 - \$157

Wood Picture Units

47x54 - \$259	24x53 - \$239
55x70 - \$369	28x61(E) - \$277
24x38 - \$149	31x61(E) - \$289
28x46(E) - \$222	
31x46(E) - \$232	

Casement

24x38 - \$149	24x53 - \$239
28x46(E) - \$222	28x61(E) - \$277
31x46(E) - \$232	31x61(E) - \$289

Single Hung Tilt Windows

24x35 - \$119	35x39 - \$178
24x42 - \$155	35x46 - \$188
28x35 - \$152	43x46 - \$208

Octagon Windows from \$44!!
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District 17 Capital Budget Highlights - Mosher

By Linda Mosher
Councillor District 17

Volunteers are the key to community success. I am pleased to announce that Reginald W. Clarke, of District 17, has been selected as an HRM Volunteer of the Year.

For more than 25 years, Mr. Clarke has been a volunteer with a number of groups including the Atlantic Canada Aviation Museum, St. David's Presbyterian Church, Telephone Pioneers of America, the Royal Canadian Air Force Auxiliary and the #529 Royal Canadian Air Cadet Squadron. In making the nomination, his sponsor stated, "Mr. Clarke has been, and continues to be, a

person who is typical of those who give so much of themselves in voluntary efforts to the betterment of the community." Mr. Clarke, on behalf of HRM, thank you!

Regional Council approved the 2003/2004 Capital Budget for \$73,336,000 and the Operating Budget for \$528,827,477. The general rates of taxation on commercial, machinery and equipment, and business occupancy rates were set at: 1) \$3.359 for the urban area; 2) \$3.359 for the suburban area; and 3) \$3.086 for the rural area - applied to the full assessed value of the property. The general rates of taxation on residential and resource property to be set at: 1) \$1.315 for the urban area; 2) \$1.212 for the

suburban area; and 3) \$1.205 for the rural area - applied to the full assessed value of the property. Supplementary education was set at the rate of \$0.109 to the residential assessment and set as \$0.278 for commercial assessment.

The Province is responsible for property assessments, and HRM utilizes the assessment figures to levy property taxes. This year, we kept the tax rate the same as last year. However, as the average assessment went up 5.5% in District 17, most residents will pay more taxes this year. Final tax bills will become due on September 30, 2003.

The budget included service enhancements for solid waste disposal and library hours. During the months of July and August, residents in the former Cities of Halifax and Dartmouth will receive weekly green bin pick up. The Keshen Goodman Library, on Lacewood Drive, will see extended library hours. As of May 25th, the library will be open on Mondays.

The following is a list of Capital Budget approvals and project allotments for District 17 for this fiscal year:

- Sir Sandford Fleming Park Improvements:
 - * Canteen - install kitchen and fire suppression equipment;
 - * Outdoor recreation centre: roof repairs, stonework repairs washroom upgrades;
 - * Memorial Tower, final phase of restoration: \$50,000, (+ \$12,000 from District 17 Capital Funds); and
 - * New playground equipment - \$50,000.

- Other Expenditures include:
 - * Overhead flashing beacon for an all-way stop control on the Williams Lake, Purcell's Cove and Parkhill Road intersection along with appropriate curbing;
 - * Replacement of lane control signals on Herring Cove Road;
 - * Fenwood Road (St. Margaret's to Stonehaven), paving renewal - \$385,000;
 - * McLennan Avenue (Colindale to Glenora), paving renewal - \$60,000. The last section of Colindale Avenue is being considered in conjunction with this project;
 - * Crescent Avenue - storm sewer rehabilitation - \$200,000;
 - * Fairmount subdivision, resolution of two storm drainage issues - \$ 80,000.
 - * Stanford Street (Ernst to Oakleigh), sidewalk Renewal - \$25,000;
 - * Royal Pine Avenue (Somerset to Murdoch) Sidewalk renewal - \$48,000;
 - * St. Margaret's Bay Road - new sidewalk installation - Fairmount to Balcolm - \$150,000;
 - * Deadman's Island: pedestrian access entrance, ceremonial gathering place and signage - \$70,000;
 - * Herring Cove Road, replacement signs;
 - * Main artery patching - Joseph Howe Drive, Herring Cove Road and Purcell's Cove Road;
 - * Replacement of illuminated crosswalk - Herring Cove Road (Lawnwood at Withrod);
 - * Chocolate Lake Recreation centre - ventilation upgrades.

Council should have "butted-out" of smoking legislation - Adams

By Stephen Adams
Councillor District 18

The past month has seen a great deal of attention given to the issue of HRM's proposed Smoking By-Law, a by-law which bans smoking from all indoor public places. In November, Council decided to utilize the Provincial Government's Smoking By-Law which allows smoking after 9 p.m. in bars, lounges, taverns and smoking in restaurants in an enclosed "smoking room."

However, in February, the issue arose again, and Council decided to entertain a Municipal By-Law based on public input. The public hearing was held with more than 120 people speaking. Health care professionals, elementary school aged children, wait staff, restaurant owners and many others came to speak either in favour of or opposed to a ban. After many hours of presentations, Council asked for a report to answer many of the questions raised.

The net result of this process was a compromise which has given some businesses an unfair edge when it comes to serving their customers. For example, if you patronize the Lower Deck, a tavern on the waterfront, you are able to smoke on the patio. However, HRM's By-Law prohibits smoking on the patio of Salty's, a restaurant on the waterfront on a few hundred feet away. Further complicating this issue is that the Casino is now exempt from the by-law, a fact which could jeopardize a number of businesses in the city. Since the Casino is under Provincial jurisdiction, they are able to exercise certain rights to protect their business.

This "exemption" further illustrates why we as a Council should have "butted-out" so to speak. (I had to work that phrase in somewhere in this column). In leaving the smoking legislation to the province, all businesses could have made choices as to whom they wanted to cater to. Bear in mind that of 550 restaurants and lounges in HRM, 460 are smoke free. What is wrong with allowing choices for everyone.

As well, by utilizing the provincial by-law, all enforcement costs would be borne by the province. It was one of our very rare opportunities to "up-load" responsibilities and costs to the province. But, we chose not

to, and we will now be saddled with the costs of enforcement of another by-law.

In a previous column, I spoke of snow clearing and maintenance by the Department of Transportation in District 18's former County areas. I suggested that contractors could do the work and they have friends and family in the area and would be very responsible. Residents who work for DOT also live in our community, and also have the same level of dedication. I apologize to those residents who felt I did not appreciate their efforts.

Stephen Adams

HRM Councillor, District 18



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In the past, we have advertised telephone numbers of individual departments within HRM. To better serve the residents in HRM, we have introduced a corporate call centre. All general enquires, such as solid waste issues, street maintenance and bylaw enforcement can be made to this number.

The centre is operational from 7:30 a.m. to 10 p.m. Monday - Sunday, not open Christmas Day and New Year's Day.



Families need a break from skyrocketing costs - Chisholm

By Robert Chisholm,
Halifax Atlantic MLA

With the release of this year's provincial budget, the last one before the election, we can see more than ever what the Tory government's true priorities are.

One thing that interests me about provincial budgets is how the government decisions affect family budgets in our area - an area of this province that faces unique challenges.

I look for the initiatives that you can expect from a New Democrat government. I look for coverage of health care in nursing homes, lower insurance rates, a tuition freeze, and taking the HST off essentials like home heating oil and children's clothing. And I look

for things that will help the many residents of our area who struggle to make ends meet, unfortunately, this government seems more interested in giving tax breaks that benefit those who make the most money.

Instead this government will cut some voters a cheque for \$155 in June, around the same time we expect them to be looking for support at the polls.

It's a cheap trick. This certainly does nothing to verify Premier Hamm's carefully crafted image as a straight-shooter.

These \$155 cheques won't even be enough to buy a cup of coffee a day. And most importantly, the 300,000 Nova Scotians who make too little to even pay provincial tax won't be sent cheques at all. That's wrong.

The NDP believes that you deserve more. After all, the Hamm government will be taking far more than \$155 from you in other ways, like the user fee and tax increases you will have to endure again this year.

Here are some of the numbers the Tories do not want you to look at. Thirty-seven million more in sales taxes, \$21 million more in tobacco taxes, \$8.5 million more in gas taxes, \$6.5 million more in Liquor Corporation taxes, \$1.1 million in increased car registration fees and \$326,000 in higher apprenticeship fees.

These are the kinds of costs that add-up, making it more and more difficult for families to make ends meet. Or even worse, they force you to make choices between buying necessary things like groceries instead of paying

these unavoidable taxes and fees.

It puzzles me that the Liberals argue that paying down the debt is all that matters. Of course the debt must be handled with intelligence, but I still believe that job creation, which turns more of us into taxpayers, is one of the best ways to expand the economy, so we can get the provincial debt paid down. No one should be forced to accept government assistance when they're willing and able to work.

But budgets have never been a Liberal strong suit. We all remember the last budget the Liberals brought in, which was "balanced" with \$500 million in borrowed money. The Liberals talk about the debt only because they think it will make a good political slogan.

You deserve more than bribes aimed at buying your votes, and political slogans. Your family deserves a real break - a break from the skyrocketing costs of auto insurance, tuition, home heating oil and other necessities of life. You deserve to be taken care of if you need long-term care, instead of being bankrupted by a government who wants to take all of your assets.

Budgets are about choices, but so are elections.

"Government is about choices" - Steele

By Graham Steele
Halifax Fairview MLA

This will probably be my last column before a provincial election is called.

Governing is about choices. I'm a New Democrat because I believe the NDP is better able to make the choices that work for you and your family.

I want you to get a real break on your auto insurance. That means we have to look at public auto insurance, which offers low rates in Manitoba, Saskatchewan and British Columbia. On this issue, John Hamm's only idea is to look busy until after the election. Choices.

I want our government to stop stripping seniors of their assets before they go into a

see "Government" pg. 14

Human resources key to Canada's future growth - Regan

By Geoff Regan,
Halifax West MP

Among the many groups that the Government of Canada helps on a regular basis, there are two types of new Canadians I would like to talk to you about this month.

Immigration is the key to Canada's potential for growth and success in the future. New Canadians from around the globe bring with them skills, talents, knowledge and work ethics that have tremendously positive effects on Canada and our ability to produce and compete on the world stage.

There are all sorts of pseudo-facts and

half-truths that circulate about immigration practices in Canada. We often read (or hear around the water cooler) news stories about refugees landing without proper documentation then disappearing without a trace. These are often exaggerated generalizations based on isolated incidents. Who we don't often hear about are the countless hardworking new Canadians who are making real contributions to Canadian culture, our economy, our institutions and our research and development work.

They are the researchers who are putting Canada on the world map in fields like computer science, biotechnology, medicine and chemistry. They are helping our economy

maintain the strength we have shown in recent years - outpacing our neighbours to the south in growth again this year.

In the realm of another type of new Canadian, the Honourable Jane Stewart, Minister of Human Resources Development Canada (HRDC) recently announced a further commitment to the expansion of early learning and early childcare programs. Another component of strengthening Canada's potential for growth in the future.

The agreement between the provincial and federal governments draws on \$900 million in funding announced in February's budget speech. Nova Scotia alone stands to benefit from over \$126 million in the next five years. By dedicating funds to children in their early years - years when studies have proven the foundations for later life are laid - governments can ensure that Canada continues to grow and prosper.

This announcement dovetails with previous Government of Canada announcements, including the decision not long ago to extend maternity benefits to one full year. Governments at all levels must continue to invest in education and childcare. From infancy through to post-secondary education and, indeed, lifelong adult learning, Canadians must have access to the resources needed for continual self-improvement.

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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Halifax West

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Halifax Atlantic

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"Government is about choices" - Steele continued from pg. 13

long-term care facility. On this issue, John Hamm has moved slowly and reluctantly. Choices.

I want you to get a real break on home

heating prices. The necessities of life shouldn't be taxed. On this issue, John Hamm has done nothing. Choices.

I want to give students and their families a break on tuition. On this issue, John Hamm has done nothing. Choices.

Recently we saw a breathtaking contrast of the choices the Hamm government is willing to make.

As I write, 240 of our neighbours are on strike for a decent wage. They're the men and women who work for the Regional Residential Services Society (RRSS), which operates group homes and small options homes for about 200 adults who need assistance in carrying out the tasks of daily living.

Most of the RRSS workers have university degrees. All are responsible for the mental and physical wellbeing of some of the most vulnerable among us. Yet these workers are paid \$13 an hour, \$5 less than their counterparts at the NS Hospital. As several workers pointed out to me when I walked a picket line with them on Easter Monday,

you can't easily raise a family and pay Halifax prices on \$13 an hour. That's why there's so much turnover in the RRSS.

RRSS group homes are scattered around Metro Halifax. They're in the heart of our residential neighbourhoods. The 240 workers and the residents they care for are our neighbours, our friends, our families.

The RRSS is fully funded by the Department of Community Services. Minister David Morse and Premier John Hamm shrug their shoulders and say "There's nothing we can do." But the RRSS takes its direction and its funding from the government. If the government chooses to move, it can.

Contrast the government's inaction on the

RRSS strike with the lickety-split way it moved to exempt the casino from Halifax's smoking by-law. I have never seen the Hamm government move so fast. Within 48 hours of getting a phone call from the casino, John Hamm introduced the exemption law in the Legislature. The justifications he offered were full of holes.

For the RRSS workers and the residents for whom they care, John Hamm shrugged his shoulders and said there was nothing he could do. For the waterfront casino, John Hamm immediately asked how high they wanted him to jump, and he jumped.

Choices. At election time, what's your choice?



Buckles, the Red Cross Water Safety Mascot, and Ice Safety Coordinator Christine Nichol visited the Chebucto Boys and Girls Club to recently to donate an emergency kit to the kids. Accepting the donation were Executive Director Kristi Walker and kids Tristyn Harnish, Samantha Chapman, Miah Clements, Kristin Mabe and Nick Madden.



Ian McKinnon

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We believe in democracy which is directed by the people. We believe that people - not the government - are sovereign in all matters; that politicians, appointees, political parties, and governments should serve the people who elected them - not the other way around. We believe that prosperity can be created for all Nova Scotians. We believe in balance in all things. Our initiatives are bold, but we will never lose sight of our reason for being: maintaining and protecting the rights of people.

What will we do?

We will create and implement a plan of effective and efficient management of our province for the benefit of its people.

Our vision

WE SEE many areas of government that could be better managed, and managed in a way more beneficial to the population. We believe that it is possible to run the business of Nova Scotia in a better, more

efficient, and effective way while at the same time better protecting the weakest members of society.

WE SEE government mismanagement, waste and inappropriate use of funds that could have been better spent in areas that should have had higher priority.

WE SEE both a health and an education system that wandered from its roots and is now trapped in a bureaucratic cul de sac, having lost sight of most of the people's needs.

WE SEE an expensive education system that fails many of its goals, as well as society's needs.

WE SEE destructive taxation policies that kill or cripple businesses, hinder growth, hurt the thrifty and place heavy and unfair burdens on those least able to pay.

WE SEE a need for a government that puts the people and their needs first and is not easily moved to support any other agenda.

WE SEE a need for a judicial system that works for the law abiding citizen - not the criminal - and a system of laws that makes sense to working people, not just to the prosecutors, lawyers and judges.

WE SEE that the people of Nova Scotia need and deserve a better system of government - one that better reflects the realities we face at the beginning of the 21st century.

WE SEE a need to revise a tired and dysfunctional system that has not changed since Queen Victoria's time, to become a more democratic, just, and open system that by its very nature will work in harmony with modern thinking about the proper role of government.

YOU need change!

Isn't it time politicians listened to the wishes of the people



Our Leader
Gerald Rodgers

Lets talk!



Everyone invited to "Celebration Spryfield" May 15

MULTI-SERVICE NEWS

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

Celebration Spryfield

Central Spryfield School and the Captain William Spry Community Centre invite everyone in the community to "Celebration Spryfield" on Thursday, May 15 at 7 pm in the Community Meeting Room at the Captain Spry Community Centre. This event is the launch of the "Celebration in Ceramics" pro-

ject and the presentation of the Community Services Award.

Willie Reid of the Arts Express Program and artist Teresa Bergan have been working with the students at Central Spryfield school to celebrate our community. Ceramic tiles were chosen as a way to visually show what is special about Spryfield. As part of the project, the children learned about the history of our community from Peter Saulnier and they heard about all the activities and services in our area from the staff at the Captain Spry Library. Based on the information linking our past, present and future, the children were asked to brainstorm what they value about our community.

After deciding what is most important to them, the students sketched designs on paper before making their own tiles on which to draw their symbols. Hartlan Field, the Lions Rink, the people, the Legion, the Wave Pool, and the Boys & Girls Club are among the community assets featured in the 48 tiles. Although the 48-tile "Celebration In Ceramics" will be housed at the Captain Spry Community Centre, it is mounted on a portable frame so that it may be borrowed for exhibition in special displays.

Part of the Celebration Spryfield event will include the presentation of the Annual Community Services Award to Carl White. The Community Services Award is presented to an individual who has made a special contribution to our community. Everyone is invited to help us honour Mr. White for his outstanding contribution to the Spryfield Lions Club and hockey among other volunteer activities over the past 25 years.

Joining a Board of Directors

The Annual General Meeting for the Captain William Spry Community Centre will be on Monday, May 12 at 7 pm in Conference Room #3 at the Community Centre. There are expected to be elections for 4 residents, 3 agency representatives, and 1 organization representative. Residents of District 17 and 18 are encouraged to attend the Annual Meeting to learn about activities of the Multi-Service office over this past year and to put their name forward for a Board position. For more information on expectations and responsibilities of Board members, please call me at 479-4487 or pick up a nomination form at the Community Centre.

Community Information Sharing Meeting

At the Community Information Sharing meeting hosted by the Captain William Spry Community Centre Board of Directors April 5, we learned about the activities and projects of 15 local agencies and organizations. We heard about everything from the CRABapple Mapping Project's Ecopacks for groups and families to the Teen Scene and Healthy Kidz program. Communication was the major theme in the discussion on how to make our community stronger. Sharing information and participation in community meetings was identified as one of the best ways to facilitate cooperation. Councillors Stephen Adams and Linda Mosher attended as well as Geoff Regan our MP to learn more about issues and activities in the community.



The McIntosh Run Watershed Association has a new Board of Directors. Included on the board are Terry Bobbitt, President; Brian Dempsey, First Vice-President; Steve Anderson, Second Vice-President; Paula Lawlor, Secretary; Betty Neville, Treasurer; and Members at Large Dwayne Armsworthy, Dave Drysdale, Kaarin Tae, Wade Hynes, and Errol Pierce.

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Disposal site for derelict vehicles

Funding first step

Spryfield - The first stage of a project which may eventually see improvement in the housing condition of single mothers began in late February when the federal government announced funding for a project being undertaken by the Single Parent Centre.

Member of Parliament for Halifax West Geoff Regan, on behalf of the Honourable Claudette Bradshaw, Minister Responsible for Homelessness, announced funding of \$23,500 for the Centre's "Supportive Housing For Young Mothers (SHYM) Program, an initiative to provide safe, secure and supportive housing for young mothers

and their children who are homeless or at risk of becoming homeless.

"I am delighted to announce this commitment for the Centre and its sponsoring organization the Home of the Guardian Angel," said Regan.

Centre Executive Director Barbara Sowinski said the funding represents the program development phase of the initiative. The money will be used to hire a Program Developer to interact with the Centre's Working Group to lay the necessary groundwork for implementing a supportive housing program for young mothers in Halifax.

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OAK CAKES... OUR SPECIALTY

In the Garden These vegetables need little attention and store well

by Marjorie Willison

If I were to plant a garden that would thrive with little attention and see me through winter, as early settlers had to do, I would plant potatoes, beans, squash and corn, the major crops that will be grown at the Urban Farm Museum in Spryfield this year. All four can be eaten as fresh vegetables, but they also store well.

Consider the humble potato. It is an excellent crop for newly broken ground, because it forms a leafy canopy that helps to smother weeds and grass. Planting small, egg-sized potatoes gives a better return than planting large potatoes. Space small to medium sets (the name for potatoes used for planting) 12 inches (30 cm) apart in rows 30 inches (75 cm) apart. Large potatoes can be cut into smaller pieces, but notice that one end has more eyes (where the sprouts come out) than the rest of the potato.

It is best to buy potato sets for planting, to ensure disease-free stock. As well, potatoes bought in grocery stores may have been treated with sprout-inhibitors.

For super-easy planting that kills grass and weeds, put corrugated cardboard right over the grass, cover it with 12 inches (30 cm) of compost, plant your potatoes, and then spread 12 inches (30 cm) of straw. Some people like to put seaweed in a trench and plant potatoes in that, gradually filling in with soil as the potatoes grow.

Green beans and storage beans fix nitrogen, so they help to improve the soil. They also tolerate dry conditions surprisingly well. Use a hoe to make shallow trenches 18 inches (45 cm) apart, water the bottom of the trenches, plant the beans 2 to 4 inches (5 to 10 cm) apart, and cover them with dry soil. That way, there is no water-wick to the surface, and the beans absorb enough moisture to germinate well. If you like, you can also plant beans among corn, which is a heavy nitrogen-user.

It seems to work best to plant corn thickly in a big block, and then thin if required. (Birds may do a lot of thinning for you!) The final spacing of plants

should be about 15 x 15 inches (38 x 38 cm). Rows of corn are also fine (plants 10 inches (25 cm) apart in rows 24 inches (60 cm) apart), provided they form a block of several short rows, rather than a narrow arrangement of a few long rows. Corn is wind-pollinated, so planting in large blocks helps ensure that pollen is spread to all the tassels.

To plant squash, dig in a spadeful of compost or well-rotted manure into the soil and plant 3 seeds. Space the next planting hole 3 feet (1 m) away for bush squash, and 4 feet (1.2 m) away for vining squash. Thin to the strongest seedling after the seeds germinate. Squash can be started indoors about 4 weeks before planting, but harden them off well before planting outdoors after all risk of frost is past. They can also be planted directly outdoors, when the soil is warm and there is no risk of frost.

A little trick to help prevent seeds rotting is to plant them vertically. If planting squash with corn, plant it on the sunny side of the corn block, so the squash isn't shaded too much.

Once seeds have germinated, most of these plants can get by without much water until they prepare to set fruit. Water beans thoroughly when the first flowers appear, and again when the pods start filling out. Water potatoes deeply when the tubers start to form. You will know this is

happening when you see the flowers form, but the flowers have nothing to do with making tubers.

Water corn in the early stages to get it growing well, then water again when the tassels appear, and later when the cobs are filling out.

Water squashes deeply once a week when the fruits start filling out. The early flowers are male and won't produce fruit. If the later, female flowers do not seem to be setting fruit, try hand pollination. Remove the petals from a male flower, then push it into the centre of a female flower.



Sobeys Community Room Coordinator Helen Kirk hosted the winning family of a Valentine Dinner prepared by the store's community chef. Members of the family included Joan and Audrey Gladwin, Luc Gladwin and June Hartlen.



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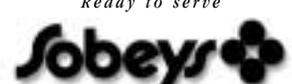
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Some advice to help face the rigors of pet flea season

Once again the season of fleas is fast approaching and for those pet owners who have had a flea free winter, it is time to prepare for the arrival of these major parasites. Radical changes have occurred in the way we approach the treatment of fleas in the last ten years. Prior to that time, veterinarians would treat an animal presented to the veterinary clinic with flea allergy dermatitis or FAD, with a barrage of indoor and outdoor insecticidal premise chemicals usually in the

form of sprays or foggers, combined with a hefty load of steroids, antibiotics and insecticides for the pet itself. Pet owners would often leave the clinic experiencing a variety of negative emotions. Naturally, people would feel discouraged at the overall price tag of the expedition - often in the hundreds of dollars. As well, owners would experience a fair amount of guilt for not realizing sooner that Spot had so many fleas and for not knowing that he would eventually end up tearing

his fur out and licking himself to the point he was raw and infected. In addition, there was the daunting thought that despite all this, the battle was not over yet and he had to face the fact that he was going to go home and vacuum and spray his entire house, spray his yard and then treat the dog. Yikes!

Fortunately, the arrival of a combination of new insecticides has changed the way veterinarians deal with fleas entirely. No longer waiting to treat the pets infested by fleas, our goal is to prevent these flea infestations in the first place. Veterinarians are now able to provide Insect Growth Regulators (IGRs), which are products that act by interfering with insects' development and therefore are essentially birth control products for fleas. IGR products such as "Program" are highly desirable for safety and are available in oral forms for dogs and cats as a once monthly treatment. This product is now even available in a single dose injectable form for cats only that will provide flea protection for 6 months. Other forms of IGRs are available in collar form from veterinarians as well. For pets that present with fleas, new types of adulticides are available in the form of topical spot on products that are applied at home to the pets' skin once monthly. These products are often combined with the IGRs for a total or integrated approach to flea control.

The ease and simplicity of these products is hard to beat. However, it cannot be overemphasized that the proper usage of any flea control product is important to its success rate. Ideally, pets should begin taking the oral IGRs well before the flea season is underway - in our climate that usually means April/May. Pets with fleas already should always be treated with an insecticidal adulticide product first, such as the topical spot on product "Advantage." Products should be continued throughout the entire flea season - in our zone to November. The concept of flea resistance to insecticides is highly discussed and therefore doses of flea preventatives must not be skipped and should be given at the proper intervals. Many animals are hypersensitive to fleas and one flea bite may be all that is necessary to cause an allergic skin reaction. In these pets proper treatment is

critical. Ideally, have your pet checked for fleas by your veterinarian and ask for the best product or combination of products for your pet before the season begins.

Local teams win titles

The Chebucto Lumbermart Junior "C" Canadians captured their divisions Atlantic North Championship in this their inaugural year while the Chebucto Atlantic Bantam "A" squad captured a Regional Title before winning a silver medal in the Nova Scotia Provincial Championship

The Canadians went 4-0 in the round robin portion of their championship, outscoring their opposition 21 to 11 with team members Shane Tracey being declared All Star Forward, Craig Nelson, All Star Defenseman, and Jason Rhyno MVP and Leading Scorer.

In the championship game New Brunswick stormed out to a 4-1 lead before the local squad bounced back with three goals in the third period to send the title into overtime. In triple overtime Tracey netted the winner but not before both goal-tenders, including Chebucto's Nick Stryniak, who stopped 43 shots in the game, gave outstanding performances.

Members of the team, shown in the photo

below, include Coach Blaine Hatch, Sandy Sheffer, Mark Marryatt, Jeff Young, Coach David Phillips, Matt Nelson, Shane Tracey, Tom Tanner, Steve Gallant, Marc Daigle, Jason Rhyno, Mike Barkhouse, Ben Scott, Coach Len Raymond, Scott Sheffer, Jason Priest, Craig Nelson, Corey Gaudet and Nick Stryniak.

In their round robin of the Bantam "A" Provincials, the Chebucto Atlantics went undefeated to enter the championship game in first place over Glace Bay. But the Cape Bretoners had a little more gas in their tanks and won the final contest 3-2, leaving the Atlantics the silver medal. Members of the team include Brant Baugild, Daniel Conrad, Michael Hart, Chris Ivanko, Andrew Hatcher, Mark Higgs, Brian Lynch, Kyle Mancini, Steven Osmond, Brad Palmer, Lee Pelham, Scott Pelham, Nick Power, Josh Priest, Evan Reyno, Nick Werle and Coaches Bruce Baugild, Dave Palmer, Alan Ivanko, and John Mancini, Manager.



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LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

CAMPAGNA, Ruby Frances - 57, Ketch Harbour Road, Halifax, passed away in the Palliative Care Unit, VG Site, QEII. Born in Springdale, NL, she was a daughter of the late Gordon and Daisy Mercer. She is survived by her husband, Yves Robert Campagna; son, Joel Robert, Spryfield; daughter, Lisa, Halifax; foster children, Brendan and Roseline McGuire, both of Halifax; brothers, Harvey (Pauline), Springdale, NL; Ralph (Phyllis), Springdale; sisters, Evelyn (Mrs. George Martin), Halifax; Pansy (Mrs. Lewis Jewer), Springdale; three grandchildren, Emma, Emily, Ashley. Donations in memory may be made to the World Vision or Canadian Cancer Society.

CRAWFORD, Donelda Eullah - 65, Beechville, Halifax Co., passed away at home. Born in Beechville, she was a daughter of the late Ida MacDonald. She is survived by daughter, Pamela Crawford, Calgary, Alta.; stepdaughter, Velma (Mrs. Marvin Cromwell), Digby; son, Brian (Bobby), Calgary, Alta.; stepsons, Brian Simmons, Lower Sackville; Gary Jarvis, Yarmouth; sisters, Joyce (Mrs. Kenneth Crawford), Beechville; Marie MacDonald, Spryfield; half-sisters, Geneva (Mrs. Paul Gray), Spartanburg, S.C.; Thelma Roope, Spryfield; several grandsons, granddaughters, nieces and nephews. She was predeceased by her husband Edward Crawford; brother, Arthur "Buster" Drummond. Interment in the Beechville Baptist Church cemetery. Donations may be made to the Beechville United Baptist Church, Red Cross Society, the Palliative Care Unit, V.G. Site, QEII, Canadian Cancer Society or a charity of your choice.

MOORE, Mary Bennett - 77, Spryfield, died, in St. Vincent's Guest Home. Born December 19, 1925, in North Sydney, Cape Breton, she was a daughter of the late Elijah and Violet (Bennett) Sellars. Surviving are daughters, Linda (Jim) Reid, Fort Pierce, Fla.; Sheila (Darrell) Cleveland, Herring Cove; Janet Moore, Halifax; sons, Gordon (Marlene), Halifax; Michael (Kristina), Sackville; grandchildren, Andrew, Lisa, Sheldon, Lauren, Ryan, Christopher, Justine; sister, Mae (Ken) Sutton, Rexdale, Ont.; brothers, Jud Sellars, Chatham, N.B.; Roy Sellars, British Columbia. She was predeceased by her husband, Walter Gordon Moore; brother, Norman Sellars (Halifax), sister, Lillian Lurine Beer (Ontario); stepmother, Elizabeth (Bungay) Sellars (North Sydney). Interment in Oakridge Memory Gardens, Sackville. Donations may be made to Heart and Stroke

Foundation of Nova Scotia.

GRAY, Nora Geraldine - 77, West Pennant Road, Sambro, passed away in the Palliative Care Unit, VG Site, QEII, Halifax. Born in Halifax, she was a daughter of the late Arthur and Vera (Brunt) Smith. Surviving are son, Douglas, Halifax; daughters, Rita (Mrs. Patrick Clark), Sambro; Deborah (Mrs. Paul Tough), Sambro; Elaine (Mrs. Harold Mountain), Herring Cove; brother, Harold, Ontario; six grandchildren; five great grandchildren. She was predeceased by her husband, Alfred Vincent Gray; brother, Frank. Interment in St. James Cemetery, Sambro. Donations may be made to the Canadian Cancer Society.

MILLS, Selena Annetta - 85, Old Sambro Road, Halifax, died in the VG Site, QEII, Palliative Care Unit. Born in Branch LaHave, she was a daughter of the late Urban and Cecilia (Smith) Joudrey. Surviving are sons, Laurene, Halifax; Robert (Ferne), Timberlea; sister, Mae Marriott, Shad Bay; grandchildren, Robert and Shelley; great-grandchildren, Raymond, Ryan; several nieces, nephews. She was predeceased by her husband, Rex LeRoy; brothers, Roy and George; sisters, Marjorie, Annie, Abiah. Donations to the VG Site, QEII, Palliative Care Unit, Canadian Cancer Society or Alzheimer Society of Nova Scotia.

LAMBERT, Jessie King Margaret - 77, Spryfield, died peacefully April 2, 2003. Born in Halifax, she was a daughter of the late John and Mildred (Frost) Hogg. Surviving are sons, John (Gerry), Calgary; Dennis (Donna), Halifax; Michael (Joye), Lower Sackville; Andrew, Williamswood; daughters, Patricia Cowie, Halifax; Paulette Lambert, Williamswood; Valerie (Douglas) McNeil, Dartmouth; Marian (Kevin) Lefebvre, Montreal; Caroline (George) Maas, Halifax; sisters, Patricia Thompson, Saskatchewan; Pauline MacLennan, Ontario; Marian Burton, Dartmouth; Mildred Baird, Halifax; 17 grandchildren; seven great-grandchildren. She was predeceased by her husband, Laval; brothers, Gerald and Joseph Hogg and John Hogg in infancy. Interment in Gate of Heaven Cemetery. Donations to Alzheimer Society of Nova Scotia.

MULDOWNEY (Smith), Gertrude Anne - 75, Spryfield, passed away peacefully, surrounded by family after a lengthy illness. Born in Boston, Mass.,

she was the only daughter of the late Cecil and Gertrude (Foran) Smith. She is survived by daughter, Belinda Goodwin-Collins; son-in-law, Chris Collins; grandchildren, Daphne Williamson, Ryan Skinner, Kenneth Wingfield, Tammy Wingfield; special granddaughter, Lori Wingfield; great-grandchildren, Jordan Collins-Morris, Emma Williamson, Morgen Skinner and Olivia Skinner, all of Halifax. She was predeceased by her first husband, Harry LeRoy Goodwin; second husband, John "Jack" Regis Muldowney; her youngest daughter, Lucille Jacqueline Wingfield. Donations may be made to either the Lung Association of Nova Scotia or Heart and Stroke Foundation of Nova Scotia.

Thanks one and all

My family and I would like to express our heartfelt thanks for the overwhelming support and kindness we received during the past few months since the death of my husband Gerald Anthony.

To all of you who sent flowers, sympathy cards, charitable donations and neighbours who brought food I thank you.

To the special people who plowed our store Halifax Countrywide Furniture and our home I thank you.

To my parish of St. Paul's in Herring Cove I thank you for the lovely reception after the funeral and to Father James Mallon for all his support and guidance.

To my family and good friends I could not have survived without your constant love and understanding.

Your kindness will always be remembered. Ann, Chris and Sean Anthony

J. Albert Walker

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Seniors are hosted the first Monday of the month at the Earl Francis Spryfield Memorial Legion which usually features Newfie George as the entertainer. One of George's duties is to draw the 50/50 ticket, which he does here with volunteer Sharon Nickerson, luncheon cook Darlene Murphy, and Chair Pidge Chant. Missing is volunteer Danny MacDougall.

Spryfield Lion's

Bingo

Sunday's and Thursday's

Lion's Rink, Drysdale Rd.
Doors open at 6 pm

Games 1-14 \$200

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

Around the world \$150

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

Sunday May 11th
Games 1 to 14 will be played for \$300

5 Special Games at \$300

Building Bonanza

Building Loonie Pot

Second Chance Game

Last Sunday of each Month

\$400 ticket draw

The last Sunday of each month
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BINGO



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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

Spring Fair and Yard Sale

Parkhill United Church will hold its Annual Spring Fair and Yard Sale Saturday, May 31 from 9:30 a.m. to 1 p.m., at the church, corner of Parkhill and Kirk Roads, Jollimore. Items available include garden plants, baked goods, books, new-to-you, household items, jewelry, childrens toys, jarbazaar, antiques and silent auction, lunch, games and contests. For information 477-1422.

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.

Spring Fling

The William King Elementary School will host a Spring Fling on Saturday, May 10, from 10:00 a.m. to 2:00 p.m. There will be lots for the family such as fishpond, glowsign toys, target shots, cotton candy and perhaps there may be a Moosehead and Moncton Wild Cat player signing some autographs. Everyone is welcome to come out and enjoy the fun. If you have any donations you would like to make please call Kim Ritcey at 477-9558.

Annual Heritage Meeting

The AGM of the Mainland South Heritage Society will be held at Captain William Spry Community Centre on Thursday, May 29 at 7:30 pm. Guest speaker historian

Heather Watts, will give an illustrated talk on the history of the old Provincial Penitentiary on the Northwest Arm and the individuals associated with it (1841-1881). All welcome.

New Girl Guide Cookies

The New Girl Guide Cookies are on sale from April 21 - May 16, 2003. Your \$4.00 donation for each box of cookies is the most important source of funding which allows Girl Guides to continue offering exciting, valuable experiences that let girls and women discover and develop the best within themselves and spread it amongst the community. For more information on obtaining our fabulous cookies, call our toll free number at: 1-800-565-8111

Celebration Spryfield

Everyone is invited to the launch of a "Celebration In Ceramics, - a Kids' Guide to Spryfield," a project of Central Spryfield School students celebrating the community by linking the past, present and future through a tile display and the presentation of the Community Services Award for 2003 to Carl White in recognition of the outstanding contribution he has made to this community. "Celebration Spryfield" will be held May 15 at 7 p.m. in the Community Meeting Room, Captain William Spry Community Centre. For information call 479-4487.

Plant Sale

The Urban Farm Museum Society's Annual Plant Sale will be held Saturday, May 10, 9:30 to 11:00 am, outside the Captain William Spry Community Centre. If you have plants to donate for the sale, please call 477-6102.

Annual Meeting

The Annual General Meeting of the Northwest Arm Heritage Association will be held Wednesday May 14 at 7:30 PM at the Armdale Yacht Club. Following a short meeting, local historian Iris Shea will give an illustrated talk entitled "Early Settlement of Jollimore Village." The public is invited to attend.

Spring Fair

The Harrietsfield Elementary School PTA has planned the Annual Spring Fair for May 24 between 11 a.m. and 2 p.m. Welcome visitors can experience a Flea Markey, Craft Fair, Games and Fun. The event will be held at the school.

Merchandise Bingos

Chebucto Heights School will hold a Merchandise Bingo at the Earl Francis Spryfield Memorial Legion May 11 at 7 p.m. and the Darts Nova Scotia association will hold a merchandise Bingo May 25 in the Earl Francis Spryfield Memorial Legion at 7 p.m.

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.

Ham and Potato Supper

The St. James Anglican Church in Herring Cove will hold a Ham and Scallop Potato Supper May 10 from 4 to 6 p.m. Adults \$6 and Children \$3. A sewing table and a bake table will open at 2 p.m. The event will be followed by a social at 7:30 p.m.

Baseball Auction

The Halifax Pelham Electric Senior Baseball Club is holding a dance and silent auction at the Multi-Purpose Centre, Halifax Forum, May 10 beginning at 9 p.m. All welcome.

Flea Market

Want to pick up a few spring treasures? Drop in to the Cunard Junior High School, Williams Lake Road, Flea Market May 10 from 9 to noon for great deals on plants, books, sporting goods, baked goods and many household items.

Prenatal Classes

Prenatal Classes at the Single Parent Centre on Sylvia Avenue begin May 6 and will be held Tuesday evenings from 7 to 9 p.m. To register call Leslee at 479-0508.

Family Fun Day

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

Line Dancing

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

Legion Events

Bingo will be held at the Legion every Sunday in May. Doors open at 12 p.m. - Bingo starts at 1 p.m. Senior's Day-May 5, from 1 to 5 p.m., featuring Newfie George. General Meeting - The Legion General Meeting will be held May 13 at 7 p.m. All members welcome. Darts - Summer Doubles Darts will be held Mondays at 7 p.m. and Singles Darts on Wednesdays at 7 p.m.

Sambro Dinner Theatre

A Sambro Dinner Theater titled "Hidden Treasure," will play May 2, 3, 9, 10. Your choice of lobster or roast beef. Tickets are \$25.00 and will be available March 17th by calling Eva Mae at 868-2660.

Chebucto News Business Directory



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Royal Bank Branch Manager Greg Brennan and Assistant Manager Diane Sangster took to the floor at the Greystone Healthy Kidz program to donate a \$5,000 cheque to the kids. Included in the receivers were staff members Jenny, Melissa and Katie and children Drew, Devon, Mariah, Jai-Leigh, Romanda, Sheileena, Jasmine, Ciara, Kyla and Mikey.

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