

# Chebucto News

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## Herring Cove Road beautification plan up for discussion

**Spryfield** - PACE, People Around Communities Everyday, in association with a number of other community minded organizations, is inviting the public to attend a meeting November 6 at 7:30 p.m. in the Captain

William Spry Community Centre to discuss "The Greening of Herring Cove Road."

Open for discussion at the meeting says spokesperson Marjorie Willison is an Halifax Regional Municipality prepared "draft traffic

calming and beautification plan" for Herring Cove Road. "We want to stress that the plan is nothing more than a draft proposal designed to give the community something to think about," said Willison. "What we're looking for is meaningful input from interested organizations and members of the public who all have a stake in the beautification of Herring Cove Road."

Willison explained that the draft plan came from a community survey undertaken by PACE two years ago. In the survey PACE members asked business representatives, home owners on Herring Cove Road and pedestrians what they like and disliked about the community's main thoroughfare. She said the survey identified a number of commonalities and consistencies among all groups. PACE forwarded the survey to city officials who took the results and proposed a draft plan to make changes to the roadway.

"We were deciding how to proceed from here," said Willison, "so we planned a public meeting to achieve feedback from concerned citizens and organizations on just what might be the best approach." She said the meeting will review the survey results from two years ago and explain how the results were interpreted to create the draft plan. She said she hopes an expert on street planning and urban design may be on hand to lend expertise to the discussion.

Among those organizations invited to attend the meeting are CRABapple Mapping Project members, the District 18 Business and Development Association, the Captain William Spry Community Centre, the Spryfield Residents Association and the McIntosh Run Watershed Association. "We want as many people as possible to attend the meeting and offer suggestions," she said.



The St. Michael's Roman Catholic Church Fall Fair is a fun time for everyone and seven-year-old Jenna and her twin four-year-old sisters Shaina and Shelby O'Leary had as much fun as anyone else.

## 28th Annual Santa Parade Tree lighting, carol sing and fundraiser to follow

**Spryfield** - There may be a return to the lost but not forgotten tradition of holding a public Christmas tree lighting ceremony in conjunction with this year's 28th annual running of the Spryfield Santa Claus Parade.

A group of citizens representing a number of organizations and businesses are hoping to settle technical and timing issues in an effort to light a community tree within hours following the expected November 24th Parade antcipat-

ed to start at Punch Bowl Drive at 2 p.m. and end in the South Centre Mall parking lot for awards presentations about 3:30 p.m.

Urban Farm Museum Society member Marjorie Willison, Spryfield Residents Association member Rob Fredericks, Chebucto Boys and Girls Club Executive Director Kristi Walker, District 18 Councillor Stephen Adams, the District 18 Business and Development Association and South Centre Mall Manager Allan MacDonald met in late October to discuss the concept of holding a carol sing, an Urban Farm Museum Society hot chocolate fundraiser supported by the Atlantic Superstore and a tree lighting ceremony immediately following the parade. The Boys and Girls Club would become responsible for decorating the tree and the business association would make its Open For Business office available to the Society as a place to operate its fundraising event.

Fredericks initiated thoughts of returning to a tree lighting ceremony, abandoned in recent years, with Councillor Adams during the District 18 Cup Golf Tournament in early October. At the same time, Ms. Willison began arranging a carol sing and hot chocolate fundraising event for the Urban Farm Museum Society. When Mall Manager MacDonald

see "28th Annual" pg. 2

## "It's the start of water and sewer," Dempsey

**Herring Cove** - "It's the start of the water and sewer" delivery to Herring Cove Brian Dempsey, Herring Cove Ratepayers Association President said of Halifax Regional Council's approval to do a pre-design engineering study on the sewer and water service infrastructure planned for the community.

Council was able to make the \$50,000 decision after Councillor Stephen Adams gained approval from council in October to remove all "previous conditions and precedents" contained in the Harbour Solutions Project agreement between the city, the federal and provincial governments. Adams moved the motion after the higher levels of government left the city short-funded from expectations the

municipality had regarding higher government funding amounts.

Because of the funding shortfall, HRM Council agreed to pass a motion to effectively "got it alone" from this point in the Harbour Solutions Project. "This approval signals to staff that Council is committed to Harbour Solutions and that Council wants all parts of the project to go through without a hitch," said Adams. The motion also provided conditions that the city can not exceed increasing its pollution control charges by more than 29 cents per cubic meter, an amount Adams says will average out to about \$12 per year per household.

"We didn't want to do it on the general tax

rate," he said, explaining that the city wanted the costs to be on a user pay basis. And he said "we will only increase the charges if no other sources of funding (additional commitments from the provincial and federal governments) can not be found."

For Dempsey and the residents of Herring Cove hoping to improve their water services, the change in process is significant. It means the pre-design phase, which will provide a true assessment of cost and eventual frontage charges to be applied to homeowners, can go forward immediately, bring city water services to the community just a little earlier than expected.

# Premier Hamm meets with Business Association

**Spryfield** - Premier John Hamm told about 25 members of the business community from District 17 and 18 that there is "no line" that he is aware of that would prevent provincial government offices from establishing in some of the vacant spaces located along Herring Cove Road.

The Premier made the comments in response to questions from members of the District 18 Business and Development Association gathered at the Sobeys Community Meeting Room on Herring Cove Road. Association members have complained that in some instances, government tenders at various levels for available space identify that proponent must be inside the Armdale Rotary.

And although he was not aware of any policy on the matter, The Premier promised he would remind his Deputy Minister Gordon Gillis "to make sure we find out what is out there" in terms of space and government need.

The meeting with the Premier was organized by incumbent conservative candidate in Halifax Atlantic and business association member Bruce Cook. The meeting represented

the third time in three years, including a visit as guest speaker for the Association's inaugural annual general meeting, that the Premier has made himself available to listen to local business interests.

The Premier was also asked to do whatever was within his ability to progress the Harbour Solutions Project and, in particular, the development of a sewage treatment plant at Hospital Point in Herring Cove. The new plant is considered an integral part of efficient and environmentally safe development in the community.

Members of the business community also questioned the Premier on the status of business occupancy tax. The Premier agreed that municipalities and the province were looking at alternatives to a tax system which is a thorn in the side of business as well as municipalities which have difficulty collecting the revenue.

In another area the Premier was encouraged to ask the Department of Transportation to study that section of Old Sambro Road heading past Harrietsfield Elementary School. The road condition and the school became a

community issue during a rezoning application for RDM Recycling. Area residents complained about the truck traffic on the road, its unsafe condition and the fact that school children have no sidewalks or even an appropriate should to walk on on their way to and from school.

Business Association President Sharon Beasley thanked the Premier for his openness in meeting with members of the community. "We invited representatives of CEED (Centre for Entrepreneurial Education and Development), the McIntosh Run Watershed Association, the Spryfield Lions Club and our

business community here to meet with you today because we want you, as Premier, to understand that this community is not sitting idly by while the community suffers."

The Premier told the gathering that over the past three years during his visits he has learned that the community is growing in strength. "In terms of community economic development you are doing the right thing. It is a matter of perceptions and I am sure, if you continue to work together, you will change the perceptions that are out there. I can see already that you are winning."



District 18 President Sharon Beasley speaks directly to Premier John Hamm while incumbent Halifax Atlantic Progressive Conservative Candidate Bruce Cooke looks on. The Premier was in the community to meet with members of the Association.

## 28th Annual Santa Parade

*continued from pg. 1*

showed enthusiasm for opening the mall's foyer area immediately following the parade to accommodate the carol sing and fundraiser, the seeds were planted for a combined event to following right on the heels of the parade.

"I like the timing of the events," said Mall Manager MacDonald, suggesting that perhaps the awards ceremony could be brought inside the mall. Once Parade Chair Kevin Johnson and the Parade Society distributed the annual parade awards, the carol sing and hot chocolate fundraiser could begin. "As soon as dusk appears, we could encourage people to move outside for the tree lighting to cap off a tremendous community event," he said.

Ms. Willison said the Society would not be selling hot chocolate but offering it to residents in return for a donation to support the Society. District 18 President Sharon Beasley said the

association will consider supporting the event by asking the Farm Museum Society to provide certificates for hot chocolate that "our members can give out to their clients and staff."

Councillor Adams has already secured a tree from Jonny Van't Hof's tree farm, received an RDM Recycling commitment to transport the tree from Lunenburg and obtained the services of Lloyd MacLellan Trucking to raise the tree. Initially the hope was to erect the tree on the roof of South Centre Mall but technical difficulties and liability issues have forced the group to seek alternative locations.

"We're searching for alternatives," said Adams. "We want to put the tree in as secure a position as possible to help protect it from vandalism," he said, encouraging anyone with suggestions to forward their ideas for consideration.

## Minor Hockey coupon fundraiser

The Chebucto Minor Hockey Association and the District 17/18 Business Association, Chebucto Publishing, and the Captain William Spry Community Centre and others are joining forces to assist the Chebucto Minor Hockey Association in the production of a coupon booklet fundraising effort.

Organizer Pat Arthur said the Coupon Book will contain approximately 50 coupons and a number of sponsorship advertisements from businesses and retailers in the area. The book will go on sale in January for a nominal

fee of \$15.00, and will offer savings in excess of \$100.00. Sales and distribution will be through Chebucto Minor Hockey's teams, parents, and executive.

She said discount coupons will be free to advertisers while sponsorships or advertisement inserts offering no discounts will be at a nominal charge. Deadline for participation is December 20th.

Any interested advertisers are asked to contact Pat Arthur at 477-6441 (evenings) for details.

## Annual event another success

**Spryfield** - The annual Children's Wish Foundation fundraiser of the Spryfield Branch, Nova Scotia Liquor Commission, was another unheralded success says organizer Marilyn DeVine.

"Again this year we had tremendous support from the community and our partners in business," she said, estimating a donation of about \$2,000 to the cause.

DeVine said if it wasn't for the support of

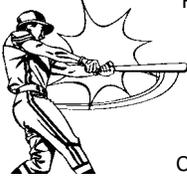
businesses such as the Real Atlantic Superstore, Danielson's Tobacco, Bedford Jewellery, Rogers Video, Tim Horton's, Bowlarama, Thornhill Pizza, PG's Pizza, Shoppers Drug Mart, Pharmasave, The Head Shoppe, Cuts of Class, Mrs. Beasley's Cookies, Kentucky Fried Chicken, Pizza Hut, Petro Canada, Spryfield Ultramar, Island Beach Tanning Studio and Sobeys.



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# "Dream Flight" catches memories for a lifetime

By Laura Pellerine  
Staff

Sitting in an orange t-shirt with the words "Dreams Take Flight" and an Air Canada plane cartooned across his chest, 10 year-old Brandon Murphy holds up a photo of himself standing with Mickey Mouse in Disney World. "There was a big line-up to meet him," he says, showing off Mickey's autograph.

Brandon was one of eight children from the Spryfield area chosen to participate in the Armdale Halifax Kiwanis Club and Air Canada's "Dreams Take Flight" program. Two students were selected from four elementary

schools including Elizabeth Sutherland, Central Spryfield, Chebuco Heights, and Brandon's School, Rockingstone Heights.

For the past six years the Kiwanis Club has sent between 8 to 12 kids to Disney World in Florida for a 24 hour excursion. When Brandon called his mother, Michelle Murphy at work to tell her he'd been chosen she was shocked. "I didn't believe him at first," she said, holding her belief until Brandon could convince her he was right. "Then I was excited for him," she says, admitting she was "a little nervous about him flying, but excited."

With the help of Kiwanis volunteer carpools, Brandon's trip began at 3 a.m. on

October 16. The nearly three hour flight was his first experience on an airplane. Michelle was nervous about him flying, but Brandon says it was fun. "But it popped my ears too much," he says with experience.

When they finally arrived at Disney World, accompanied by chaperones provided by Air Canada, he faced big line ups. But Brandon maintains his favourite part about the trip was the rides. "I've never been on most of them before," he says. Some of the rides he went on included, Space Mountain, Buzz Lightyear, bumper cars, and of course rollercoasters. Brandon was able to capture the whole day with a disposable camera given to him and the other kids from Air Canada. They also received a package filled with stickers, temporary tattoos, a fanny pack, a deck of cards, t-shirts, autograph booklet, a medal, and \$25 to spend. Holding up a half eaten sucker, which, when full, would have been a bit bigger than a CD, and laughing, Michelle said, "Brandon spent most of his money on candy!"

Although Brandon had stayed up the full 24 hours, when he returned home the following morning Michelle says she had a hard time getting him to sleep because he was so excited. "He wouldn't stop talking," she says, adding, "he kept jumping from subject to subject." Eventually, however, sleepiness did catch up to him, and Brandon says he slept the next day until noon.

Brandon's trip was made possible by the fundraising efforts of the Armdale Halifax Kiwanis Club. Although Air Canada covers the cost of the flight and the care packages, the Kiwanis Club raised the \$350 per child for all eight who went. Secretary, Doreen Archibald, says

the Dreams Take Flight program is one they enjoy being able to help with. "It's wonderful," she says, "the kids are so happy and excited to be going."

Both Brandon and his mother thank Air Canada and the Kiwanis Club for making the trip happen. "They are so wonderful to give a chance like that to kids," Michelle says. This program is one of the many charitable acts the club helps give life to. However, Archibald says that they're in need of new members. If you'd like to join the Kiwanis Club they meet Tuesday evenings, and the membership fee consists of \$65 every six months. If you're interested in helping call Doreen Archibald at 456-1670.



Brandon Murphy, ten, reluctantly wears his Mickey Mouse ears after returning from Disney World in Florida. Brandon was one of the lucky kids who took the Kiwanis and Air Canada "Dreams Take Flight" program. (Pellerine Photo)

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# DISCOVERING OUR PAST

## Wartime tragedy devastates families of Herring Cove and surrounding area

by Iris V. Shea, Historian  
Mainland South Heritage Society

Licensed pilots, many of them fishermen from the communities along our coast, have been piloting vessels in and out of Halifax Harbour since 1829. Guiding ships in and out of Halifax Harbour was a vital national service provided by the Halifax Pilotage Authority. Pilot boats were especially busy during World War II when troop and convoy ships gathered in Bedford Basin before heading across the Atlantic.

On the evening of March 28, 1940, the Halifax pilot boat "Hebridean" left Herring Cove to guide the British freighter "S.S. Esmond" into the harbour. The pilots and crew who were aboard the pilot boat were familiar with the deep waters near the harbour entrance. The water was calm and the sky was clear when the Hebridean, with 15 men on board, reached the freighter on its approach to the mouth of Halifax Harbour. The job of the men on the pilot boat was to place Pilot Tupper Hayes on board the freighter and guide it into the harbour. Edward Renner and Captain N. Lamont Power were scheduled to be on the Hebridean but were called away a few hours earlier to guide other vessels.

It was almost midnight when Pilot Hayes, with two boatmen, Edward MacLaughlin and Walter Power, launched a tender and headed toward the S.S. Esmond. As Hayes was about to board the vessel, the Hebridean crossed in front of freighter. A crash occurred and the pilot boat was cut in two. Almost immediately, the severed pilot boat sank. The crew aboard the freighter rescued Hayes, MacLaughlin and Power while Roy Sullivan and Claude Martin of Halifax, and Carl Himmelman of LaHave, managed to jump over the side of the sinking pilot boat. Sullivan and Himmelman were rescued from the icy waters, but Martin, wearing a heavy cast on his arm, went down before the crew of the S.S. Esmond could reach him. Eight of Martin's co-workers were still on board the sinking pilot boat. The Duncan's Cove life boat crew, under the direction of Captain John Holland, a 42 year veteran of the life boat station, searched with the aid of lights hoping to spot the missing men. With Captain Holland were his son, Harold, cousin Horatio Holland, Joseph Martin, Frank Welsh and Gaspard Johnson.

The Hebridean and the bodies of the nine missing men were never found. The inquiry into the collision was not made public for fear of revealing the wartime movement of other ships in Halifax Harbour. The catastrophe, considered the worst ever to hit Herring Cove, was the greatest tragedy in the history of the Halifax Pilotage Authority. For residents of Halifax, Herring Cove and surrounding communities, the effect was devastating. A total of thirty-five children were left fatherless.

The missing men, the majority with family members in Herring Cove, were: Claude Martin, Halifax, formerly of Ketch Harbour, married six months, the son of retired Halifax pilot, Charles Martin, and brother to Reverend Basil Martin; Roy Purcell, Bos'n, age about 35 years, of Purcell's Cove, who learned that same evening that his wife gave birth the previous day to their first child, a daughter he

never got to see, also survived by his mother, Sarah Purcell; Mathew Power, engineer, unmarried, the son of Frederick Power, was a well-known runner in his younger days and a regular participant in the Halifax Herald Marathon; Lawrence Thomas, age 55, a resident of Herring Cove until the previous winter, was survived by a widow and three children; Lionel Pelham, survived by his mother, Mrs. Ross Pelham, his widow and four young children; Lorne Dempsey, a pilot for almost twenty years, survived by his father, James, his widow and eight children, the youngest two years old; James Dempsey, a pilot for twenty-five years, left a widow and nine children, the youngest three years old; Carleton Dempsey, aged about 40 years, a pilot for twelve years, a brother to the above James and a cousin to Lorne Dempsey, was survived by a widow and seven children; and James Renner, one of the best known and longest serving pilots, left a widow and three

children.

The Halifax Mail, March 29, 1940 reported "In a fisherman's cottage in Herring Cove this morning Mrs. William Brackett was

memorial to these nine men who went down on the Hebridean. The accompanying photograph, taken about 1939 off Herring Cove by W.R. MacAskill, shows a rainbow hovering over the pilot boat Hebridean. It is one of the photographs included in the 2003 Mainland South Heritage Society's Calendar, now available for sale at Mishou's Store in Herring Cove, Danielson's Smoke Shop in the South Centre Mall, or by calling Marjorie Swingler at 477-9651.

The story of the Hebridean will also appear in the Halifax Regional Municipality's upcoming book entitled "Halifax Street Names." Published by Formac, the illustrated book is scheduled to be in bookstores during the week of November 4, 2002. Members of the Mainland South Heritage Society, Michèle Raymond, Iris Shea and Heather Watts, contributed articles on Cowie Hill Road, Chain Rock Drive, Hebridean Drive, Purcell's Cove Road, Kidston Road, Spry Avenue and Williams Lake Road.



The pilot boat Hebridean off Herring Cove circa 1939.

W.R. MacAskill

mourning a double loss - her two sons-in-law, James and Carleton Dempsey, had married two Brackett sisters."

Hebridean Drive in Herring Cove is a

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*Tim Hortons*



Premier John Hamm sits with the grade three class of Mrs. Latham at William King Elementary School. The Premier presented a set of "Mental Math" daily exercise to the kids as part of a province wide kick off of an Education Department Program. Members of the class included Lauren Atkinson, Mary Margaret Bennett, Connor Booker, Jacob Carling, Makenna Cooke, Taylor Dempsey, Kyle Dicks, Allyson Faulkner, Ryan Fall, Lucas Gladwin, Fiona Grasley, Brendan Hanrahan, Devan Hanrahan, Sarah Hoyt, Tyler Jollimore, Samantha Lee, Tarlee Marriott, Alex MacDonald, Katelyn MacDonald, Kristen Mannett, Claudia Melanson, Connor Miller, Olivia Palmer, Sharyn Power, Trevor Sampson, George Saoud and Kody Tousnard.

## It's been a busy month at William King Elementary School Premier visits, Kinsmen unveil new playground

**Herring Cove** - It's been an especially busy month for Principal Robert Little, staff and students at William King Elementary School.

On October 9 Premier John Hamm visited the school to bring a set of "mental math" and "Atlantic Canadian" reading books to the students as a symbolic kick-off to a province-wide campaign by the government to create a more solid learning foundation for students from grades primary to nine.

The Premier was met in the school's foyer by students who ushered him into the gymnasium for the assembly. Students Khrista Bowdrige and Jamie Tilley acted as M.C.'s for the morning program and introduced Gina Harnish who gave a rendition of life at William King School.

"Everyone at William King Elementary School would like to take this opportunity to welcome Premier John Hamm and our other guests to the school today," said Harnish in her presentation. "Over the years William King has grown and become home to a number of different students from many diverse communities. The student body is made up of bus students and walkers alike. We are situated on a bluff overlooking the entrance to Halifax Harbour, a scenic little spot not often forgotten by our many visitors," he welcome suggested.

She told the Premier than upon entering the school visitors are greeted by the student artwork which adorns the school's magnificent foyer. "Once inside you notice the heart of the school," she said, explaining that the students and staff who work here are upbeat, friendly and enthusiastic, providing a warm, open and caring atmosphere where "we try to look after

each other and embrace differences" in a "measure of cooperation you witness should witness as our hallmark."

"It is with great pride and pleasure that we share our school with you. As citizens of tomorrow we are all responsible in working towards a better future," she said in welcoming the Premier who, after being introduced by grade three student Makenna Cooke, proceeded to the floor of the gymnasium to field questions from the students.

After touring the school facilities, Premier Hamm made a visit to the grade three class of Mrs. Latham where he presented the "mental math" learning books to the children. The books are part of the Department of Education's new "learning for Life" plan which calls for a minimum of five minutes to be spent on mental math each day in grades Primary to nine. Called "Daily Tune-ups," the books will help teachers and students practice mental math skills that will help them in everyday life.

"No matter what you do in life, good reading and math skills improve your quality of life. They are the foundation for all other learning and our students need to learn to master them early," Premier Hamm told the students.

Later in the month on October 19, the Kinsmen Club of Halifax, school officials and invited guests opened the new "Friendship Centre" playground made possible through the cooperation of the 65-year-old club, the Halifax Regional School Board, Councillor Steve Adams, the William King PTA and corporate sponsors Metro Electric, Design North, Hubbell Lightin, Elco/Guillevin, Nedco and Armour Transportations Systems.

Kinsmen Club spokesman Kevin Campbell recognized each of the participants and then presented plaques to Trent Scarfe, a grade two student who designed the Friendship Centre artwork, and to Leah Little and Michaela Larade who came up with the name of the new facility.

The playground is wheelchair accessible with double slides, arch bridge, spiral chamber, monkey bars, pull-up bars, two dinosaurs, four low level activity boards and a world globe. The rubber matting is state of the art for fall protection and is aversive to animals. The area is pole lighted and contains security cameras for the safety of the structure and the children.



Kinsmen member Kevin Campbell stands beneath the signed entrance to the Friendship Centre Playground after unveiling the work designed by students in the school. The playground was officially opened in October.



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# Teen Health Centre nearly doubles student visits

**Spryfield** - The Mainland South Teen Health Centre at J.L. Ilsley Senior High School has not only celebrated its 10th anniversary this year but Coordinator Sheila Lane and the organization can boast almost doubling student visits last year.

At its annual general meeting, members of the Centre were told visitations by students during the 200 and 2001 school year totaled 1,994. From September 2001 to June 2002, Lane's Coordinator's Report suggests 3,314 students visited the Centre for help or advice on any number of mental, sexual and/or physical concerns.

"As a school based community-run health

care centre serving the youth of J.L. Ilsley and others in the area it is gratifying to know that 72% of our students visited the Centre at least once last year," she said.

AGM delegates were told that of the visits 31% were by males and 69% by females with grade tens accounting for 33%, grade 11 37% and grade 12 30%. Fifty-nine percent were for physical health reasons, 20 percent for mental health purposes and 21 percent for sexual health services.

Lane said the Centre had 37 students participating in the Peer Health Education Program which sees high school students visiting and making presentations to junior high

students entering J.L. Ilsley in the coming years. "Our Peer Health people held ten workshops on teen issues, delivered two workshops to a total of 24 classes, participated in documentary filming, released the Peer Health Education Works manual and participated in the Aids Walk raising the most money of all high schools," she said.

Lane also highlighted the Centre's Youth Action Team whose ten members who attended the Atlantic Youth Leadership Camp,

marked the Montreal Massacre with a Memorial, held a Valentine's Dinner at the Single Parent Centre, undertook a school-wide clean-up on Earth Day, assisted with the McIntosh Run Clean-up, did Red Cross and First Aid training and enjoyed a camping and canoeing trip in July.

Annual General Meeting delegates also got an opportunity to review the Centre's Peer Education documentary video produced by the peer education program this past year.



The Spryfield Lions Club held its annual Ladies Night function at the Lions Den in the Spryfield Rink complex. Lion Carl Price was presented with his 25th and 50th Visitation Pin and Daniel Trottier was presented with a cheque for \$396 to complete her requirement for fundraising in the Canada World Youth project. Attending the dinner were Cherry Hancock, left, Alex Hancock; District Governor Earl Einarson; Vice-District Governor Ralph Williams; Anita Wentzell and King Lion Darrell Wentzell. (Nancy Wentzell photo)

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# Springvale streetscape may improve but traffic will increase

**Springvale** - Residents of Springvale Subdivision are facing another boost in traffic volumes if a project to redevelop a block of old and tired apartment buildings is approved by the city.

In a public information session residents were informed of a proposal by Tony Metledge Jr. to redevelop a block of 24 apartment units at 7, 9, 11 and 13 Springvale Avenue into a condominium and townhouse project including

37 housing units and an underground parking garage for 45 cars. The new development would include nine street-front townhouse units of three bedrooms and 28 condominium units. The development will require a change in zoning from a grandfathered R-1 to an R-3 level.

Most of the residents attending the session were not opposed to what was generally considered an improvement in the streetscape, but

many were cautious of the traffic impact and the neighbourhood's ability and existing difficulty exiting Springvale Avenue onto Dutch Village Road during heavy traffic periods. For the Springvale community the meeting represented the second time in almost as many months residents were faced with development issues that will add traffic to the area. In September residents voiced concern over traffic and other issues because of development of 147 single family homes on the Butler Property at the top of the subdivision.

In making the presentation HRM staff suggested the units would be owner occupied and the townhouse portion was being designed into the structure to "maintain the residential concept and streetscape of Springvale Avenue. The

project would see townhouses with individual front doors facing Springvale with the condominium portion of the building being constructed to the back of the project. "Each of the townhouses would have a stonewall with a gate in the front to maintain the residential look and character of the community," said the developer.

The residents were also concerned about the number of parking spaces provided, fearing the new residents and their visitors would be parking on the street.

In order to proceed the project must pass the rigors of a development agreement and the community can expect future public hearings as the project unfolds.

## Remembrance Day Parade and Service

**Spryfield** - The traditional Remembrance Day Parade and Wreath Laying Service of the Royal Canadian Legion, Branch 152, Spryfield, will be held November 11 beginning at 10:40 a.m. sharp from the former IGA building on Herring Cove Road.

Legion President Terry Bobbitt said this year's celebration will actually begin earlier in the month when the Legion's Colour Teams will begin visiting schools throughout the area from November 3 to 9. The President also said the Legion's Al Bergeron will lead teams for visitations to senior citizen housing complexes

in Districts 17 and 18.

Bobbitt also encouraged residents to be generous in their purchase of this year's poppies. He said Legion members will be stationed in several public places right up to Remembrance Day offering poppies to the public. The poppy campaign is one of the Legion's largest fundraisers.

Bobbitt said the annual ceremonies at the Legion Cenotaph, located at its Sussex Street facility, will be followed by a buffet luncheon and dance in the Hall.

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## Saxton captures Harvest Tourney

**Spryfield** - Local resident Ryan Saxton's 67 was good enough to take top spot in the Men's Low Gross division in the 18 hole par three Annual Harvest Tournament held at Briarwood Golf Course.

Saxton, a recent graduate from the junior to men's division, edged out Ron Schnare whose 68 was a close second.

Dianne Coaker toured the circuit with a 73 to take the top Ladies title while Joan Charlton's 77 was good for second in the

Ladies Division.

The Junior Division was captured by Jason Marriott whose round of 72 was four strokes better than second place finisher Nicholas Tibbo. Orrin Clark's 82 was good enough to capture the Briarwood Low Net Score for the day after a playoff with Bobby Wilson who also had an 82.

The Great Golfer Award this year went to Mike Plomidon.

## Heritage Calendar on sale

**Spryfield** - The Mainland South Heritage Society has made its 2003 Heritage Calendars available at Mishou's Store in Herring Cove and Danielson's Smoke Shop in South Centre

Mall. The calendars are also available from any member of the Mainland South Heritage Society or by calling Marjorie Swingler at 477-9655. Cost is \$10.

## Letter To The Editor

### Give credit where credit is due

Dear Editor:

Thank you for your recent article about our Urban Farm Museum Society's Harvest Fair in your Oct. issue of the Chebucto News.

Unfortunately the names of those other members of our Society responsible for this successful event were omitted. A sincere thank you to Don Auby, Eva Bagnell, Dorthee Conrad, Donna Foley, Tom Keorghnan, Janet

Kidston, Michele Raymond, Marie Russell, Ondrej Saar, Jean White, Marjorie Willison, and Jane Zenter.

We really appreciate all the great coverage and support you give our U.F.M.S.

Sincerely,  
Pat MacLean,  
President U.F.M.S.

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**NEW ITEMS ARRIVE DAILY**

## Clean air recognition target of "Walk To School" project

**Springvale** - If it wasn't the entire school student body participating there must have been very few missing as students, teachers and special guests walked their way to Springvale Elementary School in early October to celebrate International Walk Your Child To Event at Springvale Elementary School.

Principal Annmarie MacInnes led the walk accompanied by Premier John Hamm, Mayor Peter Kelly, Councillor Linda Mosher, School Board Chairman Mike Flemming, Board Representative Carol Olsen, Community Police Liaison Officer Mark Young and characters Daisy Cow from Scotsburn dairy and Elmer the Safety Elephant.

"Our goal was to have 100% participating in the event to make us eligible for the Go For Green draw," said Principal MacInnes excited that such a huge turnout participated on a glorious fall morning for the walk. The throng gathered in the school playground before heading into the auditorium for presentations from the officials, including Olympic Athlete Karen Furneaux whose presentation was sponsored by Clean Air Champions and Go For Green.

Premier Hamm opened the session by telling the students that they live in the best country in the world. "You not only live in the best country in the world but you live in one of its best provinces and our friend Karen Furneaux is one of Nova Scotias great young women," he said, suggesting Ms. Furneaux is a shining example of what proper exercise and training can accomplish.

"The provincial government wants to promote activity exercise in each and every school

in Nova Scotia," said the Premier just before delivering his proclamation declaring the day International Walk To School Day.

Mayor Peter Kelly and School Board Chairman Michael Flemming each greeted the children before giving the floor to two time Olympic Kayak and World Champion Furneaux.

Furneaux started the morning's presentation by running the children through a few stretching exercises. "I am an Olympic champion," she told the students, "but we have something in common. We all need clean air and I am here to explain to you the importance of clean air," she said on behalf of Clean Air Champions.

Furneaux told the students that she is a sufferer of Asthma and, "even though I am an Olympian I have been able to excel because of the clean air that I breath every day here in Nova Scotia. Clean air is important to everybody and we should do everything we can to protect and preserve it."

The assembly ended with a rendition of the

Springvale Elementary School Song as written by Ms. Cynthia Davies and performed by the school choir. Afterwards everyone participated in a light breakfast prepared by each class in the school.



Community Constable Mark Young manages Elmer The Safety Elephant during the International Walk You Child To School project undertaken by Springvale Elementary School.

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## Arm crossing back in service

**Fleming Heights** - The Northwest Arm Ferry Service, shuffling passengers in a one minute trip from the Dingle Wharf to Oakland Road in Southend Halifax, is back in service and increasing its ridership in an effort being spearheaded by Michele Raymond and the Transportation Issues sub-committee of the Ecology Action Centre.

In October, Raymond organized an afternoon tea at the Dingle Gazebo to officially launch the service being provided by tour boat operator Ron McKinnon and the "Madison Sea," a boat he's named after his 18 month old daughter.

And while the crossings continue, operating between 7:15 and 9:15 a.m. and from 3:30 p.m. to dusk Monday to Friday, organizers are gathering names on a petitions they hope will eventually be forwarded to Mayor Peter Kelly and members of Regional Council.

The petition sites better use of parkland spaces, reduced traffic congestion, reduction in greenhouse gasses and a healthier lifestyle choice for residents as positives for the ferry service which brings back an historical tradition used by many previous generations who visited the Dingle Park on weekends for picnics and parties.

The petition asks the city to consider providing the service on a permanent basis and asks that improvements to infrastructure be made which would allow the service to operate beyond daylight and throughout the winter.

This is the second year in succession that the service has been made available to residents in the fall. At the moment the service is considered valuable to those who live west of the Dingle and must travel the Armdale Rotary on their route to work in Southend Halifax's hospitals and universities.



Captain Ron McKinnon hoists his arms in fun as passengers disembark from his "Madison Sea," the vessels being used to ply passengers across the Northwest Arm. The service is up and running for the second year.

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# Understanding the community's snow clearing issues

By Stephen Adams, District 18 Councillor

As winter quickly approaches, snow removal becomes more important in our everyday lives. Snow complaints generally account for most of the calls I get and range from lack of clearing to the other extreme of seeing too many ploughs. For the record, I find it easier to deal with too many ploughs.

The snow clearing issue can be broken down into two separate parts. The first deals with the contrast between the areas served by the Department of Transportation and those

served by HRM. This is very difficult to explain to irate citizens, given that one would expect a similar and reasonable level of service throughout one district. I have asked that HRM assume responsibility for all existing DOT serviced areas but the present condition of some roads is cost prohibitive at this time. I will continue to work with our staff and DOT to find a solution to some of the outstanding issues.

The other aspect of snow removal revolves around private roads. There are numerous private roads throughout District 18 and all of HRM. As Chair of the Private Roads

Committee, I have become acutely aware of the issues residents face on an everyday basis, especially during snowstorms. Some residents have made arrangements themselves, while others get served either by HRM or DOT. The problem with HRM or DOT service is the amount of time that elapses before the first truck appears.

With the experience gained on this committee, we developed a process to allow for HRM to assume responsibility for a private road. Presently, there is a standard in place that must be satisfied for all new roads in order for a road to be taken over. However, there are circumstances that prevent a standard from being met. For example, a right-of-way may not be wide enough to satisfy the required dimensions. Encroaching properties, easements or other circumstances are all situations that may be problematic. Bearing this in mind, our committee determined the minimum right-of-way required to allow for safe passage of emergency vehicles and service vehicles such as garbage trucks. Further, a solid base and proper ditching are necessary.

If an existing private road can meet the minimum level as recommended by our engineering staff, then those affected residents simply need

to petition HRM. If you would like your road considered, just give me a call.

On Saturday October 19, I had the distinct privilege of attending the opening of the William King Friendship Centre in Herring Cove. This playground was a combined effort of the Kinsmen Club of Halifax, the William King PTA, community members and HRM. During the opening ceremonies, Kinsmen Kevin Campbell asked only one thing of the children - have fun! I would also like to add that we, as a community, watch out for vandals. This is a beautiful facility and we want it to last.

On a personal note, I had the pleasure of attending the 100th birthday party for Jessie Schumpt. Friends and family gathered at the V.G. Hospital to wish Jessie all the best and John Buchanan was in top form, presenting numerous certificates and leading us all in "Happy Birthday."

The next evening, I attended the 50th Wedding Anniversary celebration for Brian and Rose Dempsey in Herring Cove. Many friends and family gathered to offer best wishes. I am always honoured to attend these events and it is especially heart warming when very close friends are involved.

## HRM offers winter programs for seniors and disabled

By Linda Mosher, District 17 Councillor

This month I would like to inform you about two programs available within HRM to assist seniors and persons with disabilities.

Seniors and individuals at risk who live alone have concerns with regards to their well being. As well, their neighbours and loved ones would like to ensure the safety and well being of these persons. Seniors or individuals at risk living within HRM can now benefit from a program being offered by Canadian Pensioners Concerned NS and the Halifax Regional Police. The program is called "Are You OK?." Are you OK? involves a computer automated telephone reassurance system, which contacts subscribers once every day. By answering the phone, it assures them of your well being. A pre-recorded message is played to the person answering the phone. If the phone is not answered by the third call, the computer alerts staff, who contact a designated friend or neighbour to check on you. A police officer and/or medical help will be dispatched if you require assistance. If the subscriber has an appointment, or is going out-of-town, he/she can notify the program office with the dates and times that they will be unavailable for the calls. If a resident is already using a health monitoring system, (such as Lifeline), Are You OK? can be used in conjunction with the other system.

To find more information regarding this FREE program, please call 454-7989, Monday - Friday, 10:00 a.m. - 4:00 p.m.

Once again, HRM has partnered with volunteer groups to offer snow removal services for seniors (65+) and persons with disabilities. The program operates on a referral basis.

Residents that qualify must pre-register, and are then referred to a volunteer shoveler. Volunteers wait for the client to call for service. They remove snow from front and back steps, walkways, sidewalks and access to fuel tanks. There is no charge for this service. Please note, they are not responsible for driveways.

Applicants must register early, the deadline is December 15, 2002. Applicants must not be a landlord. After an applicant is registered, the senior or disabled person merely calls the volunteer and provides them with a shovel and salt. To register for both districts 17 and 18, please call the Spencer House Seniors Centre: 421-6131.

For general inquiries about this program, call: 1-902-558-1049 (toll free in HRM).



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Chocolate Lake Recreation Centre	490-4607
Councillors' Office	490-4050
Councillor Stephen Adams	497-8818
Councillor Linda Mosher	476-4117
Harrietsfield Recreation Centre	479-8514
HRM General Inquiries	490-4000
Mayor's Office	490-4010
Property Assessments	424-5225
School Board Member	
Carolyn MacFarlane	477-6505
Street Lights Out	490-6546
Street Repairs (DoT)	450-5281
Taxes	490-4141
Traffic and Transportation	490-6202
Waste Collection	490-4000
Waste Collection After Hours	490-4000
Water Utility - General	490-4827
Water - 24 Hour Emergency	490-4810
Works & Natural Services (24 Hrs)	490-6203
Zoning Information	490-5660

**Emergencies:**

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Non-Emergency	
Police Response	490-5020
Community Police Office	490-5204
RCMP	426-3611
RCMP, Tantallon Detachment	826-3100

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**HALIFAX**  
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# Join the Legion - It's a great way to "remember"

By Graham Steele, Halifax Fairview MLA

Have you ever thought of joining the Royal Canadian Legion?

I'd thought about joining before, but was never sure if I could be a member. Last November 11th I walked into the Fairview Legion #142 at the corner of Main Avenue and Hillcrest Avenue to find out more. I'm very glad I did. Membership chair Kitty Slade and Treasurer Lillian Johnston welcomed me with a smile and told me everything I needed to know.

I've now been a proud Legion member since early this year. I'm looking forward to laying a wreath at the Camp Hill Veterans' Hospital on November 11th, and attending the

Remembrance Day dinner at the Legion.

At the core of Legion activities is "remembrance" - remembrance of the men and women who served in Canada's armed forces and who died in the service of their country.

The Legion is also there to honour the men and women who have served in the armed forces and have come home.

Remembrance and honour are timeless values and that's why there will always be a Legion.

The Legion serves its community through charitable causes like the Last Post Fund (assisting with veterans' funeral expenses), the Poppy Fund (assisting veterans and their families in need of financial aid), and loans of wheelchairs and crutches. And those are only a

few examples.

Of course there's also the socializing and fellowship. The Fairview Legion has a reputation for being friendly and open. It's a great place to have a drink, to play crib, darts and pool (I'm still trying to beat Bobby Baker), to listen to live bands and dance. The downstairs hall is used for community groups, weddings and dinners.

President Jim Goodyear, himself a veteran, explained to me that there are four categories of membership.

Regular members have served in the armed forces, the RCMP or the Royal Newfoundland Constabulary.

Associate members have a family connection to the armed services. I'm an Associate member because my grandfather served in the British Army during the First World War.

Affiliate non-voting members are those who wish to join the Legion but do not have a personal or family connection to the armed forces.

Affiliate voting members are those who have been affiliate non-voting members in good standing for two years.

The Fairview Legion has marked its 50th anniversary this year. Under the leadership of Fairview postmaster Angus MacMaster, the Fairview Legion was founded in 1951 and received its charter in November 1952. The first meetings were at the fire hall and at a school on Main Avenue. The first meeting in the cur-

rent hall at Main and Hillcrest was in September 1955.

So as November 11th approaches, give a thought to a new way of remembering our war dead and honouring our veterans. You can also meet some new friends and serve your community. Call the Fairview Legion or drop in and ask about joining. You'll be glad you did.



## Graham Steele, MLA Halifax Fairview

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Sobeys Store Manager Mike Wade took a few minutes from his day to purchase a poppy from Spryfield Legion Member Walter Francis.

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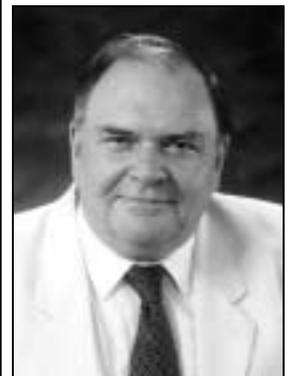


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# Petition to change "nursing home billing practices" growing

By Robert Chisholm, Halifax Atlantic MLA

The new leader of the Liberal party says Nova Scotians want to see a new political process, better manners in the House of Assembly, plebiscites, and American-style town hall meetings. These things, he says, should be our political priorities.

In Halifax Atlantic the priorities are different. Here people care about jobs, a decent education for their children, and a secure future when they are old. Those are the things that matter to real people.

Take the NDP's recent petition to end the way this province strips personal assets from nursing home residents to pay for their health care. The NDP thinks our seniors deserve bet-

ter treatment. It would appear Nova Scotians agree with us. Last week over 5,000 people had signed our petition to change the nursing home billing system. Seven days later that number has doubled to over 10,000.

The petitions are being returned to us from all over the province, from seniors' groups, from legions, from health care professionals, from older Nova Scotians and from their families. The signatures on our petitions represent all age groups, all areas of the province, and all political affiliations.

No one but the Hamm government seems indifferent to the issue.

We have a problem in this province. Seniors, who in most of the rest of the country pay a reasonable board and room fee of an

average of \$50 a day, here can face bills of over \$6,000 a month because Nova Scotia also requires them to pay for health care.

What this means to an individual senior is just coming to light. Often the decision to enter an appropriate care facility is put off, too late, and for the wrong reasons, to avoid the financial burden of nursing home care.

Statistics Canada released figures this week that show Nova Scotians have the lowest number of people over the age of 85 in nursing homes of any province in Canada. And that is not because they are with family. In fact, Nova Scotians over the age of 85 are the most likely of all Atlantic Canadians to be living alone.

It's not a good picture and certainly not

how Nova Scotians like to think we treat our seniors.

Premier Hamm is nervous. He has promised "something" for seniors before the next election. "Before the next election" means the Premier intends to hold back on the issue until he feels he can get the most political mileage out of some move to help seniors.

While the Premier waits to pick the best political moment, Nova Scotian families will be paying as much as \$200 a day for nursing home care. I doubt that cynicism will sit well with the 10,000 who have signed our petition.

This government has the money, they just don't have the will. Leadership on this issue will come from the NDP and from the people of Nova Scotia.

# Today's challenges require federal, provincial cooperation

By Geoff Regan, Halifax West MP

Two of the biggest questions that will face governments at all levels over the coming year are what to do with healthcare and how can we meet the requirements the Kyoto Protocol. I would like to suggest that the two are related in many ways.

Last month a Senate committee chaired by Senator Michael Kirby (of Nova Scotia!) tabled the sixth volume of its two-year study of the healthcare system. This volume, titled "Recommendations for Reform" presented the committee's suggestions for how to improve public healthcare now and preserve it for future generations as well. Along with the report of the "Commission on the Future of Healthcare in Canada," chaired by former Premier Roy Romanow, the Kirby Report will be used to help the government revamp the healthcare system.

This summer - and again in the Speech from the Throne - the Prime Minister promised that by year's end the government will hold a vote on ratification of the Kyoto Protocol. This international agreement will require Canada to reduce its greenhouse gas emissions by roughly 240 megatonnes, or 6% below our 1990 levels. While the United States and some Canadian provinces have raised concerns about the economic impact of ratifying, almost all other industrialized nations (and many developing countries) have already signed on.

So what does one have to do with the other? Well, two things come to mind: both will require creative solutions and both will require the federal and provincial governments to cooperate.

The Kirby Report dedicates an entire chapter (Chapter 13 - "Healthy Public Policy: Health Beyond Health Care") to preventative healthcare. In our sound-bite-driven, fast-food-eating, high-speed world we almost always take the most convenient option. Why walk to work when I can drive? Why take the stairs when there's an elevator? Why cook a meal when I can grab a burger on the way home? Of course, we know that all these conveniences have long-term costs on our health and on our environment.

Take walking to work as an example: if everyone who was able to walked to work instead of driving, three things would happen almost immediately. First, there would be fewer cars on the road to create pollution. Second, the people who still had to drive

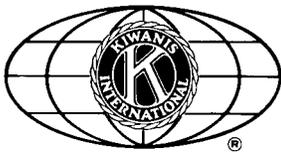
would be less congested and frustrated. And third, the people walking would be healthier. Through that simple change, we could ease the burden on our health system, cut down pollution (our personal emissions average 5 tonnes/person/year) and curb road rage.

Presented with the chance to protect the environment and preserve their healthcare system, I'm sure that Canadians will make the right choices. Both these topics will be hotly debated across the country this fall. I'd appreciate receiving your thoughts about health care, climate change or whatever other issues are important to you.



The St. Michael's Roman Catholic Church Fall Fair is the parish's main fundraiser. Coordinator Sharon Power, left, Diane Salterio and Pat Paul are among the volunteers who make the annual event a success.

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Bedford, NS B4A 1E5

For information or assistance:  
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Fax: 426-8339  
email: [geoff@geoffregan.com](mailto:geoff@geoffregan.com)  
[www.geoffregan.com](http://www.geoffregan.com)

# Second "Sunlight Spryfield Playday" may be in the offing

**Spryfield** - Already there are suggestions that it should be held again next year, and that, by itself, is a testament to the success of the Sunlight Spryfield PlayDay held this October at the Captain William Spry Community Centre.

Kids of all ages and parents of every description attended this year's inaugural event at the Centre in a program organized by the Chebucto Boys and Girls Club in association with Sunlight Laundry Detergent, the Canadian Parks and Recreation Association and the International Play Association. Locally, the Spry Centre Multi-Service office, the Captain Spry Library, the Single Parent Centre, St. Paul's Family Resource Institute, the Spryfield Lions Club and HRM Parks and

Recreation all chipped in to bring the national-sponsored program to the community.

"We were not disappointed," said Kristi Walker, Chebucto Boys and Girls Club Executive Director. "We anticipated art, noise, games and dirty kids and we got everything we expected," she said.

The local Lions Club supplied the hot dog and drink lunch and the library supplied the "Mud Puddle Play Zone" while the Spry Community Centre hosted the arts and games events during an afternoon which threatened rain encouraging all to head inside for the fun and games.

"There is already talk that the event should be held next year," said Linda Roberts, Multi-Service Coordinator at the Community Centre,

suggesting conversations will be forthcoming to see about funding again in 2003.

This year's event was managed as part of the Sunlight National Play Day Program designed to emphasize the importance of play in youth. Experts in child development believe that play is an important part of a child's development. At play, kids learn to share and communicate. They discover, grow and, of course, get dirty. Play is also recognized as critical in exercise, motor skill development

and enhancement of social, moral and emotional skills.

And parents are an integral part of the process. The project encourages parents to bring their kids to the event. "Most of the kids who came showed up with a parent or both parents," said Roberts. "What was most encouraging was to see the number of dads who came out with their kids. I think everyone had a great time," she said.



The Spryfield Lions Club, which managed the free hot dog and drink service, was only one of many local organizations that contributed to a very successful "Sunlight Spryfield Playday" centered at the Captain William Spry Community Centre. Chebucto Boys and Girls Club Executive Director Kristi Walker says the event will return if funding can be secured next year.

## C@P sites provide public cost effective computer access

By Linda Roberts, Multi-Service Coordinator  
Captain Spry Community Centre

What is CAP? There are blue signs with yellow lettering in the community with "C@P site - Public Internet Access Site." In Spryfield we have 5 sites with an additional site in the area at the Harrietsfield-Williamwood Community Centre.

CAP stands for Community Access Program. This program of Industry Canada provides computers to community groups who in turn make the computers available to the public.

Although each CAP site is unique, all have computers with software (word processing, spreadsheet and web page design programs, for example), high speed Internet, computer training (someone will teach you how to use the computer), and scanners. The most common uses for the Internet are looking up information, shopping, contacting other people in chat rooms, and E-mail.

The volunteer at the C@P site will help people set up E-mail addresses so they can send and receive messages over the Internet. With the word processing programs people can write letters, develop professional looking resumes, design posters, or write reports.

On the computers is also a spreadsheet program to do things like budgets, financial reports, and personal finances. Printers are hooked up to the computers so those using the computers can have a printed copy (hard copy)

of their work. Most services at the CAP sites are free but certain CAP sites do charge a fee for specialized services such as printing.

These C@P sites are like Internet Cafes except they are free and don't serve coffee or pop. In Spryfield there are C@P sites at: St. Paul's Family Resources Institute (479-1015); the Single Parent Centre (479-3031); the Greystone Drive Tenants' Association (446-3130); the Seniors Centre (seniors@chebucto.ns.ca), and at the Captain William Spry Library (490-5818). In Harrietsfield, there is a C@P site at the Harrietsfield-Williamwood Community Centre (479-8514).

People are encouraged to call for more information about hours, costs and reserving a time to use the computers at any C@P site. Since all the C@P sites are operated by non-profit groups as a service to the community, they need volunteers to help out. If you are able to donate some time for supervising the computer rooms when the site is open call any one of the local groups. Training will be provided to volunteers so that they can help others with the computers.

More information on Community Access Programs is available online at <http://cap.ic.gc.ca> or [www.hrca.ns.ca](http://www.hrca.ns.ca). Or you can call 1-866-569-8428. A pamphlet on the "Spryfield Area C@P Sites" is available in the Multi-Service Office at the Captain Spry Community Centre.

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# The fall season means curling, hockey badminton etc, make sure you're not sidelined by injury this winter



Dr. C.J. Hennigar, BSc, DC

So you managed to enjoy a summer of golf, tennis, softball, soccer, windsurfing, etc. I trust that meant you prepared for the activities with sport-specific range of motion exercises, and had a checkup from your chiropractor or other healthcare professional to ensure safe and proper body function.

No?! Then you rolled the dice and got lucky this time. Every year thousands of people will needlessly be injured, frustrate themselves and become unbearable for their loved ones to be around! That "ounce of prevention" will seem well worth it when your friends are off to have fun while you're at home unsatisfied with your "pound of cure."

Curling, hockey, badminton, etc. have their host of specific body mechanics and joint range of motion and strength requirements. One of my wiser patients, let's call him "Jim," came in recently for a checkup prior to beginning his curling season. Let's take a closer look at the mechanical requirements for delivery of the curling stone. Sweeping is a whole other matter.

Jim's curling delivery push-off and drop-down requires good strength and balance of the front leg quads and buttock. The trailing leg requires greater muscle length of the hip flexors during drop-down. Groin

muscles on both sides require length and strength for proper balance during the delivery.

What about Jim's joints? The body is well connected so rarely does a joint move completely independent of it's neighbours. With that in mind we checked all the joints of Jim's spine, hips, and sacroiliacs, plus the knees, ankles, and feet.

What about Jim's muscles and coordination? Jim is a new curler, and therefore needs all the help with good balance on the ice he can get. Muscles are controlled by nerves, which in turn are dependent on proper sensory perception. You've all heard the saying for computers "Garbage In Equals Garbage Out," and your body's master computer, the Nervous System, is no different. As part of the regular exam, we checked Jim for proper function of his nervous system, such as reflexes, sensory perception, motor control, balance, etc.

Did Jim need a referral? No. Chiropractors are primary health care professionals.

Did Jim have insurance coverage? Yes. Every plan is different but the vast majority, including Blue Cross, offer coverage.

What should I know about chiropractors? We are heavily backed by science based research and recommended by independent, government and university studies around the world as safe and highly effective. Every profession has its critics, but when scrutinized by proper scientific methods, chiropractors have much to be proud of! The public does not benefit from

being uneducated or misled by false claims and non-scientific opinion. For the facts and proper research on the chiropractic profession, visit the Canadian Chiropractic Association website at "www.ccachiro.org," you may be surprised.

When should I see a chiropractor? If you've never gone to a chiropractor before, then call today. We are a crucial part of your healthcare team. Dentists check your teeth regularly; medical physicians check your blood

and blood pressure regularly, optometrists check your eyes regularly, and chiropractors are the experts at checking the function of your spinal joints and nervous system. The chiropractic profession is now the 3rd largest primary health care profession in Canada.

Dr. Hennigar is a local Nova Scotian in private practice for several years with Alliance Chiropractic & Massage Therapy, located at 282 Bedford Highway, in Rockingham/Clayton Park, Halifax. His practice is a mix of prevention/wellness care, sports injuries, vehicle collision traumas, workers compensation board cases, foot dysfunction and orthotics, ergonomic assessments, and of course back and neck pain patients, to name a few.



The John W. MacLeod Fleming Tower Home and School Special Events Committee held a Wine Tasting and Silent Auction Fundraiser this month which raised more than \$3,500. Organizers included Kim Storey, Cathy Watts, John MacAdam, Donna Powell, Sherry Mowat, Sue Sampson, Melanie Poulin, Ida Picca-Caracristi, Principal Kathryn Ross and Vice Principle Todd Barter.

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**Prevention the best course to protect against Feline Leukemia**

When acquiring a new kitten or adopting an older cat, one of the first concerns the new pet owner has is the overall health status of that animal. Particularly if the owner has pets at home already, he or she wants to be sure that the new pet is free of any infectious disease that could be harmful to the pets already in the household.

One of the most commonly discussed topics discussed in this regard is the disease in cats caused by the Feline Leukemia Virus. Some owners have never heard of it, while some have had friends or family lose a pet to the disease

and so are well aware of its significance. Commonly asked questions are - Where does this virus come from? How would I know if a cat had this disease? How could my cat possibly become infected? How do we treat and prevent this disease?

Feline Leukemia is a viral disease of cats that is one of the leading causes of death in pet cats and kittens. Back in 1964, a group of Scottish scientists first discovered viral particles in a family of cats from the same household where several cats had developed Lymphosarcoma, a cancerous condition. It is hypothesized that the virus was acquired from the rat millions of years

ago by ancestral cats and has since travelled, literally, around the globe. So, obviously Feline Leukemia has been around for a long time, but it is becoming diagnosed more frequently these days by veterinarians due to increased awareness and testing procedures.

The incidence of Feline Leukemia Virus is truly worldwide and is responsible for the majority of leukemias and lymphomas seen in all felids. This is partly owing to the fact that Feline Leukemia is so highly contagious. It is readily transmitted from cat to cat through saliva, blood, feces and urine- although the virus does not seem to be able to live long in the absence of the host and consequently close cat to cat contact is required for transmission to occur. It appears that any cat may be susceptible to the virus, although incidence is higher in multi-cat households. Cats living in single cat households that do not go outdoors are the least likely to be exposed. However, cats may acquire the virus from their mother, either in utero or from nursing, so it is important that all kittens be tested as well as any new cat coming into the household.

How can you tell if your cat has Feline Leukemia? Cats can develop different forms of the disease. It can develop into cancerous conditions such as lymphosarcomas which are tumours that develop in the lymph nodes and other lymphatic tissue or it can occur as leukemia, where the virus attacks the bone marrow and blood cells, leading to degenerative anemias. Yet another form of the disease can develop that is a non-cancerous condition, but develops due to the virus suppressing the immune system, thereby allowing a number of other diseases to develop. Cats with this form of the disease may eventually die of pneumonia, for example. Thus there may be a variety of symptoms seen in a cat with Feline Leukemia. Still, signs such as depression, fever, loss of appetite and swollen glands in the neck or abdomen may suggest onset of Feline Leukemia related disease.

Unfortunately, there is no successful long-term treatment for leukemia and efforts have therefore been directed at prevention of the disease. The best way to prevent Feline Leukemia is to have your cat tested for the disease by your veterinarian and then vaccinated. The test is a simple blood test which can be done in the office and results can usually be ready in as little as 10 minutes. The initial vaccine program consists of two shots followed by an annual booster. It is important when you start your cat's vaccine program that you carefully adhere to the vaccine schedule as the timing of the second booster is critical to the success of the immunization. Missing the appropriate time for that booster may mean that the program will have to be started again. Cat owners are often concerned about becoming infected by Feline Leukemia themselves. Much careful research has been done to examine the zoonotic potential of this disease and there has been no data suggesting any possibility of human risk. However, it is still advised that the very elderly, pregnant women and babies should not be allowed close contact with cats with Feline Leukemia to be on the safe side.



**Pet Health**



The Spryfield Lions Club held a "road toll" this October in search of donations to support the Nova Scotia Branch of the Canadian Diabetes Association. Lion Tom Parsons, left, and Lion Jim Gladezbrook were accepting donations at the entrance to the Real Atlantic Superstore.



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171 Herring Cove Rd  
Dr. Jim Gillis  
Dr. Cynthia McLeod

# LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

**GRAY, Annie Mae** - 84, West Pennant, Halifax Co., passed away October 17, 2002, in the New Halifax Infirmary, QEII. Born in



Jollimore, she was a daughter of the late Arthur and Freda Mae (Boutillier) Gilfoy. Surviving are sons, Edwin (Gladys), West Pennant; Roy (Christine), Williamswood; Charles (Deborah), Shad Bay; daughters, Sylvia (Mrs. Winston

Kirk), West Pennant; Patricia (Mrs. Paul Morash), West Dover; Helen (Mrs. Maynard Kirk), West Pennant; Anna (Mrs. James Burke), Simms Settlement; Rhonda (Mrs. Gordon MacKenzie), West Pennant; Beverley (Mrs. Robert Moggy), Greenwood; 17 grandchildren; 17 great-grandchildren. She was the last surviving member of her immediate family. She was predeceased by her first husband, Gordon MacDougall; second, Charles Gray; brother, Arthur; three sisters in infancy; grandson, Johnie Blackburn; son-in-law, Joseph Blackburn. Burial in Mount Calvary Cemetery, Ketch Harbour. Donations to Heart and Stroke Foundation of Nova Scotia.

**RYALL, James Francis "Frank"** - 75, passed away peacefully in Halifax on October 19, 2002, surrounded by his loving family. Born in St. John's, Nfld., December 3, 1926, he was a son of the late Mary Mercedes "Molly" Ryall (Bambrick) and James Francis Ryall. He is survived by his wife of 53 years, Gladys (Dinn); sons, Nick (Linda), Francis, Noel (Joan), Sam (Barb), Leo (Lisa), David, Doug (Cathy), Sean (Danielle), all of Halifax Regional Municipality; daughters, Lorraine (Laurie), Valerie (Les), Debbie (Foster), Lori (Mike), Mary (Karl), Mercedes (Redmond), Michele (Scott), Jackie (Rod), Tracey (Darren), all of Halifax Regional Municipality; Gail (Bob), Ontario; 22 grandchildren and one great-grandchild; brother, David, Halifax; sisters, Mona (Mrs. James Hurley), Fall River; Bernadette Schmidt, Cape Cod, Mass.; several nieces and nephews. He was predeceased by sisters, Mary (Mrs. Nick Mitchell) and Lorraine (Mrs. George Mitchell); brother, Sam. Remains have been cremated. Interment in

Sunrise Park Cemetery, Hatchet Lake. Memorial donations may be made to the Palliative Care Unit, VG Site, QEII, Halifax or Canadian Cancer Society.

**KELLY, Annie Elizabeth** - 101, Melville Lodge, formerly of Liverpool Street, Halifax passed away Wednesday October 23, 2002. Born in Halifax, she was a daughter of the late Maurice and Margaret (Downey) Stone. She is survived by sons, Jim Kelly, Ketch Harbour; John "Jackie" Kelly, Halifax; daughters, Marie (Louis) Greeley, Theresa Kelly, Patsy LeFave, all of Halifax; 12 grandchildren; 14 great grandchildren; 2 great great grandchildren, several nieces and nephews. She was predeceased by her husband John E. Kelly; an infant son; brothers, James, Jack; sisters, Nell, Kate, Mary, Beatrice, Agnes, infant great granddaughter. Burial in Gate of Heaven, Lower Sackville. Donations to charity of choice.

**REYNO, William Hayes** - 83, Herring Cove, passed away October 1, 2002, in Parkstone Enhanced Care, Clayton Park. Born in Halifax, he was a son of the late Leonard and Evelyn (Hayes) Reyno. He is survived by his wife, Audrey (Brown) Reyno, Williamswood; sons, Robert (Corrine) Reyno, Digby; Daniel (Sheila) Reyno, Sackville, N.B.; Stephen (Sue) Reyno, Moncton, N.B.; daughters, Sharon (Alain) Quenneville, Upper Steviacke; Patricia (Tex) Anderson, Richmond, B.C.; Debbie (Harvey) Ainslie, Williamswood; brother, Garth Reyno, Herring Cove; sister, Mary Reyno, Herring Cove; 14 grandchildren; seven great-grandchildren. He was predeceased by brother, Ronald; sister, Joan Merlin. Burial in St. Paul's Cemetery, Herring Cove. Donations may be made to Alzheimer Society of Nova Scotia.

**MILLER, Roy Harold** - 84, Sambro, passed away October 2, 2002, in Armview Estates. Born in Bald Rock, he was a son of Henry and Beatrice (Smith) Miller. He is survived by his son, Garry (Hilda) Miller, Lower Sackville; brothers, Clarence (Gladys) Miller, Sambro; Charles (Maureen) Miller, Musquodoboit Harbour; Norman (Yvonne) Miller, Dartmouth; Laura Smith, Spryfield; Una (Chester) Butler, Fall River; Verna (Cyril) Garrison, Sambro; Eva (Edward) Nichols, Granville Ferry; Joyce (Patrick) Parnell, Bald Rock. He was predeceased by his wife, Lorena (Gray); daughter, Myrna Gilkie; brothers, Arthur, Owen, Donald, Gerald;

sister, Viola Gray. Burial in St. James United Church Cemetery. Donations may be made to St. James United Church.

**NICHOLSON, Ella May** - 85, 24 Sam's Lane, Hubley, formerly of 22 Old Sambro Road, Spryfield, passed away peacefully Friday, October 18, 2002, in the New Halifax Infirmary QEII. Born in Halifax, she was a daughter of the late Reuben and Emma Jane (Marriott) Drysdale. Ella leaves a part of herself through her only daughter and primary caregiver, Sharon Sinclair; sons, Floyd, Jack, Wayne, Darrell and Gary, all living on Sam's Lane, Hubley; 14 grandchildren; six great-grandchildren; sister, Joan Smith, Spryfield. She was predeceased by her husband of 59 years, Samuel John Nicholson; sisters, Edie Powell, Eve Oman, Dorothy Drysdale; two granddaughters Burial in Pleasant Hill Cemetery, Lower Sackville. On-line condolences are being accepted at: [nickicampbell@sprint.ca](mailto:nickicampbell@sprint.ca). Donations may be made in memory of Ella to Canadian Diabetes Association, 101-6080 Young Street B3K 5L2.

## Announcements (Births, Marriages etc.)

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## Church Services

**Calvary United Baptist Church**  
12 Althlone Avenue, 477-4099

Rev. Carl Price  
Summer Schedule for July and August is  
Sunday at 10 am and Wed. at 7:30 pm

**Christianview Church**

276 Herring Cove Road, 477-7788  
Pastor Jerry Kendrick, Pastor Gerald V. Kendrick  
Sunday service 10:30 am and 6 pm  
Family Teaching Night, Wednesdays at 7:30 pm

**Emmanuel Anglican Church**

322 Herring Cove Road, 477-1783  
Archdeacon Karen Hunt  
Summer Services Sunday at 8 and 10 a.m.  
from June 1 to September 1.

**Gospel Light Baptist Church**

Harrietsfield Elementary School, 479-3322  
Pastor Reg E. Lewis  
Sunday service 11:00 am  
Call for mid-week bible study and youth groups

**Open Door Community**

11 Aldergrove Drive, 477-8887  
Chris Jarvis, Ron de Jager  
Sunday praise and worship at 10:30 am

**Parkhill United Church**

Corner of Kirk and Parkhill Roads  
Reverend Anne Singer, 868-2791 or 868-1445  
Sunday Service and Sunday School 9:30 am

**The Salvation Army Spryfield**

7 Circle Drive, 477-5393/475-3456  
Captain Bond and Marina Jennings, Pastors  
Men's Fellowship, bi-weekly Mon. 7 pm;  
Women's Ministries, Tues. 7:30 pm; Prayer  
Meeting & Bible Study, Wed. 7 and 7:30 pm;  
Youth Group, Thurs. 6:45 pm; Sunday School  
9:30 am; Holiness Meeting (Family Worship)  
Sun. 11 am; Salvation Meeting, Sun. 6:30 pm

**Saint Augustine's Anglican Church**

290 Purcell's Cove Road, 477-5424/477-3433  
Rev. Ron Appleton  
Sunday Services Aug. 5-Aug 26 & Sept 9-10 a.m.

**St. George's Greek Orthodox Church**

38 Purcell's Cove Road, 479-0891/479-1271  
Father Theodore Efthimiadis  
Sunday service 9:30 am and 12 noon

**Saint James Anglican Church**

Harrison's Road, 477-5424/477-3433  
Rev. Ron Appleton  
Sunday Services Aug 19 & Sept. 9 - 10 a.m.

**Saint James United Church**

Sambro, 868-2791/868-1445  
Rev. Anne Singer  
Sunday service 11:00 am

**Saint John The Baptist Catholic Church**

26 Purcell's Cove Road, 477-3110  
Parish Administrator Rev. Richard Smith  
Saturday mass 4 pm Sunday 9:15 and 11:30 am

**St. Joseph's (Traditional Anglican)**

Auburn Avenue at Thornhill Drive  
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**Saint Michael's Roman Catholic Church**

14 St. Michael's Avenue, 477-3530  
Father John Mills  
Services Sat. at 4 pm Sundays at 8:00 and 11 am

**Saint Paul's Roman Catholic Church**

151 Hebridean Drive, 477-3855  
Father James Mallon  
Services Sunday at 11:00 am

**Saint Paul's United Church**

173 Old Sambro Road, 477-3937/477-5090  
Rev. Calvin Ginn  
Sunday service 11 am. Sunday School 11 am

**Saint Peter's Roman Catholic Church**

Ketch Harbour, 868-2204  
Father James Mallon  
Services Sunday 9:00 am during summer months

**Saint Phillip's Anglican Church**

625 Purcell's Cove Road, 477-5424/477-3433  
Rev. Ron Appleton  
Sunday Service Aug 12 and Sept. 2 - 10 a.m.



The Ninth Annual J. Albert Walker Memorial Slowpitch Tournament was held this year over several week-ends as organizers battled extreme weather conditions to get the event to its conclusion. When all was completed however, everyone had a good time and the Spryfield Ultramar Team earned the championship. Members of the team included Grace Wickwire, Gordon Frank, Lisa Frank, Webster Campbell, Colin Campbell, Beilinda LeBlanc, Bobby Slaunwhite, Shawn Schiebel, Station Owner Barry White, Glen Warren and Jeff Webb.

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# Community Events

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### Annual High School Auction

The Annual J. L. Ilsley Scholarship Auction will be held at the school cafeteria November 30 beginning with a preview of auction items about 6:30 p.m. Auction organizers encourage corporations and citizens alike to donate items for the auction which generates almost \$10,000 toward scholarships for students.

### Annual Ham and Bean Supper

St. James' Anglican Church in Herring Cove will have its Annual Christmas Ham and Baked Bean Supper Saturday November 23 from 4 p.m. to 6 p.m. A sewing and bake table will open at 2 p.m. and tickets will be sold on a five foot Christmas stocking which will be awarded during the evening bingo at 7:30 p.m. Tickets for the event at \$6 for adults and \$3 for children.

### Christmas Craft and Bake Sale

St. James United Church in Sambro will hold a Christmas Craft and Bake sale at Scotia Square Mall in Halifax on Thursday November 14 from 9 a.m. to 2 p.m.

### Farm Society Meeting changes

Due to the Remembrance Day holiday, the regular meeting of the UFMS will be held on Monday, November 4 at 7 pm, Multi Service Room at the Capt. Wm. Spry Community Centre. Everyone welcome.

### Heritage Society Meets

The next meeting of the Mainland South Heritage Society will be held November 28 at 7:30 p.m. in the Captain William Spry Community Centre

### Public Health Input

The Chebucto West Community Health Board is seeking public input to health related issues concerning adults and senior citizens. The Board will hold public sessions at the Keshen Goodman Library November 5 from 4:30 to 6 p.m. to adults and from 6:30 to 8 p.m. for seniors.

### Craft and Bake Sale

The Harrietsfield Williamswood Community Centre will be the site of a community Craft and Bake Sale November 16 from 10 a.m. to 2 p.m. For table bookings call Sarah Hann at 479-8514.

### Annual Christmas Craft Sale

Cunard Junior High School on Williams Lake Road will hold its 15th Annual Christmas Craft Festival Saturday November 16 from 10 a.m. to 3 p.m. More than 50 professional crafters will be on site offering unique gifts to catch that holiday spirit.

### Soup Luncheon, Craft Sale

Emmanuel Anglican Church at 322 Herring Cove Road will hold a Soup Luncheon, Craft Sale and Flea Market November 9 from 11 a.m. to 2 p.m. Interested participants should call Clara at 477-4456 to reserve space.

### Beach Clean-up Planned

According to Baha'i Teachings, work which is performed in the spirit of service is exalted to the rank of worship. Baha'is and friends of the Chebucto sector will offer prayers, followed by a Beach clean-up at Crystal Crescent Beach on Sunday November 3. Meet at the first beach parking lot at 1:30 p.m. Bring your favourite prayer or sacred verse, and join us for some hands-on devotion and service. All are welcome! If the weather is bad, the alternate date will be Sunday November 17, same time, same place. For further information, call Sheila at 477-0003.

### Heart & Stroke Volunteers Wanted

The Heart & Stroke Foundation of Nova Scotia is looking for volunteers to assist during the residential campaign in February. If you have a couple of hours to spare, please call Lauren Russell at 902-423-7530, or 1-800-423-4432.

### Pain Support Group

The Chronic Pain Support Group meets the last Monday of each month with two meeting times available at 1:00 p.m. and at 7:00 p.m. in Sobeys' Community Room, Spryfield. For further information call 902-463-5757 or 902-479-0409 and leave a message.

### After School Puppet Show

Captain William Spry Library, Wednesday November 27 at 4 p.m. see "The Boy Who Cried Wolf."

### Computer Health Access at Legion

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

### Legion Executive Election

The Royal Canadian Legion Spryfield will elect its new executive at a meeting to be held on November 19 at 7:00 p.m. All legion members welcome.

### Merchandise Bingos at the Legion

Nova Scotia Darts and Elizabeth Sutherland School will hold Merchandise Bingos at the Royal Canadian Legion on Sussex Street in Spryfield. The Darts Bingo will be held November 17 and Elizabeth Sutherland School will hold its bingo November 24. Doors open at 6 p.m. with bingo starting at 7 p.m. on both days.

### Senior's Day

Newfie George will highlight the entertainment for a Senior's Day at the Spryfield Legion November 4 from 1 to 5 p.m.

### Captain William Spry Library All Ages Puppet Shows

Saturdays 11 am. Patrick the Pig and Moe the Crow invite you to bring the whole family and all your friends for a half hour of hilarious entertainment with a show featuring your favourite puppet characters. For group bookings, call Cindy Sampson Fleet at 490-5796. November 9, Effie: November 23, Akimba and the Magic Cow.

### Library Tots'nToys

Ages 5 and under - Wednesdays, starting Sept. 11 / 2 pm. Preschoolers bring along a favourite toy or object for show and tell and enjoy wonderful stories every Wednesday afternoon. Songs, fingerplays, action rhymes and occasional simple crafts make this a great 45 minutes. There is no registration required for children and parents/caregivers, but groups are asked to call Cindy Sampson Fleet at 490-5796.

### Harry Potter Time

Wednesdays / 4-5 pm at the Library. Attention all Muggles age 8 and up! Listen to the adventures of your favourite wizard in training as library staff continue to read from the magical Harry Potter series.

### Children's Reading Support

Tuesdays to Thursdays - 3:30 - 7:30 pm & Saturdays / 10 am - 2 pm. Capt. William Spry Library 490-5734.

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The Real Atlantic Superstores held a food drive in association with the Metro Food Bank Society. The in-time-for-Thanksgiving event was held at all Superstores throughout Metro. In Spryfield, Superstore Manager Darren Hillier chatted with Metro Food Bank volunteers Vickie Brown, Edna Brown and Jessica Brown.

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