

Chebucto News

Vol. 5 • No. 8 • November • 2003

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

Working For You In Your Community

479-NEWS (6397)

FREE

BOMARAMA
COSMIC
BOWLING

Dartmouth • Spryfield • Bayers Rd.
466-4405 479-2695 455-1519

Beaver Enviro Depot

Buyers of Beverage, Liquor & Beer Bottles as well as Copper, Brass etc.

Located at 308 Herring Cove Road.
Just 3 1/2 minutes from the Armdale Rotary.

Monday to Friday - 9 to 4:30
Saturday - 9 to 1

479-2929

Call Wyatt D. Redmond

K.N. Umlah Insurance

AGENCY LIMITED

• 181 Herring Cove Road • 477-2511 •

Loop bus service at mercy of community vote

By Akiko Lovett, Staff

After years of car pooling it to the city, residents in Sambro, Harrietsfield and Williamswood may soon be getting a transit system.

"It'll be available for them," says city councillor Steve Adams. "But it's up to them if they want it or not."

Over the next few months, residents will be asked to fill out ballots to vote on whether

or not they want a community transit system brought into their area. The catch is, in order to pay for the service residents will have to pay more taxes. For every \$100,000 of property assessment, people will pay an extra \$50 a year.

In late October, Metro Transit held community meetings in both Sambro and Harrietsfield so residents could voice their ideas and concerns about the possible transit system.

Many expressed frustration that it has taken so long to get transit to them even though the city has been amalgamated for years.

"We're supposed to be a Supercity," says Valerie Mansfield, a Williamswood resident. "We don't have shopping centres, grocery stores, or a bus."

Gina Gray, a Harrietsfield resident agreed. "We were supposed to have amalgamated," she says. "Well that didn't find its way out to Harrietsfield and Williamswood."

Residents also expressed concern over the fact that they will be paying more to get on the bus than those in the city and they won't be able to transfer to a city bus for free. In Hammond Plains, where there's a similar system, people can transfer to city buses at no charge.

"I would like to know what their area rate is compared to ours," says Valerie Mansfield. "I pay a lot of taxes out here, what are they paying in Hammonds Plains?" Adams said he

would look into that issue right away.

Gray suggested metro transit put the bus in the area on a trial basis before the residents commit to it. But Metro Transit scheduling coordinator Edward Robar said it would be hard to get people to change their travel routine if they didn't think the bus would be permanent.

If the majority of residents in Sambro, Harrietsfield and Williamswood choose to have the transit system put in place, even those who won't be using it will pay for it. But Adams says this is no different than in the city where everyone pays a small fee for public transit in their taxes.

"I think transit is a necessity," says Adams, who grew up in a rural area himself. "Whether or not the community wants to pay for it is another thing."

Adams said if the communities vote in favour of having the bus, it will be next spring before decisions on bus routes will be made and the service will be up and running.



These kids enjoyed getting dressed up for the occasion of a pumpkin carving and costume contest sponsored by Sobey's. Members of the darkest of night creatures included Courtney Cosgrove, Ashley Acker, Crystal Walsh, Cara Walsh, Seanna Tibbo, Shae-lynn Tibbo, Madison Frizzell and Brittany Frizzell.

Community rallies toward recovery

Surviving Juan will take a little longer on the Sambro Loop

By Corey Baird, Staff

Sambro - Many people, most in fact, have moved past Hurricane Juan. Patrick Gray wishes he was among them, but at this moment and for what precious few of those he

has to spare, that's just not possible. The ongoing recovery effort in and around Sambro dominates his daily agenda.

"If I told you what it was like you wouldn't believe me," sighs Gray, who, in addition to his primary role as the head of the Halifax West Commercial Fishermen's Association, also sits on at least seven other volunteer committees. All of the work he's doing, for all of the various organizations, is geared towards one goal, helping 26 local fishermen regain their livelihoods. It hasn't been easy.

"We have men that were totally wiped out of business," he says, estimating damage to be well over one million dollars when it's all said and done. Nearly \$30,000 has already been spent to contract recycling companies to haul away debris.

Of the all the damaged wharves in his area, Gray estimates 12 to 14 have been rebuilt. "We gathered up every fisherman in this area, started with the first wharf and went one, to another, to another," Gray explains. "Mind you

now to put less emphasis on the curriculum," Taylor said. "Here's how it used to be: from 9 am to 3 pm, there are classes. From 3 pm to 4 pm, the students must do their chores, such as cleaning the toilets and scrubbing the floors. From 4 pm to 5 pm, you can participate in sports, clubs, extra curricular activities. You go home at 5 pm, then come back for cram school from 7 pm to at least 9 pm. When I visited one school, I actually saw students on their hands and knees with taped fingers picking up lint off the floor."

The Japanese education system

ES Principal Taylor traveled to Japan to study education systems

By Meghan Stewart, Staff

In two weeks during September, Elizabeth Sutherland School principal Glen Taylor took a plane that landed in Tokyo, then traveled to Hiroshima, took the bullet train to Kyoto, flew to Kyushu, went on to Saga and returned to Tokyo before flying home.

Taylor did not do this alone. An organization called the Japan Foundation funds 56 educators from 30 countries to participate in a two week cultural exchange in the country. The Foundation decided to include Canada in this year's excursion, and Taylor was selected as

the educator from Nova Scotia to take part in this journey.

Taylor was honoured to be selected, and learned a lot about how the education system works in Japan. He said one of the biggest surprises for him was learning that 37 per cent of young people in Japan between the ages of 15 and 25 drop out of school. They don't get jobs. They don't seek an alternate means of education. They simply stay at home. This is in large part, he says, because of the high demands placed on students currently attending secondary schools in Japan.

"Administrators are actually taking steps

see "ES Principal" pg. 2

see "Surviving" pg. 2

Surviving Juan on the Sambro Loop

continued from pg. 1

they're makeshift but they'll do for now. It's good to see fishermen standing up for fishermen."

The rebuilding was literally an "all hands on deck" affair, with local school children and other community members chipping in. That show of unity, and the quick results it yielded, is something Sambro can be proud of. The efforts didn't go unnoticed. After touring the heavily damaged area, Premier John Hamm sent a letter praising the community's spirit in the face of adversity.

"We didn't wait for help, we didn't wait for assistance or funding, we just did what it took to start getting this community back to what it was. He (Hamm) could not believe how the community responded."

It's unfortunate, that despite the well wishes of local politicians, politics have managed to become a massive roadblock and one that's hurt the already shaky morale of Gray's men. "I wish the Government would just throw that stuff (the red tape) out the window," he says,

referring to the disaster relief, financial assistance forms fishermen are required to fill out. What was initially promised as a simple process has turned out to be, in Gray's opinion,



This wharf was only one of the 14 or so that were destroyed by Hurricane Juan which all but leveled the way of life in the seaside community of Sambro.

unduly complicated, and a real headache for a group working on already frayed nerves.

"My men were told it would be a simple trip and few forms at Access Nova Scotia,"

Gray laments. "But when they got there they were told they needed pictures and engineering reports on their wharves. The bureaucracy is worse than anything I've ever seen."

A compromise solution was to have an Access NS representative travel to Sambro to meet with local fishermen to iron out the various technicalities. Those efforts have been unsuccessful so far, which means Gray's long days will continue for the near future.

Despite the complications and confusion, Gray is certain everything will eventually get ironed out. It seems to be his nature to look at the bright side of things these days. He points out Juan's impact could have been much more severe, had the storm arrived just a few days later when preparations for lobster season would have been further along.

"Traps would have been put out after October 1st, which would have been at least 250 traps. When you combine that the 10 or 12 wharves that were totally demolished that's 3000 traps gone right there."

It's been a month since Juan unleashed its fury and Gray hopes that in one month's time he and his men, like most people already have, can get back to some sense of normalcy. "These fishermen aren't looking for handouts. We're not looking for some fancy \$200,000 designed wharf. If we could just get what we had, we'd be more than happy."

ES Principal Taylor traveled to Japan to study education systems

continued from pg. 1

Taylor says the major issue was that kids were not allowed to be kids. Their lives were strictly regimented and they were constantly in a stressful environment. Saturday classes have been eliminated and steps are now being taken to lower the drop-out rate in Japan, he says.

In some ways, Taylor says, Japanese schools are above and beyond schools here in Canada. Taylor says the level of respect the students have for their teachers amazed him. During class students tend to be quiet, studious and speak only when spoken to. Students also take part in cultivating gardens which surround their school. The school grounds Taylor visited were immaculate, free of litter, graffiti, or vandalism of any kind. Taylor also marveled at the advanced curriculum students were involved in. He visited one high school class where stu-

dents had wired electricity into each room of a doll house and were learning how to activate the lights and appliances with their cell phones.

But the trip was not simply an opportunity to observe different methods of education. It was also a chance to learn about the culture and the country itself.

With the group of Russian, Spanish and English educators, Taylor visited ancient Japanese temples, castles, museums and well-known shopping districts.

Taylor was very happy to have had the opportunity to live in Japan for those two weeks and was surprised by how much he loved the country. "Japan isn't just a country," Taylor commented with a look of admiration. "It's the future."



Cowie Hill Physiotherapy

Serving your community for 10 years - 1993 to 2003

- Acupuncture
- MVA Injury Management
- Sports Medicine
- Manual Therapy

- Massage Therapy
- Work Conditioning Programs
- WCB Approved Provider

Cowie Hill Physiotherapy can provide you with the treatment, attention and education needed to manage your injury and/or pain. Early morning thru evening appointments available.

An Accredited Member of the



Lawtons Drug Store Building
15 Shoreham Lane (at Herring Cove Road)
Phone 479-2063, Fax 479-2809

Chebucto News

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

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

Delivered free-of-charge to households in:
Armdale, Harrietsfield, Herring Cove, Jollimore, Ketch Harbour, The Pennants, Purcell's Cove, Portuguese Cove, Sambro, Spryfield, and Williamswood.

Letters to the Editor:
Letters should not exceed 200 words and must include the writer's full name and telephone number. Letters are subject to editing and are printed at the discretion of the publisher. Letters will not be returned.
Write to: "The Editor"
P.O. Box 20059,
Halifax, NS, B3R 2L1

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

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

© 2003 Chebucto Publishing Inc.

Spryfield Lion's

Bingo

Sunday's and Thursday's

Lion's Rink, Drysdale Rd.

Doors open at 6 pm
Mini Bingo @ 6:30
Main Bingo @ 7:30

Games 1-14 \$200
Game 15, 3 in 1 game
Around the free \$100
Around the world \$150

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

Building Bonanza
Building Loonie Pot
Second Chance Game
Last Sunday of each Month
\$400 ticket draw

Sunday November 23rd
14 games @ \$300
5 specials @ \$300

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

BINGO



License # AGA-113771-02

Single Parent Centre gets "Day of Caring" facelift

By Corey Baird
Staff

Spryfield - Usually at this time of day Barbara Sowinski is trying to talk over the sound of children playing. On this day though it's quite different, but no less noisy. Power saws inside and pressure washers outside make it hard to hear much of anything at the Single Parent Centre, but Sowinski couldn't be happier. It's not every day her building gets a makeover of this magnitude, at no cost whatsoever.

"We're absolutely thrilled," says a beaming Sowinski who acts as the centre's coordinator.

The free work is courtesy of an annual endeavor called Days of Caring. Every year the local United Way selects several non-profit and charitable organizations, rounds up some volunteers from the private and public sectors and then provides free renovations.

The Single Parent Centre is one of 20 such sites, and the work is badly needed. The Centre is one of the anchors of the Spryfield community, serving over 700 families every year since its establishment in 1980. Upgrades have been few and far between since that time.

"Without Days of Caring it's difficult for us to afford renovations because we're so busy trying to acquire government grants to run the

actual programs, so for us it's a Godsend," Sowinski explains.

What was sent her way this year was desperately needed. Lumbermart provided materials enabling volunteers to replace badly worn carpet in the children's play area with laminate flooring. The building's exterior was given power wash and the walls inside the building received a fresh coat of paint.

"It's becoming very cosy. We picked colours serene, comforting colours for the children and mothers. The flooring will be absolutely magnificent, it's just going to be a huge difference," she says. "Our goal is to make it feel like a home away from home."

Jim Donovan hopes his hard work helps facilitate that goal. He's the man responsible for coordinating all of the volunteer efforts, not just at the Single Parent Centre, but for all of the 55 projects selected by the United Way. His day job with HRM's Permits and Inspection's Division helps him with that, providing a wide and talented pool of volunteers

to call on. Finding the manpower necessary to complete all the tasks isn't difficult he says.

"People are only too happy to help out. The challenge is finding the right people for the right site, making sure they understand the issues involved with each project and then coordinating all of the raw materials."

About two months of effort went into that. It's a lot of work on top of an already hectic schedule for the volunteer crew, but Donovan insists no one sees it that way. "Days of Caring is just fantastic," he says, adding that he had more volunteers than needed to complete the work required. It's our way of giving back to the community, and you get to do it with people you enjoy working with. So it's fun and valuable at the same time."

Watching Sowinski on this day it's evident she's having fun. She knows the hard work of HRM and the United Way on this day will allow her to more effectively deliver the programs that have become so valuable to members of her community.



This group of industrious volunteers spent their "Day of Caring" at the Single Parent Centre giving the facility a face-lift. The Day of Caring is a United Way project to help non-profit agencies.

Firefighters Interpretation Centre calendar

Members of the R.F.I.C. have just released the second in a series of calendars to be produced over the next 4 years. "Nova Scotia Fire Apparatus of the Past" is a collection of fire apparatus photos from Halifax, Dartmouth, Windsor, Kentville and the former County of Halifax.

Photos are taken from the mid 1800's through the early 1900's and up to 1930's, including the famous 'Patricia' and also the fire boat 'Rouille', Halifax's fire boat during the war

and Dartmouth's first pumper 'Premier'. All proceeds will go toward the establishing of a Firefighters Interpretation Center in this Region.

At \$ 10.00 plus 1.00 postage (if applicable) these historic photo calendars are a keepsake or would make a wonderful Christmas gift for family or friends who have moved away.

To obtain a copy contact Don Snider 454-5392 or e-mail don.snider@ns.sympatico.ca or Ron Shano 864-2626 at rshano@hfx.eastlink.ca.

SWEET REPEATS USED & CONSIGNMENT CLOTHING

Best Prices in Town
Imported Used Clothing &
Quality Consignment Clothing

A unique new store with added class,
the lowest prices and the best brand name clothing.
Not the typical musty smelling store.

Come smell the difference quality makes!

Clip & Save **Free Shirt Offer**

Buy one pair of jeans at \$3.75 and get a FREE short or long sleeve shirt of your choice.

Consignment clothing excluded. Coupon must be presented.

SWEET REPEATS USED & CONSIGNMENT CLOTHING

251 HERRING COVE ROAD (Two doors past KFC)
446-4222 www.sweetrepeat.com

Cameron Hall Opening Autumn 2004



The Best That Retirement Living Has To Offer

Sounds great, but am I ready yet?

Be our **guest** at an **information session and luncheon**.
Learn more about the benefits of retirement living
at Parkland Estates.



Where:
Old Ashburn Golf & Country Club

When:
Tuesday November 18th 11:00 am
After lunch partake in a "Parkland Afternoon"
at Ashburn. Enjoy a game of bridge or relax and
listen to the piano stylings of Frank Arab

Reservations requested
Please contact Bud Feron at
457-8621

Featuring...

- one and two bedroom apartments
- weekly housekeeping
- laundry service
- full service dining room
- scheduled van service
- social and recreational activities

...and MORE

- underground parking
- movie theatre
- phone, cable TV, dishwasher
- emergency call system
- exercise and fitness centre
- hobby workshop

DISCOVERING OUR PAST

Spryfield's Emmanuel Church celebrating 150 years in the community

by Iris V. Shea, Historian
Mainland South Heritage Society

The parishioners of Emmanuel Anglican Church in Spryfield will mark their 150th anniversary on November 30th, 2003 with a special service in their church, 322 Herring Cove Road, beginning at 2 pm. An invitation has gone out to all former clergy.

The Anglican Church, formerly the Church of England, played an important role in Spryfield's history. When William and Elizabeth Sutherland brought their family to Spryfield in 1816, the only other Church of England families living in the area were George McIntosh, Esquire and Philip Brunt. To worship in their faith, or to have their children baptized, they travelled to St. Paul's Church in Halifax. In 1827 only three of the ten farming families living in the community claimed to be Church of England, namely the Sutherlands, Philip Brunt, and Christian Warner.

During the early 1850s, with the recent arrival of William and Mary Dart and William and Mary Nicholson, it was time to provide a schoolhouse that would double as a place of worship for the growing number of Church of England families. Three other early families, the Kidstons, Umlahs and Yeadons, were Presbyterian when they first settled in Spryfield, but their children married into Church of England families. The descendants of all of these early families worked hard to establish and maintain their place of worship.

George Sutherland, son of William and Elizabeth, inherited his father's Alva Farm and in 1853 he and his wife, Mary Ann Carmichael, donated a small piece of their land to the Lord Bishop of Nova Scotia, Rt. Rev. Hibbert Binney "for the purpose of erecting a public schoolhouse thereon in which the children of the settlement might receive sacred religious and secular instruction and in which Divine Service might be performed according to the rites and ceremonies of the Church of England and also for the purpose of a burial ground."

The site of this early church school, now Emmanuel cemetery, was across the road from the Sutherland farmhouse. The present cemetery, an expanded version of that early burial ground where many of the Sutherland family are buried, is still being used and is one to be proud of. It is obvious that a great deal of work is being done to keep the grounds in good repair.

Seventeen year-old Elizabeth Sutherland, daughter of George and Mary Ann, began her teaching career in this building in 1859. Visiting missionaries from St. Paul's and St. George's in Halifax travelled to Spryfield on a regular basis, but when no missionary was available, young Elizabeth (Bessie) Sutherland conducted the religious service. She was the Sunday School teacher as late as 1915. When she died in 1925, Elizabeth was not a wealthy woman as some have reported. Prior to her death she occupied one room at the back of the family farmhouse. Her brother's family in Ontario had rented out the remainder of the house. There was no gravestone to mark her burial place but she is most likely buried beside her parents and siblings. In 1987 a cairn was erected in her memory on the site of the old

church school.

Rev. Klement Richardson who conducted services in Spryfield, Harrietsfield and Terence Bay took the minutes of annual vestry meetings from 1888 to 1891. The Parsonage was located in Harrietsfield during the early years. These early minutes contained the names of George Sutherland Jr. and his adopted son Sidney, Robert Bishop, George Nicholson, Frederick Oakley and William Kidston. When Rev. A.F. Dentith became minister of the three parishes in 1912, minutes of monthly meetings were taken by his daughter, Constance, showing the names of women who played an important role in the church.

In 1903 Spryfield built a new public school on the Herring Cove Road and the building at the top of the hill was used exclusively as a church. The Evening Mail, 31 Oct. 1905 reported, "Spryfield Church was beautifully decorated for the annual harvest thanksgiving. The services were bright and hearty; the harvest hymns and chants being nicely sung, Miss Dart presiding with her usual kindness and ability at the organ. Thanks are due to Mrs. Brunt and Mrs. Yeadon, also the Misses Sutherland, Dart,

Bishop, Drysdale, Oakley, Marriott, Ferguson and others for their kind efforts to make the House of the Lord beautiful."

In 1913, one hundred cards were printed to



This photograph shows Emmanuel Church in Spryfield circa 1913. (Mainland South Heritage Society)

serve as a fundraiser in order to pay for the enlargement of the church. The name Emmanuel "Prince of Peace" was chosen at that time. Throughout the 1920s the congregation struggled to meet its financial obligations.

Support had dwindled. Parishioners, however, made an extra effort to raise the required money, and in 1929 Rev. Dentith reported, "The financial statement for the past year was the best on record." By 1941 the congregation had outgrown the original building, and land was secured from Daniel and Maud McNeil on the Herring Cove Road for a new church.

Construction began in 1945, carried out in evenings and weekends by parish members. In charge was Edward (Ned) Gardner, the warden. The Ladies Guild, under the direction of Mrs. Edward Gardner, and the Junior Women's Auxiliary, under Mrs. Walter Dockrill, raised \$2000 for the building fund. Rev. B.C. Stropole was the rector when services were first held in the new church, first in the basement, and finally, in 1947, when it was dedicated.

With the opening of the new church, old Emmanuel Church on the hill was torn down. Today, parishioners of Emmanuel Church in

Spryfield continue to play an important and very busy role in the community and in the Anglican Diocese as they celebrate 150 years of their founding.

Come home for lunch.

Tim Hortons

| | | |
|-------------------------------------|--|---------------------------------------|
| Three Locations in Spryfield | 154 Osborne Street 477-9984 | 1 Pine Grove Road 479-3206 |
| | | South Centre Mall 477-1943 |

Community rallies for emergency food in Juan's wake

The generous nature of the local community came to the front once again as residents, churches and organizations from Sambro to Armdale contributed to an emergency food bank drive in the wake of Hurricane Juan.

St. Paul's Family Resources Institute Coordinator Peter Greechan said demand for services at the St. Paul's Food Bank took a sharp rise of 25% in the immediate days following the hurricane, mostly because of those impacted by the storm who would not otherwise visit the bank.

"In most cases families who lost a great deal and needed help to replenish supplies came by to visit the bank," he said, emphasizing that for many a visit to the bank was a difficult

concession for them to make. "Many, many times people told us they don't normally go to the bank and they were somewhat ashamed," he said. "But we encouraged them to get groceries if they need them. Their families are important and this was a very difficult and unusual situation."

Staff Assistant and Food Bank Coordinator Joyce Stevens agreed that the situation was difficult for many "who told us this was their first time at the food bank and they would not likely return again."

The additional demand on supplies was met in the community through the Captain William Spry Community Centre Multi-Service office. Greechan said Coordinator

Linda Roberts called a meeting of all the area's food banks and together they organized a special food drive with the assistance of Sobeys and the Real Atlantic Superstore.

Greechan said notices were handed out and information was distributed throughout the community identifying that special drop off arrangements were being made at the grocery stores to help accommodate the additional demand.

"The response was tremendous," said Greechan. "Churches, businesses, organizations, agencies and individuals donated a hundreds of pounds of food for the local banks," he said, adding that the Metro Food Bank stepped up their commitment in the community by delivering additional products in the days

following the storm.

He said St. Paul's Food Bank acted as the distribution point for the food so that the system could keep checks and balances in place to ensure everyone got exactly what they needed.

"We all owe this community a heartfelt thanks for its collective effort to provide emergency food services to other in a time of need," said Greechan, expressing a special thanks to the Spryfield Lioness Club, the Metro Food Bank, Danielson's Water and Wine, Herring Cove Junior High School, Parkhill United Church, Sambro United Church, St. Vincent de Paul's Society and Hand In Hand, St. Paul's Church in Herring Cove and St. Paul's United Church.



Remembrance Day Schedule

Earl Francis Spryfield Memorial Legion



Legion Church Service to be held at St. Paul's United Church - November 2

Remembrance Day Parade leaves the old IGA building on Herring Cove Road at 10:45 am sharp

Remembrance Day Service to be held at the Sussex Street Legion at 11:00 am. Awards for the Literary & Poster Contest to be presented after service. Buffet to follow service. The Band "Big Deal" will play from 2 to 6 pm.

Crowell's Pharmasave in Respect for the Fallen



Peter Greechan, St. Paul's Family Institute Coordinator, and St. Paul's Food Bank Coordinator Joyce Stevens joined with volunteers Shelly Callaghan, Dave Grant and Doris Dickson to stock the shelves after a major food drive was undertaken in the days following Hurricane Juan.

Captain Spry Fitness Club

Spry for Life

Come Ride the Fitness Wave

November-December Special 2 Months for the Price of One

Start hinting now for a Gym membership on your Christmas Wish List!

Enjoy the many benefits of a membership at our Fitness Club at very reasonable rates - Day passes only \$8

Equipment includes treadmills, elliptical cross trainers, olympic-standard smith machine, weight stack strength machines, dumbbells, stability balls and more.

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

Certified personal trainer and convenient location.

Physical activity can help you lose weight, reduce feelings of stress, give you energy, and reduce your risk of heart disease, cancer, hypertension and osteoporosis.

It's never too late to benefit from activity:

Let us help you with your personalized physical activity plan!

Call 477-7665 (477-POOL)

to inquire about our Membership Plans

Located in the Captain William Spry Community Centre



Birth Notice

DeVine - Benny and Libby (Henneberry) of Sambro are pleased to announce the birth of a son Cutter Benjamin, born September 10, 2003, at eight pounds and seven ounces.

Proud grandparents are Marilyn DeVine and Ken DeVine, both of Halifax; Louie Henneberry, Sambro, and Great Grandmother Alma DeVine Chagnon, Springfield, Mass.



NOTICE OF PUBLIC INFORMATION MEETING HALIFAX MAINLAND

A public information meeting will be held on Thursday November 6, 2003, beginning at 7:30pm in the Captain William Spry Centre, 10 Kidston Road, Spryfield, to discuss the following:

Case 00376 - Application by the Urban Farm Museum Society to consider the development of an Urban Farm Museum at 62 Rockingstone Road, Halifax (PID # 00336750) a registered heritage property.

The proponent will be present to discuss the proposal. Planning Staff will also be present to provide information on the planning process.

The meeting is open to anyone who wishes to attend to seek information about the proposal and/or express any comments which they may have.

For further information contact Planning Services - 490-4436

"Peace Tree" Committee seeks input

The Chebucto West Community Health Board, and other community-minded organizations, invite you to attend a meeting to help plan a peace tree lighting event. The peace tree lighting will be held at the Captain William Spry Centre early in December in conjunction with the 14 Days in December project, an initiative that was developed to

encourage peaceful living. The "14" recognizes the tragic loss of the lives of fourteen women in the Montreal Massacre on December 6th 1989.

"The peace tree lighting is one way that our community can celebrate the concept of gentle ways by promoting peace in our lives, in our homes and in our communities every

day throughout the year," said Chebucto West Community Health Board spokesperson Andrea Cochrane. In previous years the tree lighting was held the night before the parade in Spryfield, but it was suggested that the lighting now be known as a peace tree lighting and that it be held on December 6th, the anniversary of the Montreal Massacre, she said.

The idea to have a peace tree lighting came from two Dalhousie nursing students who are working with the Community Health Board on the 14 Days Project. They are delivering peace cards to elementary schools in the community to help spread the idea of peaceful living among both the students and the community at large. Students of participating schools will be asked to draw and share their

ideas of peace on post cards which will then be given out to patrons of local stores, the first week of December.

The peace tree lighting committee currently involves the Community Health Board, two nursing students, the Chebucto Boys and Girls Club and the Hand in Hand Society. "We are looking for more community members to contribute ideas and energy," said Cochrane, inviting citizens to join in for the next meeting on Thursday, November 13th, 10:30 am in conference room three at the Captain William Spry Centre. If you are unable to attend but have some ideas to share please contact Andrea Cochrane, Coordinator, Chebucto West Community Health Board, at 424-5144.



Staff at the Real Atlantic Superstore gathered a grocery card of groceries and raffled it off to help raise money for the Riverview Day Care Centre which was forced to move into new quarters at B.C. Silver School following a fire. Day care students Jared Padilla, Riley Pottie and Nicholas Morrison help Superstore employee Tracey Allison present the cheque to Director Nora MacDonald.

Beautification Award winners

People Around Communities Every Day (PACE) is pleased to announce that Megnauth and Doreen Babooram of 420 Herring Cove Road received Beautification Plaque for 2003 in the Residents category. The Royal Bank and McDonalds were awarded Beautification Plaques in the Business category. This is the first year that businesses have been included.

An increased number of residents over the previous two years of the Beautification Challenge were awarded Certificates of

Appreciation. Several criteria were considered when PACE was viewing front yards. These included the presence of trees, healthy grass, buildings and walkways in good repair, flowers, and a neat and tidy appearance.

PACE was very pleased to note that some people made an effort for the first time this year to improve their front yards and "make Herring Cove Road a more pleasant place to spend time."

K.N. **UMLAH**

INSURANCE AGENCY LIMITED

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

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



181 Herring Cove Road

477-2511

www.umlains.ns.ca

Boyle wants to turn Fleming Park canteen into "scrapbooking café"

By Akiko Lovett
Staff

Fleming Heights - When Lisa Boyle was studying to be an engineer more than eight years ago, she would never have imagined she'd be running a canteen today. But the now engineer teacher and mother of two is doing just that - in what is left of her free time.

All summer long, Boyle has operated the canteen at Fleming Park, which hasn't been running for years. "My mother in-law asked me if I was crazy," says Boyle. "But I want to try new things, if you don't give it a try,

you'll never know."

Boyle served hamburgers, hotdogs french fries and all sorts of frozen treats to park goers who were thrilled to see the canteen open. For the last few years, people who have been going to the park have been without the luxury of a food or beverage facility. "Everybody was really excited to see the canteen open," says Boyle. "We were even told we make the best hamburger in town."

Although Boyle was the driving force behind the canteen actually opening, efforts were in the works before she moved in. District 17 Councilor Linda Mosher was the

driving force behind getting the building renovated and getting permits approved so it could be used. When Boyle came along, there was very little work that needed to be done to the building itself. That was part of what enticed her to move in.

"I wouldn't have been interested if it wasn't cleaned up," says Boyle. "People want to come now because it's very welcoming."

While local people who use the park did support her business, Boyle says the summer wasn't as busy as she would have liked it to be. Because the park is tucked away, people who don't know the area would never know the canteen exists.

But that hasn't discouraged Boyle. She has even larger plans for the space. She wants to turn it into a Scrapbook Café - a place where people can enjoy a bite to eat and learn how to make scrapbook photo albums at the same time. She hopes that will bring people from other areas to the café - others who are interested in learning scrap-booking.

Boyle also has plans to market the café by means of advertisements and a website. Not a small feat for a working mother of two. But she says she's really not doing it all alone. "I've had a lot of support," she says.



Mary Boyle peeks out through the open shutter of the Dingle Canteen she ran for this past summer. Boyle as well as park users are hopeful the canteen will return again next season.

"My husband gave me the push to get this going and I've had a lot of help from my family."

You can visit Lisa Boyle and the Dingle Canteen on Sunday's for the month of November for scrapbooking classes. And while she hopes the month will be a busy one, she's really hoping next summer will be the busiest time of all.



Ballbreakers
Metro's Only Indoor Paintball
Group Rates - Corporate Rates - Great for Parties

The largest indoor paintball in Nova Scotia
Try our open field night. Games start at 6:00 pm.
\$10 entry fee. \$30 for 500 paintballs
(players under 18 must have waiver forms signed by parent or guardian)

378 Herring Cove Road (Right door at front of building) **489-8809**
murric98@hotmail.com



Crowell's Pharmasave

HURRICANE JUAN made a significant impact in all of our lives. Like you, we suffered through days of no power. Like many of you, we too were unable to do our jobs. We thank you for your patience and understanding throughout this crisis. Respectively, we truly do appreciate your patronage.

And, for those of you who already know us, you know we at Crowell's Pharmasave truly respect our staff. Hurricane Juan showed us their dedication and ability to go above and beyond. They are what make us the Crowell's Pharmasave we are today. With that, a heart felt thank-you to our friends -

- | | | | |
|------------------------|-----------------------|------------------------|-------------------------|
| <i>M.J. Pokoj</i> | <i>Donna Drysdale</i> | <i>Minie Casselman</i> | <i>Sharon Darigan</i> |
| <i>Christine Smith</i> | <i>Cindy Campbell</i> | <i>Sandy Rogers</i> | <i>Jackie MacIntyre</i> |
| <i>Cathy Campbell</i> | <i>Anne Charlton</i> | <i>Marie Miller</i> | |



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



349 Herring Cove Road
Phone 477-4650 or visit our website at www.pharmasave.com



You too can learn to eat healthy, exotic food and have fun besides

By Sandra MacLean Staff

Would you believe an exotic culinary adventure is as close as the Sobeys Community Room in Spryfield? That's where

a group of up to fifteen people gather for a two-hour class that gives participants a chance to see how easy it is to prepare exotic-sounding foods. And the best part, of course, is that everyone gets to sample what the chef has prepared.



Chef Heidi Slauenwhite and Nutritionist and Dietician Heather Barnes share their wisdom, their insight and humor to classes of healthy nutrition at Sobeys's Community Meeting Room.

Registered Dietitian and Nutritionist Heather Barnes and Chef Heidi Slauenwhite host weekly Healthy Cooking Classes at the Clayton Park Sobeys Store that are relaxed, educational and, says Community Room Coordinator Judy Cosgrove "a lot of fun."

Chef Heidi offers tips and techniques galore with a running commentary on how to select and prepare the various ingredients. Heather provides background about health properties with interesting information about the origin, nutritional value and vitamin content of foods on the menu from the excellent reference book, "The Visual Food Encyclopaedia." She adds some fun as well as by getting everyone involved in games like the "Produce Power Puzzle" and the "Bean Quiz."

Does Curried Pumpkin Soup, found on a recent menu, sound like one of those recipes you might see in a magazine but never try for yourself? It turns out to be both easy and tasty. Heidi suggests using curry in lots of different dishes, like eggs, and says, "I'm here to tell you there's no better cold remedy than chicken soup with curry in it."

On the same menu, she prepared vegetarian Spicy Lentil and Bean Casserole, and what an introduction to vegetarian cooking that was! Not only is it good for you, it's just plain good.

The two hours of class time just disappear as Heidi and Heather keep up a stream of chat on all things food related and respond to questions from their students. Here's just a sampling of the tidbits one group learned.

You can cut back the amount of oil used

for sautéing just by heating the pan first.

To get rid of the bitterness and stringiness of celery, strip off the course strings on the outside of the stalk.

Why use a pepper mill? The pepper is fresher.

Salt and sugar complement each other so a pinch of salt intensifies sweet flavours and a pinch of sugar can make some things taste saltier.

The best time to adjust spices is at the end of the cooking because flavour can be affected by how much the liquid cooks down.

Roll a lemon before cutting it to release the juice. This is good exercise and leaves your hands smelling good too!

Heidi says to try recipes even if one ingredient is missing because you can always substitute something you have on hand, like a can of mixed beans instead of kidney beans or water instead of juice.

Fennel, a vegetable that originated in the Mediterranean, can be used instead of celery for the same consistency and crunch but more flavour, giving a slight licorice taste.

"It always tastes better when it's pretty," Heidi says. "Colour and presentation are important so use radicchio lettuce, even though it is somewhat bitter, for a nice red and use dark green lettuce varieties to add colours for a more interesting and attractive plate."

Check at the Customer Service Counter for the upcoming schedule and sign up early for these popular events. These classes are free, the menu changes every week, and students are given recipes to take home afterward.

DOREEN ARCHIBALD REALTOR®
 darchibald@sutton.com 
456-1670 

Take advantage of 14 years of real estate experience.
 List your home with me for fast results.



Rent the Lions Den

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

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

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



Support your local Lions Club

Christmas Seals



Please Give Generously

For every breath you take.

 **Lung Association Nova Scotia**
1-888-566-LUNG
 www.ns.lung.ca

The young, fresh and raw are welcome at Truthless Records

By Meghan Stewart
Staff

Steve Merrigan is a skinny, tall 22-year-old who wears gold rings and baggy clothes. He received a diploma in administration from CDI and has a job in housekeeping at the QEII Hospital. He is also known as the rapper Spend, and owns a recording studio that captures tracks from well-known and emerging local hip hop artists. Young, fresh, raw talent. Welcome to Truthless Records.

Merrigan openly talks about the road that led him to this small office space on 239 Bedford Highway with his friend, roommate, editor and "right-hand-man," Ray Hobson.

"It was a lot of work," Merrigan says, shaking his head. "I pulled long hours at the hospital, saved my money, took out a personal loan and bought new equipment," he says

about getting the studio started.

Setting up the studio also involved building a library of books on marketing and business planning, topics that were not touched on in his classes. He also studied music theory at the Canadian Conservatory of Music in Halifax.

Initially, Truthless was run out of Merrigan's Clayton Park apartment. It wasn't until recently that he pulled together funds and recording equipment with help from his friends to set up the office he sits in today.

The result is a bright white closet-sized recording booth wired with headset and mic, a PC installed with Cubasis, a 64-track mixer, a 4-track mixer, a small control board and a synthesizer. Merrigan proudly gives the tour of his studio as Hobson diligently types at his computer.

The name for his recording studio, which

will officially be a production company next spring (meaning Merrigan will be better equipped to help his artists with marketing and distribution), was a group effort. Merrigan was hanging out with a group of friends discussing the idea of creating a forum to have their music heard, have the truth of what's happening in lives expressed more or less accurately and to rap about what's really going on around them most of the time. Hence the name Truthless.

The artists the studio records range from those well established locally, like Rocky Ninja, to new faces such as Tyrant, Mr. D Ace, Ice Smooth and Spend himself.

Spend, or Merrigan, is currently working on a compilation of tracks featuring many of the artists Truthless has recorded. "I'll Never,"

which was composed and performed by Spend, Rocky Ninja and others, was recorded and filmed as a music video which was sent to Much Music. The video can be seen on the Truthless Records web site at <http://truthless-records.eastlink.ca>. The video plays up the fact that the recording booth looks like a padded cell in an asylum.

Despite his intense love of hip hop, Merrigan says he will not turn away other kinds of artists interested in recording at his studio. "If you come in with a guitar and a harmonica, I'll help you record," he says.

To book a recording session at Truthless Records, call the studio at 446-3355, or try Stephen Merrigan's cell at 430-6191. It costs \$19.99 an hour, but rates are flexible.

J.L. Ilsley Scholarship Auction set

One of the largest fundraisers at J.L. Ilsley High School and a fun night remembered fondly by many in the community will unfold November 29 when this year's Scholarship Auction opens for viewing at 6:30 p.m.

This year's Auction Chair Sheila Clark says the usual array of items, including paintings by well known Halifax artists, hotel nights, meals at restaurants, boat cruises and exotic food dishes will be available for the buying public. There will also be a wide assortment of crafts by individuals whose

work has been the rave for discriminating shoppers every year.

The actual auction begins at 7 p.m. said Clark explaining that bid cards are sold for \$2 each and there will be the usual cash bar, lobster raffle and quilt raffle.

Last year graduating students received over \$10 000 in scholarships from money raised from the auction, and "we are asking the public to once again help us reach a new record this year."



Chloe Small, centre, Tyrico Smith and Joseph Shute help Captain William Spry Public Library Chief Librarian Troy Myers and Councillors Stephen Adams and Linda Mosher and MLA Michele Raymond cut the cake in celebration of Library Week at the local facility.

Danielsons ~ Water 'N' Wine

South Centre Mall • 477-9463

www.waternwine.com • waternwine@hfx.eastlink.ca

Christmas is Coming!

Get your Holiday

Wine and Beer supply started Now.

Complete kits from:

Wine ~ \$89.99

*With any Grand Cru Kit
(Will produce 30 Bottles of Excellent Wine)*

Beer ~ \$59.99

*With any Coopers Beer Kit
(Will produce 5 1/2 Dozen Beer)*

Sears Catalogue Merchant • 1-800-267-3277

FREE Christmas Screen Saver at: www.sears.ca

Find Out What Your Home Is Worth On-Line

www.HalifaxHomeEvaluation.com

Roy Thomas Sutton Group Professional Realty

Mrs. P's

HOMESTYLE BAKERY

**Visit us at the Atlantic Christmas Fair
Exhibition Park, November 6 to 9.**

336 Herring Cove Road, Halifax, Nova Scotia

(902) 479-1293

OAT CAKES... OUR SPECIALTY

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

Manufacturers' Clearouts • End of Line • Overruns • Insurance Claims • Discontinued • Delisted Stock

Seized Inventory • Clearouts • Dated Stock • Emergency Liquidations • Repositions • Foreclosures



LumberMart

CLEARANCE CENTERS



Sale continues while quantities last.

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

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

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

YEAR END LIQUIDATION...WE'D RATHER SELL IT THAN COUNT IT!! BOTH LOCATIONS!

DEMO BARNS

"Gotta Go"
"Buildings already built in your yard for demo purposes... **Now Surplus!**"

- DARTMOUTH STORE - **- HALIFAX STORE -**

| | | | |
|-----------------------------------|-----------|--------------------------------|-----------|
| 4'x8' Econo Barn Reg. \$499 | Now \$300 | 8'x8' Econo Barn Reg. \$659 | Now \$400 |
| 4'x8' Deluxe Gable Reg. \$659 | Now \$400 | 8'x8' Deluxe Gable Reg. \$1069 | Now \$600 |
| 8'x8' Pine Sided Barn Reg. \$1069 | Now \$650 | | |

(Built) 1 ONLY

SOLID VINYL SIDING

Total Liquidation \$ **45** *
...Both Stores

#1

- white • gray
- beige • sandalwood

per 100 sq. ft.

*With accessory & housewrap purchase
"Compare Elsewhere at up to \$59" in stock items only

ROOF SHINGLES

- 20 colours
- Full 25 yr. warranty

Your Choice

\$16
\$60

Super Special Ice'n Water Shield
Premium Resisto Brand
65 ft. roll!!!

The Rules: As is, where is...you truck it!

Insulation

2 trailer Loads Only!

CMHC Approved

R20 or R12 (15" wide wall insulation)

\$1697

Your Choice After \$3.00 Rebate

Brand Name Tim-Br Mart Insulation...at No Name Prices!!

PINE FLOORING

\$129 sq. ft.

"Real 6" Tongue & Groove Plank"

Ceramic Tile

500 sq. ft.

99¢ Regardless of original cost!!

sq. ft.

Wayne Dalton Garage Door

We Install Fast, Expert, Hassle-Free

- Factory-authorized, trained technicians.
- Fully insured and licensed company
- Compliance with local building codes
- Verification of opening size and condition.
- Emergency service for unexpected adjustments.
- Specialized tools and equipment for safety.
- Full-year installation warranty, plus standard Wayne-Dalton product warranty.

| | | | | | |
|----------------|-----------------------------------|-------------------|-------------------|--------------------|-------------------|
| 9100 Series R7 | Door & Hardware + with Window Kit | 8x7 \$397 | \$637 (4) | 8x7 \$597 | \$847 (4) |
| | | 9x7 \$397 | \$637 (4) | 9x7 \$597 | \$847 (4) |
| | | 9x8 \$597 | \$847 (4) | 9x8 \$697 | \$947 (4) |
| | | 12x7 \$747 | \$1097 (6) | 12x7 \$837 | \$1187 (6) |
| | | 12x8 \$847 | \$1197 (6) | 12x8 \$947 | \$1297 (6) |
| | | 16x7 \$927 | \$1377 (8) | 16x7 \$1077 | \$1527 (8) |
| | | 16x8 \$997 | \$1447 (8) | 16x8 \$1087 | \$1537 (8) |

9602 Series R11

8x7 or 9x7 **\$397**

Your Choice!

Laminate Flooring Liquidation

| | | | |
|--|----------------------|---|----------------------|
| 10 YEAR WARRANTY GLUE STYLE OAK (#7314) BEECH (#3490) | 97¢ SQ. FT. | 10 YEAR WARRANTY MAPLE (#7659) OAK (#7325) BEECH (#7401) | \$118 SQ. FT. |
| 15 YEAR WARRANTY MAPLE (RF Maple) OAK (RF oak) | \$138 SQ. FT. | 20 YEAR WARRANTY TEAK (D1237) BEECH (D1407) CHERRY (D1363) MAPLE (D654) | \$188 SQ. FT. |

WHILE IT LASTS

OUR VERY BEST!

Definitely our lowest prices all year!

NOTICE! Our corporate year end is Sunday, Nov. 30, 2003. We have been instructed by our accountant to liquidate at least \$500,000. Before our physical count on Sun., Nov. 30th, we will entertain reasonable offers up to that date!!

This is the **BIG ONE!**

NO MONEY? NO PROBLEM!!

- #1 6 MONTHS* • No minimum • No interest • No payments • No fees • No tax up front • No kidding! *OAC
- #2 30 DAYS* • Same benefits as Option 1 plus you get **3% BACK** in Lumberbucks! *OAC
- #3 30 DAYS* • Same benefits as Option 1 plus you get **DOUBLE AIR MILES** + 1% back in Lumberbucks! *OAC

Pay next May!

DOORS

Colonist Slabs or Bifolds

\$25

small slabs

"Regardless of size, one low price"

FRENCH DOORS (Damaged)

\$2499 & up

Touch it up yourself & save

Super Special #2

25 YEAR RATED

"APPLEWOOD COLOUR" (#3977)

Values to \$5.99 Now **\$198** SQ. FT.

CARERA PREMIUM KITCHEN SINKS

- DOUBLE OR SINK & HALF (White Only)

You Choice

\$99

"Compare Elsewhere At \$249!!"

300 Only!!

SHINGLE RE-ROOF...ROLL ON

Seal, preserve & waterproof your roof in one day!

3 Gallon Pail (does 300 sq. ft.)

LumberMart Price!

\$49

Reg. \$1.39 WHILE IT LASTS!

Do it Yourself. Roll on a new roof... in one day!

Now you can roll on a new rubber-like blanket of protection directly over your existing asphalt, fiberglass or asbestos shingles. No back-breaking shingles to install, or costly tear-off and disposal.

INSULATED TOILETS

- Insulated Toilets \$119.95
- New Wax Seal . . . \$2.99
- 2 Hold Down Bolts \$2.99
- White Toilet Seat . . . \$8.95

\$79

..... **\$134.88**

Brand name factory 2nds...we can't find the blem's?

- Chalk Line
- Line Level
- Bottle of Chalk

Now!! **\$399**

#09953

4 pc. Tape Set

- Pocket Tape • 12' Tape
- 16' Tape • 25' Tape

A \$25 value **\$799**

#09953

5 pc. Tape Set

- Pocket Tape • 12' Tape
- 16' Tape • 25' Tape
- 33' Tape

A \$39 value **\$1399**

#09960

3 pc. Snips Set

- 3 pair Weiss style aviation snips

#09962

Now!! **\$2299**

0017808

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

show your first home to your dream home





Quality Built Semi-Detached Homes

Built by Jullin Construction

Variety of styles and pricing, starting at **\$117,899** (for 2 level)



This model \$131,900



CATAMARAN POND

Open Houses
Saturdays & Sundays
2-4pm



Call Don Fiander
for personal viewings at
456-6092

www.halifaxnewhomes.com

Jollimore Reds have great season

The Jollimore Reds Pee Wee Baseball team had a great season finishing in first place in their league with a 14-3 record.

In the play-off round the Reds downed Conrose Royals two games to one in the championship game to take the play-off title.

In the deciding game, Michael Hart tripled home Nicholas Hart and Chad Irons to score the second and third runs to which first tied the game for the Reds before scoring the win-

ning run in a contest which ended 4-2.

Members of the team, pictured below, included Kyle Clarke, front row left; Shane Hunter, Chad Irons, Nicholas Hart, MacKenzie Ferguson, A.J. Henneberry, Eric Rose and Shawn Simpkin; Back row left are Cal Heighton, Chris Wainright, Angela Keddy, Coach Dave (Grandpa) Simpkin, Nick Werk, Craig Slaunwhite and Coach Mike Hart.



Jollimore Reds Championship Pee Wee Baseball Team

Gifts for her, for him... and for you

Visit us for all your holiday gift
and decorating needs

we wish you an **easy** christmas



328 Herring Cove Road, Halifax, NS 902-477-1210
Hours: Monday to Saturday 8am - Midnight, Sunday 10am - 10pm

SHOPPERS
DRUG MART 

Fleming Park and Memorial Tower suffer hurricane's wrath

By Linda Mosher
District 17 Councillor

As everyone knows, Hurricane Juan wrecked havoc on many of our communities. I won't detail the damage that residents suffered, but I would like to thank everyone for pulling together and assisting their fellow neighbours in a time of need.

Although power is the responsibility of Nova Scotia Power, HRM worked in partnership with them to ensure power was restored as quickly as possible. I must commend HRM staff and the Mayor for their excellent response to this disaster. Their first priority was to remove trees that were either safety issues or hindered the ability to restore power. In the aftermath, the next priority for HRM crews was to remove brush and debris and fix damage to infrastructure, such as sidewalks. Another task will be recording the damage, in

an effort to obtain federal disaster assistance. An inventory of the damage in HRM park's will be part of the report.

Unfortunately, Sir Sandford Fleming Park, the "Dingle," suffered extensive damage. Visiting this site after the hurricane saddened me. We finally had the restoration of the exterior of the tower completed in May. The previ-

ous restoration of the roof did not protect this 30m structure from the elements. Although by first glance it appears to be a small task to fix the roof, the damage is very difficult to access and will be quite costly. A walk throughout the park illustrates the magnitude of the storm, with uprooted and fallen trees and unexpected incidences such as boats sitting on top of walk

ways. Portions of the seawall have further deteriorated. HRM has stabilized the park, marking off restricted areas and removing debris from roadways. Once HRM staff have finished street operations, they will be conducting an assessment of the damage, including a cost estimate for repairs. When this is

see "Flemming" pg. 14

Communities rallied in response to Juan disaster - Adams

By Stephen Adams
District 18 Councillor

The past month will go down in history as one which will be remembered by all those who experienced it. Hurricane Juan wreaked havoc on HRM and especially destructive to many communities in District 18. There were many unfortunate events and losses which I

will try to outline in this column. Because of the impacts of Hurricane Juan, my entire article will be dedicated to this tragic event.

The Monday morning after Juan was indeed eerie. Although it was calm and quite warm, the effects were abundantly apparent. Fences, branches and brush were strewn about, covering lawns, vehicles and the roads.

I visited Sambro later that morning and

was absolutely floored by the damage. I spent the next two or three hours with Patty Gray, Harbourmaster, touring the area and assessing the damage. In total, 14 wharves and fishing sheds were destroyed or severely damaged. Thousands of lobster traps were lost and seven fishing boats either ran aground or were sunk. It was distressing to hear a comment of "we're ruined" or "the debris you see floating was a shed in our family for generations."

Fishermen an East and West Pennant fared no better. Wharves were floating throughout the area and residents were trying to assess the damage. In Ketch Harbour, trees had fallen and the Government Wharf was destroyed. In order to visualize the damage, picture someone taking the end of a carpet with popstick sticks laying on it and giving it a shake. The timbers of the wharf moved in much the same way.

As I drove to Herring Cove there were three or four trees laying between each of the power poles. More were uprooted while others had snapped in two. Herring Cove wharves were also destroyed along with fishing gear.

see "Communities" pg. 14

Biggest "Juan" challenge in communication during the aftermath

By Michele Raymond
Halifax Atlantic MLA

This will be my first column in the Chebucto News since being elected representative for Halifax Atlantic in August, and I can only say the last few weeks have been quite an introduction.

My first responsibility, of course, is to thank all those who supported me in the past election, and to assure them, and everybody else, that I am honored, and keen to represent the interests of these remarkable communities to the Provincial House of Assembly.

I was planning to write about the Legislature but will have to put this off for another column. The House opened on Thursday, 25 September, but Hurricane Juan arrived on Sunday, 27 September, blotting out all other concerns.

I have been very proud of Halifax Atlantic in the aftermath of the storm. There was a quiet practicality which took over where electricity, phone, cellphone, internet and water left off. On Monday morning, while the rain and wind continued, Herring Cove had already begun picking up the pieces and bailing out the tossed and sunken vessels; by Tuesday, when I could get a car with gasoline enough to get out to Sambro and Pennant, a new way of life had already taken over. Sambro Fisheries quickly shipped out all its stock before the freezers could begin to thaw, and shared the

ice with households in the community. The lakes were still warm enough for bathing, and generators were moved from house to house at different times of day to keep freezers going and bring up water. By the end of the week, when the federal Minister of Fisheries arrived, much of the debris was already picked up, and rebuilding of wharfs had begun, since lobster season will begin at the end of this month.

Closer to town, many of us were without power for a week or more, although parts of Spryfield had electricity within 48 hours. Unfortunately, this didn't include the Captain Spry Centre, and my office. I apologize to anyone who tried to call my office during the week, or to send email. We too were "in the dark."

The biggest challenge was the difficulty of getting information. Not knowing how long the situation would last, many people hesitated to make alternative plans (e.g. moving or donating frozen food to the food bank). A single HRM phone number is not enough to answer the questions of the entire municipality, and this is where the provincial government can, and must, step in. Municipal emergency plans need to be much stronger on local communications. I'll continue to stress this in the legislature.

The crisis is over now, but many people are still looking for information, as they try to recover from their losses. The provincial government has established a disaster relief fund,

which is still in development as of this writing, and is waiting for a federal commitment to disaster relief for Nova Scotia. The provincial fund is meant to cover - uninsurable damage to things which couldn't be insured, or damage of a type which isn't insured; more than \$1000, i.e., the claimant must pay the first \$1000 of damage.

This may well have changed by the time the Chebucto News comes from the press, so, for more information please contact my office at 477-4100, or email mhraymondmla@eastlink.ca.



Linda Mosher

HRM Councillor, District 17

Concerned, committed representation.

Office: 490-4050

Cell: 476-4117

Home: 477-8618

E-mail: mosherl@region.halifax.ns.ca

Stephen Adams

HRM Councillor, District 18

Phone 490-4050

Cell 497-8818

Showing how government
can work for you



MICHELE RAYMOND, MLA

OFFICE HOURS

10 Kidston Road (Captain Spry Centre) B3R 2J7
Monday-Friday 9 am - 3 pm

"ROLLING OFFICE HOURS" call to confirm

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

Herring Cove Junior High
Second Monday of each month 9:30 - 11 am

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

Sambro (location TBA)
Fourth Monday of each month 9:30 - 11 am

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



Public Insurance System the only answer to crisis - Steele

By Graham Steele
Halifax Fairview MLA

The Legislature started its fall sitting on September 25th, and will continue until about mid-November. The main piece of legislation is the "auto insurance reform" bill.

We all know that auto insurance premiums have gone out of control. That much everyone agrees on. What is not so clear is why premiums are out of control, or what to do about it. In my view, there are two ways to try to solve the auto insurance crisis.

The first way is to deliver auto insurance through a Crown corporation. This is known as "public auto insurance." There is public auto insurance in British Columbia, Saskatchewan,

Manitoba and Quebec. These provinces have no insurance crisis. They have the lowest and fairest auto insurance rates in Canada.

The second way is to trade accident benefits for premium reductions. This is the choice made by the Conservatives and Liberals.

The Conservative and Liberal auto insurance bill will deliver a 20% rate cut, effective November 1st. Sounds pretty good, doesn't it? But there are three things you should keep in mind.

First, many of you will have seen your rates go up by more than 20% in the past two years. A 20% break helps, but not nearly enough.

Second, this rate cut is being funded by a significant reduction in accident benefits. The

money for this rate cut is "not" coming from insurance companies. It is coming from accident victims. More than 90% of people injured in a motor vehicle accident after November 1st will see their pain-and-suffering award capped at \$2500. If you are injured after November 1st, it is "you" who are paying for the cut in premiums.

Third, this rate cut is only temporary. It lasts for one year. After November 1, 2004, insurance companies will be free to raise their rates again, as long as they can justify the increase to a new Insurance Review Board. And they will.

So in summary, in exchange for a small (20%) and temporary (1 year) rebate on our auto insurance premiums, we're permanently giving up significant accident benefits.

During public hearings on the auto insurance bill, every single person who came forward, mainly insurance companies, brokers,

lawyers and accident victims, opposed the legislation and said it will not work.

Public auto insurance works. I will continue to advocate for a public auto insurance system. That is the only way to deliver the lowest and fairest insurance rates to you and your family.

I and my NDP colleagues are also keeping a close eye on the issue of home insurance. During the recent election, many of you expressed a concern that this will be the next insurance crisis. You can count on us to do everything we can to keep home insurance affordable.

On a completely different note, I wanted to let you know that Hurricane Juan's trail of destruction travelled right through my Constituency Office. My office is in the Bayers Road Shopping Centre. Part of the mall's roof

see "Public" pg. 15



Geoff Regan, MP
Halifax West

Suite 222, 1496 Bedford Hwy.
Bedford, NS B4A 1E5

For information or assistance:
Phone: 426-2217
Fax: 426-8339
email: geoff@geoffregan.com
www.geoffregan.com

Government, MP seeking input on senior citizen issues

By Geoff Regan
Halifax West MP

Last month much of Nova Scotia and Prince Edward Island were crippled by a hurricane of unprecedented proportions. In the time immediately following the storm I was able to tour many of the communities most affected by Juan.

From our coastal fishing communities to our urban parks, Juan's aftermath left farmers, fisherman and neighbours all around us in need of help. Both the Government of Canada and the Province of Nova Scotia are coming forward with disaster assistance, and are doing so quickly.

Of the many groups affected by the hurricane and the ensuing power disruptions, seniors were particularly vulnerable. Many seniors were left in compromising positions when their access to food, medical equipment and phone service was jeopardized. It is clear that as part of our emergency preparedness planning, governments must recognize the special needs of seniors.

And that is exactly what the Liberal Government is doing. On September 17th, the Prime Minister announced a caucus task force on seniors' issues. The Task Force, chaired by Yolande Thibault (Saint-Lambert) and Joe

Jordan, (Leeds-Grenville), will focus on several areas of interest to seniors including poverty alleviation, including issues related to income support and housing; eldercare, including issues related to home care, independent living and elder abuse; disabilities, including issues related to access and disability supports; workforce issues, including questions of retraining, structural changes to the workplace and volunteer work.

To assist my colleagues in their work I am soliciting suggestions as to how the Government of Canada can assist older Canadians. Anyone wishing to make a written submission should contact my office.

Canadian seniors have dedicated their lives to building their families, their communities and their country. They deserve to be treated with respect and dignity. Governments at all levels must make changes to the way they deliver services to ensure that older Canadians have access to the services they need, particularly in light of the demographic shift aging baby boomers will create. This Task Force will build on previous work both inside and outside of government to help guide those changes.

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 at geoff@geoffregan.com.

RDM RECYCLING

Construction Demolition & Debris Services

1275 Old Sambro Road, Harrietsfield

"Using yesterday for a better tomorrow"

ENVIRONMENTALLY REGULATED DISPOSAL OF

Metals • Clean Asphalt • Concrete • Brick

CONSTRUCTION MATERIAL DISPOSAL SPECIALISTS FOR

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

BUSINESS HOURS

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

PHONE 477-9995 • FAX 477-0534



Graham Steele, MLA
Halifax Fairview

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

Telephone: 453-5556
Fax: 453-4566
E-mail: graham@grahamsteele.ca
Web: www.grahamsteele.ca

Turnips and Swedes versatile, easy to grow and easy to store

Food for Thought

by Marjorie Willison



Up to the 1960s, most if not all families in Spryfield and surrounding areas grew vegetables, including swedes and/or turnips. Celtic tribes and early German civilizations also grew turnips, and with good reason. They are simple to grow, have few pests, and give a large crop with little effort.

With the advent of grocery stores and more prosperous times, these roots fell out of favour, but the tasty soup I made this week has convinced me to grow them every year from now on. I've learned from experience that the roots can be served in a variety of ways, raw or cooked, and they last very well in cool storage over winter.

Swede or rutabaga (*Brassica napobrassica*)

is larger than turnip and requires an extra month to grow to full size. Its leaves are greenish-blue and smooth like cabbage leaves, the root is rougher looking than turnip, and the flesh is either white or yellow. Turnip (*Brassica rapa*) has white flesh and rougher leaves. Turnip leaves are rich in vitamin A and they can be cooked as greens. The flavour of swedes is milder and sweeter. Plant swedes in late May, a month before turnips, in light soil enriched with compost. Plant turnips in light shade in June or early July or where the soil is cool and damp. Both crops must be watered if the soil is dry, and weeding early in the season is usually all that is needed.

Both crops can tolerate frosts, so they can be left in the ground late into fall. Harvest turnips when they are 4 to 6 cm across; Swedes should be larger. Handle the roots gently to avoid bruising, brush off surplus soil, and store in damp sand or in plastic bags punched with holes. A cold room, or anyplace that is humid and keeps a fairly stable temperature of 0 degrees C, is ideal. Use smaller

roots first, which dry out more quickly.

Now for some mealtime ideas. Cut raw roots into sticks for a fresh vegetable tray, or toss some into a salad. Grate the roots or slice them very thinly and add to sandwiches for a bit of crunch. Chop roots finely, or cut turnip leaves into ribbons, and add to soups or stews. Make a rutabaga salad with 1 small turnip, 1 apple, and 2 carrots, all peeled and grated. Mince 1 small onion and mix vegetables with a dressing of 1/4 cup salad oil; 2 Tbsp. cider vinegar; 1 tsp. honey; salt and pepper. Serve

on a bed of 1 1/2 cups red or green cabbage, shredded.

Make Cream of Turnip (Swede) Soup with 2 diced onions, sauteed in cooking oil and butter. Add 6 cups finely diced turnip, 3 peeled and chopped apples; 6 cups stock (vegetable, beef or chicken), and 1/4 tsp. nutmeg. Simmer 20 minutes, then puree in a blender. Add 1 cup milk, salt and pepper to taste, and heat gently. The best meal I ever ate on a boat was turnips and potatoes, boiled separately, then mashed together with butter, salt and pepper.

Communities rallied in response to Juan

continued from pg. 12

The bridge at the end of the cove gave rise to extensive discussion. On the opposite side of the bridge a small cape island boat laid upon the rocks. Debate will continue as to whether it went over the bridge or under it.

As a member of Council, I became frustrated with the clean-up during the early days. The military was in the cemeteries ensuring that caskets were secure and that any contamination was prevented. However, I did not understand the presence of workers in Point Pleasant Park or the Public Gardens. Although these are important areas their priority is minimal compared to residents who need assistance and their power back. This strategy was changed to better reflect our needs.

There were positive aspects to the disaster. Communities came together and neighbours started to talk to each other. Community barbecues became more prevalent and many volunteered to help those in need.

I would be remiss if I did not recognize

the work of a few of our community leaders. Two years ago Stephen Anderson and Brian Dempsey had the foresight to recognize the importance of the breakwater in Herring Cove. Can you imagine the destruction in Herring Cove had these two gentlemen not pursued this issue.

In Sambro, the fishermen, their friends and families worked together to rebuild their wharves, their sheds and their lives. Work parties were the norm, with sandwiches, drinks and hot soup available for all.

Finally a heartfelt thank-you to Patty Gray. From day one Patty worked to ensure that everyone who needed help was identified and that all damage was documented. Patty worked unselfishly and tirelessly to make sure everyone was up to date with assistance opportunities and any developments that arose. You are truly fortunate to have Patty and all the other great citizens as members of your respective communities.

Fleming Park suffers hurricane's wrath

continued from pg. 12

complete, I have asked HRM staff to meet with Friends of Sir Sandford Fleming Park to discuss an action plan.

There has been a considerable amount of media attention on the damage to Point Pleasant Park and the Public Gardens, due to the magnitude of the devastation, but we are keenly aware of the damage to other parks such as the Dingle. HRM's Financial Services has established accounts for public donations, giving tax deductible receipts for donations of \$10 or more. One account is for general parks. I have confirmed that a donation can be made out to this account, specifying a park, such as Sir Sandford Fleming.

HRM is cautioning residents NOT to enter local parks and playgrounds to help clear pathways of fallen trees and debris. HRM parks will remain closed until our professional staff have the opportunity to complete a comprehensive assessment. The primary concern is that hung-up and partially downed trees are very unpredictable as to how they will fall or react

when cut. HRM is developing a special program to enable citizens to assist with the clean up of parks. To volunteer up, please call 490-4070 or 490-6360.

The federal disaster assistance program is provided through the provincial government, not the municipalities. For the information of individuals and small businesses who suffered uninsurable damage as a result of the hurricane, and would like to apply for disaster financial assistance, please contact the province's public inquiries line at 424-5200. The nearest centre to receive applications is Access Nova Scotia, West End Mall, 6950 Mumford Road. The deadline for applications is November 21st at 4:30 p.m. HRM recommends that individuals or community groups, who provide recreational or social amenities, ensure they obtain good documentation of damage, such as photographs; comprehensive cost details, including quotes and estimates for work provided by qualified trades; and proof of insurance coverage and claims.



St. Paul's Family Resource Institute Coordinator Peter Greechan helps Day of Caring worker Elizabeth Blatch fill a wheelbarrow with scraps from the community garden. These workers from the Department of Energy and Comcare joined in the day to help non-profit agencies.

Taste The Difference Quality Makes



Welcome to...

PG'S

Pizzeria

HOME OF
THE ORIGINAL
FAMOUS GREEK
DONAIR

386 HERRING COVE ROAD

10% Discount to Seniors, eat in or take out only.

Check Out Our Fresh Seafood

NEW HOURS • Sun to Thurs 4 pm - 11 pm • Fri & Sat 4 pm - 1 am

SEE IN-STORE MENU FOR SUPER SPECIALS

Large Pizza 1 to 3 items, incl. vegetarian **\$11.95** (tax in) add tomatoes \$1.50

Family Pack Chicken or Fish

9 pieces, Fries, Gravy & Coleslaw \$16.95 (tax in)

All prices and specials may expire without notice

TRY OUR NEW

DONAIR SAUSAGE



SERVED ON A BUN OR PITA. TRY IT WITH:

Honey Mustard Sauce,
Donair Sauce, Onion & Tomato
or Mustard & Relish

Call 477-2222 **FAST FREE DELIVERY**
on food orders over \$7.00 in our area, beverages not included.

**Supporting Your
Community**

**ROYAL
CANADIAN
LEGION**

**Earl Francis
Spryfield Memorial
Branch 152**



WE CARE

**"Storms" carried Spryfield name proudly
through baseball season**

By Rick Cormier

What began as a group of eleven ambitious baseball fans quickly became Nova Scotian history. The first recorded baseball team associated with the name "Spryfield" was formed this past summer, giving the community something to cheer about.

The "Spryfield Storms," who played in the "AA" Midget Nova Scotia Bluenose League, consisted of eleven friends living in the Spryfield area including Michael Buckland, Ricky Cormier, Matt Hollet, Trevor McKelvie, Ryan Peterson, Kevin Priest, Richard Pyke, Mike Randell, Lenny Verge, Doug Wagner and Tyler Watters. Joe Purchase and Mike Briand, two Haligonians, also joined the Storms and helped bring the team the experience needed. "Terri Wagner approached me about coaching the Storms," said Coach Bill Purchase. "I had coached many of the guys in former years and Terri knew that I was familiar with many of the guys, but Terri should be given all the credit for getting the team rolling."

And Terri should be given credit for getting the ball rolling. A resident of Spryfield with a son on the team, Terri was approached by some of the players regarding a Spryfield hardball team. Intrigued by the thought of a Spryfield represented team, she began making calls to parents and companies regarding funds.

"It was a struggle to get the funds for this

team", Terri said, "but with the support of local companies and the support of the parents we got it together."

The team was made official when it was given permission to play under Jollimore with the team name "Spryfield" still intact, which finally gave the Storms the opportunity to hit the field. It was a slow start, with many of the players coming from softball or slow pitch. The year began with a few embarrassing loses for the new team, with Truro rolling over the league, undefeated in their first twelve games, but the Storms slowly came together as a team.

Backed up by the support of the parents and coaches the Storms started winning and climbed to second place. In a close game against league leading Truro the Storms gave an amazing effort, tied to the last inning, with Truro coming out on top 6 to 5. The Spryfield Storms ended the season in 5th place with a record of 10 and 12, an unexpected finish for a first year team.

"They were the classiest baseball team in the league", says Coach Purchase. "We had a solid core and a great group of guys who could really play ball. Sure, there were bumps along the way, but overall, we had a great first year."

Chrissie Watters, official scorekeeper for the team, and an avid fan, described the team

as "a great group of guys with a whole lot of spirit. They had great camaraderie."

The team plans to continue playing, with some players having to leave because of age limitations, and new prospects coming up. The Wanderers Ground, the Storms home field, has recently been renovated into a soccer field, so they are currently working on funding for a new home field, so look out for fundraisers with the name "Spryfield Storms" on them.

Coach Purchase, has high hopes for next season. "The core of the team is returning for the most part, and with some new guys to look at, don't want to sound over confident but I believe we're going to be one of the teams to beat next year. We've got the basics down and now we can start with the technical stuff, the bunting and hit and runs, the things that win games."

Overall, the Storms were something for the community of Spryfield to be proud of and hopefully continue to support for years to come. The team would like to give special thanks to Councillor Steve Adams, Doug Gilbert, Darlene McKelvie, Bernice Watters, BDC Banking, Cleves Sporting Goods, Island Beach Tanning, Spryfield Legion, Cormier Marble and Tile and all the parents and citizens who supported the effort.

**Public Insurance System,
the only answer to crisis**

continued from pg. 13

was ripped off by the hurricane, resulting in severe flood damage. I lost most of my furniture and computers. Fortunately most of my files stayed dry inside a filing cabinet, but that's about all I have that isn't ruined beyond repair.

It could be as much as two months before

the office can be re-built. In the meantime, my assistant Catherine and I are working out of a temporary office. Our e-mail (graham@grahamsteele.ca) is working fine. Our phone number (453-5556) still works too. Leave a message and we'll get back to you as soon as we can. Even better, you can try our temporary office number at 424-2795. Thanks for your patience as we work our way through this.



For the second year in a row students and faculty of Springvale Elementary School gathered to celebrate the International Walk to School Day, a day designed to promote physical fitness and safety among school children.

**Sprytown
FAST CASH**

BUY SELL PAWN

**Solve Winter's
Laundry Blues Now
Washers and Dryers
As low as \$150**

*We offer small downpayments and monthly rates
lower than laundromat fees.*

All machines warranted.

FREE local delivery & installation.

390 Herring Cove Road

**Call 479-7296 for details
or Visit Debbie at the store**

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 the 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 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 have 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 traveled, literally, around the world. 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 leukemia 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 a 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 tumors that develop in the lymph nodes and other lymphatic tissue, or it can develop 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 a 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 ten minutes.

The initial vaccine program consists of two shots followed by an annual booster. It is important that when you start your cat's vaccination 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 the 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 woman and babies should not be allowed close contact with cats with Feline Leukemia, just to be on the safe side.



Grade four student Victoria Corcoran of Rockingstone Heights school was chosen the winner of the Urban Farm Museum Society's "I Spy" contest held in conjunction with the Nova Scotia Museum and Heritage Day. Farm Museum member Pat MacLean, teacher Patricia Tupper and Councillor Stephen Adams were on hand for the presentation.

Providing Services for Pets Since 1939

- Convenient Hours to Serve You
- Housecalls
- After Hours Emergencies Call

468-0674

Dr. Ross Ainslie & Associates

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

MEMBER HOSPITAL
AAHA AMERICAN ANIMAL HOSPITAL ASSOCIATION
Excellence in Small Animal Care
www.halifaxvet.com

HALIFAX 422-8595
VETERINARY HOSPITAL
6293 Quinpool Rd
Dr. Kelly McInnis
Dr. Mary Jane Corkum

FAIRVIEW 443-9385
ANIMAL HOSPITAL
3422 Dutch Village Rd
Dr. Suzette Dibblee
Dr. Adrienne Harris

SPRYFIELD 477-4040
ANIMAL HOSPITAL
171 Herring Cove Rd
Dr. Jim Gillis
Dr. Cynthia McLeod

Pelham Electric & Refrigeration Ltd.

Service Since 1967

Contracting - Rewinding - Repair

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

477-4621 Fax: **477-3056**

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

Community busy with Juan, school displays and conference

MULTI-SERVICE NEWS

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

Community activities and services:

Healthy Snack & Lunch Display: The Healthy, affordable, kid-friendly snack and lunch displays scheduled for September 29 to October 2 were postponed due to Hurricane Juan. The display will now take place at the Spryfield Superstore on Saturday, November 1 from 10 am to 2 pm, and at the Spryfield Sobeys on Saturday, November 8 from 10 am to 2 pm.

Parents can learn about money saving ideas for putting together a variety of snack and lunch combos. There will be samples to try as well as great door prizes. As special thanks to Sobeys and Superstore for working with nine local groups to organize the displays.

Community Response to Hurricane Juan:

The nine groups that were meeting to put together the Healthy Snack and Lunch Displays invited local politicians and other agencies to discuss longer term needs of people affected by Hurricane Juan. A Special Food Drive was organized for the local food banks and a flyer was produced with informa-

tion on where to get help. For people in receipt of Social Assistance, there were emergency food vouchers issued by their caseworker. For those not in receipt of Social Assistance, the St. Vincent de Paul Society (479-0630) was helping out. And for others the Food Banks provided food. Our local Food Banks are: St. Paul's Food Bank (477-5090), Emmanuel Food Bank (477-1954), City Church Food Bank (477-7788), and Greystone Food Bank (446-3130).

Volunteer Conference:

The Recreation, Tourism and Culture Department of the Halifax Regional Municipality is organizing the 3rd annual Volunteer Conference. This year it will be held on November 21 and 22 at the Holiday Inn in

Dartmouth. This conference is for volunteers of community groups and non-profit agencies. At the conference there will be workshops on such topics as "The Roles of a Community Board," "Fun'd Raising for Results," "Recruiting, Screening and Retaining Volunteers," and "Special Event Planning." The cost of the full Conference package that includes two meals and snacks is \$30. For more information on the Conference, call 479-4487 or stop by the Multi-Service Office at the Captain William Spry Community Centre for a copy of the conference brochure.

Mobile Crisis Intervention Service:

This crisis intervention service is available in Spryfield for adults (19 and older). If you or someone you know is experiencing a mental

health crisis, you can call 429-8167 from 3 pm to 1 am. A mental health crisis could be thoughts of suicide, distorted or psychotic thinking, intense anxiety, overwhelming depression, or feeling unable to cope or out of control. At the initial contact over the phone, you will receive support and information and a discussion of options. The crisis team may then come to the place where the crisis is happening (your home, work, community agency). After the crisis, referrals are made to appropriate follow-up services as needed. There could be short-term follow-up by the crisis team as required. The Mobile Crisis Intervention Service (MCIS) is made up of health care professionals with training in crisis and mental health. Individuals can refer themselves or others by calling 429-8167 (3 pm to 1 am).



2004 TSX

Three cheers for commuting

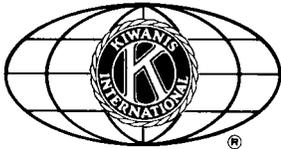
2.4 litre, DOHC, 4 cylinder engine with i-VTEC system, 200hp*, 5-speed automatic Sequential Sportshift, 6 Speed Manual Close Ratio Transmission, 17" Aluminum-Alloy wheels, Anti-Lock Braking System (ABS), Vehicle Stability Assist (VSA) with traction Control, Dual-Zone Automatic Climate Control System, Power Moonroof, Cruise Control, Xenon High-Intensity Discharge (HID) Headlights, 360-watt Acura Premium Sound System, in-dash 6-CD Changer and 8 speakers.



ATLANTIC ACURA

30 BEDFORD HIGHWAY • HALIFAX
457-1555 • TOLL FREE 1-800-458-1555

Armdale Halifax Kiwanis



Proudly
Serving Your
Community



For membership information
call 456-1670

LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

MURPHY, William George - 79, Halifax, passed away October 10, in the VG Site, QEII, Halifax. Born in Grand Banks, NL, he was a son of the late Edward and Hanna Mary (Rose) Murphy. He served in the merchant marines and the army and was a member of the Royal Canadian Legion, Branch No. 152, Spryfield and had received his 50 years pin. He worked as a commissionaire for many years. He is survived by his wife, Joan (Messervey); sons, Guy (Beverly), Brent (Kristal), Clay, all of Harrietsfield; Larry (Joan), Timberlea; Todd (Nannette), Spryfield; Shannon (Lisa), Ketch Harbour; William (Heather), Campbell River, B.C.; daughters, Gail (Cyril) Hammond, and Rosanne (Geoff) Gritten, all of Spryfield; brothers, Stan (Mabel), George (Kay), Tom (Betty), all of Spryfield; half-brother, Bruce (Joyce), Sackville; his wives children, James, Barrett, Lewis Lake; Linda (Bernie) Covey, Donna and Brenda (Carmen DeCoaste) Barrett, all of Glen Haven; several grandchildren and great grandchildren. He was predeceased by one son, Ernest; a son of Joan's, David (Darlene). Cremation has taken place. Captain Jim Mercer officiated. Interment was held at William Black Cemetery, Glen Margaret.

MACDONALD, Roderick Kenneth - 79, Halifax, passed away October 6, 2003, in the New Halifax Infirmary, QEII. Born in Halifax, he was a son of the late Ronald and Florence (Sullivan) MacDonald. He served on the Syrus Field Cable Ship in the R.C.O.C 1943-1946 and was employed with the Halifax School Board for 37 years as a mechanic/welder retiring in 1984. He was a past member of the Royal Canadian Legion, Branch 152, Spryfield. He is lovingly survived by his wife of 60 years, Mildred (Munroe); sons, Kenneth (Bev), Ontario; Douglas (Sandra), Sambro; Raymond (Pattie), Halifax; Donald, Halifax; Daniel, Middle Musquodoboit; daughters, Carol (Roy) Keeler, Lower Sackville; Shirley Findlay, Halifax; Marie Boutillier (Ralph), Halifax; Deborah MacDonald (Carl), Middle Musquodoboit; brother, Ronnie, Ontario; sisters, Violet Best, Hammonds Plains; Pearl Gerrard, Halifax; 20 grandchildren; nine great-grandchildren; one great great-grandchild. He was predeceased by one brother; four sisters; three step-brothers; one stepsister. Cremation has taken place.

YEADON, Kenneth B. "Ken" - 74, Joyce Avenue, Halifax, passed away at home October 4. Born in Halifax, he was a son of the late Andrew William and Florence (Tidgewell) Yeadon. He was a member of Bethany United Church, Armdale, and served with the Canadian National Railway for 25 years. He was a loving husband for 56 years, and a loving supportive father, grandfather, and great-grandfather. He is survived by his wife, the former Brenda Power; daughter, Brenda (Mrs. Donald Allen), Falmouth; brother, Gerald, Clayton Park; grandchildren, Kenneth (Crystal), Christine (Reuben Dimock), Heather (Michael Miles); great-grandchildren, Donald, Tiffany, Victoria, Cadence, Violet, and Nicole. He was predeceased by sister, Dorothy Wright; brothers, William, Albert, and Robert. Rev. Jane Hallett officiated.

BURNS, Brian Stephen - 61, Williamswood, passed away October 14, at home. Born in Halifax, he was a son of the late Ernest Calvin and Helen Mary (Brackett) Burns. He graduated from St. Mary's University with a B.A. degree. He worked in the pharmaceutical industry. He was a probation officer, was in the R.C.A.F., and drove taxi. Brian was a loving husband and father. He is survived by his wife, Lynnette (Bowie) Burns; son, Stephen Bowie Burns, Williamswood; daughters, Barbra Lynn Ann Burns, Halifax; Dianna Kathleen Burns, Williamswood; brothers, Kevin

(Doreen), Portuguese Cove; Carl (Marina), Eastern Passage; sister, Helen Marianne (Hunter) Shaw, Halifax; several nieces and nephews. Father John Mills officiated. Interment was held at St. Paul's Roman Catholic Cemetery, Herring Cove.

DARRAH, Constance Grace - 93, Halifax, passed away October 14, 2003, in the New Halifax Infirmary, QEII. Born in Herring Cove, she was the daughter of the late Archibald and Elizabeth (Sullivan) Darrah. She is survived by her daughter, Ena, Herring Cove. She was predeceased by her brother, Eldridge. Father James Mallon officiated. Burial was held in St. Paul's Roman Catholic Cemetery, Herring Cove.

PELERINE, Judith Anne "Judy" - 54, Halifax, born August 3, 1949. She touched the lives of so many people and left us all too soon. It is with great sadness that we announce the death of Judy, beloved wife of David and loving mother of Jennifer (Shane Leahy), Red Deer, Alta. She passed away in the VG Site, QEII, Halifax, on October 8, 2003, after a long and courageous battle with cancer. She was a graduate of Mount Saint Vincent University in 1970. After graduation, she worked in Halifax for 11 years. In 1981, she moved to Alberta. Her first job was at the Catholic School Board. In 1984, she began her career at Suncor Oil Sands. She exceeded challenges in the office, with customers and even in the Power House shoveling coke onto the conveyors in the 1986 strike. Her philanthropy is evident through her involvement in the Employee and Family Assistance Program, teaching the Covey Leadership Program and her genuine concern for her co-workers. Judy was an avid golfer and she had a tremendous love of life. She not only loved her immediate family, she loved David's family

just as much, his parents, Stan and Lillian, her sister-in-law, Madeline (Wayne McCabe), and her niece Cynthia. She is survived by her father, James R. (Leona) Oakley, New Chester Road; mother, Shirley (Hugh) Carson, Halifax; sisters, Marilyn (Arne) Syversen, Harrietsfield; Jane (George) Lane, Whites Lake; Kim (Vernon) Long, Prospect; brother, Kevin (Judy) Oakley, Spryfield; half-sisters, Gail (Herman) Peterson, Timberlea; Joanne (John) Slauenwhite, Mount Uniacke; half-brother, Jamie Oakley, Halifax; several nieces and nephews; four great-nephews. Interment was held at Gate of Heaven Cemetery, Lower Sackville.

BLOIS, Addie Ellen - 89, Novalea Drive, Halifax, formerly of Nine Mile River and East Gore,

passed away Wednesday, September 24, 2003, at home. Born in Victoria Vale, Annapolis Co., she was a daughter of the late Austin and Laura (Marshall) Brown. She was a member of Mulgrave Park United Baptist Church, Halifax. Previous to her retirement she was employed with the R.C.A.F. Station in Beaver Bank and H.M.C.S. Stadacona, Halifax. She is survived by daughters, Norma Blois, Riverview, N.B.; Eleanor (Mrs. Hugh O'Brien), Sackville; daughter, Betty Blois, Kentville; grandsons, Grant, Gregory, Blair and Colin; great-granddaughters, Tara and Carrie-Anne. She was predeceased by her husband, William Oliver Blois; brothers, Henry and Minard Brown; an infant sister, Pearl; sisters, Ina Mackie, Hazel Marshall. Cremation has taken place. Rev. Brian Keezer officiated, assisted by Rev. Carl Price. Interment was held at Pleasant Hill Cemetery, Lower Sackville.



Donnie Strople of the Spryfield Lions Club presented a \$6,000 cheque to Nova Scotia Lions Foundation Director Peter Wallis in support of the Lions Seeing Eye Dog Program. The club raised the money through 50/50 draws at local bingos. Brenda Anderson and BJ, benefactors of the program and Krista Fahie, a bingo worker who raised most of the money. Were present at the ceremony. The club also received a recognition plaque from Gord Wallen, manager of the Dog Legacy Program, Lions Foundation of Canada.

J. Albert Walker

Funeral Homes Ltd.

**Prearranged Funeral and
Cremation Planning**

24 Hour Service

Chapel Facilities / Ample Parking

Halifax

**149 Herring Cove Road
477-5601**

five locations

**Lakeside, Seabright,
Dartmouth, & Cole Harbour**

Forest Lawn Crematorium

453-2409

**\$375.00 Cremation Retort Fee
Direct Cremation**

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

Alvina Florist

for all your floral needs

**249 Herring Cove Road
477-2564 or 477-1479**

Welcome to

**HERRING COVE
PLACE**

COMMUNITY ROOM

*where our
COMMUNITY
comes together*

**Community
Meeting Place**

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

Judy Cosgrove

477-2817

00321crc@sobeys.com

NOVEMBER EVENTS

Healthy Eating

Monday November 3, 10, 17 & 24
from 6:30 to 8:30

Gourmet Cooking

Tuesday November 4, 18 & 25
from 7 to 9 pm
Fee \$5

Kids Christmas Crafts

Saturday November 15
Come help make models for this year's
Christmas Parade

Healthy Food Display

Saturday November 8
Join Dietician Heather Barnes for some
ideas on healthy recess and snack tips

Sobeys
Ready to serve.

Atlantic superstore

Community Events

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

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

Civic addressing sessions

The City of Halifax is beginning a process to confirm and correct civic addresses throughout the Sambro Loop. While officials says most addresses will not change some may be modified or corrected so a meeting with residents of Herring Cove is being planned for Wednesday November 5 at St. Paul's Church Hall at 7 p.m.

Annual Christmas Festival

Cunard Junior High School will hold its 16th Annual Christmas Craft Festival Saturday November 15 from 9 a.m. to 3 p.m. More than 60 professional crafters will be on hand to supply Christmas gifts for the entire family.

Annual Christmas Dinner

St. James' Anglican Church in Herring Cove will hold its Annual Christmas Ham and Baked Bean Supper on Saturday November 29th from 4 to 8 p.m. Adult cost \$6 and children \$4. A sewing table and bake table will open at 2 p.m. and a social will be held at 7:30 p.m.

Baked Bean Supper

St. James United Church, Sambro will be having Homemade Baked Beans and Brown Bread on Saturday, November 29th from 12 to 2 p.m. Cost is \$5. There will be chances to win prizes, as well as a cake walk to win cakes! Everyone Welcome. For further information, please contact Rev. Anne Singer at 868-2791.

Heritage Meeting

The Mainland South Heritage Society monthly meeting will take place Thursday, November 27 at the Captain William Spry Community Centre, 7:30 pm. All welcome.

150th Anniversary Celebration

On November 30 at 2 p.m. the parish family of Emmanuel Church will hold a special service commemorating the 150th Anniversary of the parish. The service will be followed by a pot luck supper and a time of fellowship.

Soup, Crafts and Bake Sale

Emmanuel Church will hold a soup luncheon, craft and bake sale at the church hall, 322 Herring Cove Road, November 8 from 11 am to 2 pm.

Website Workshop

A workshop on website hosting will be held Tuesday, November 18, from 9:30 to 11:30 am at St. Paul's United Church, 173 Old Sambro Road. This is a follow-up workshop for community groups to develop their own websites. For more information and to register for this free workshop, please call Linda Roberts at 479-4487.

Residents Meeting

The Spryfield Residents Association meets the 2nd and 4th Wed. of each month at the Captain William Spry Community Centre. Spryfield needs your support.

Heritage Society Meets

The next meeting of the Mainland South Heritage Society will be held Thursday, Oct. 30th at 7:30 pm at the Captain Spry Centre. Pauline Rafuse and Carolyn Mont will be on hand to talk about two former schools, Holly Drive and B.C. Silver. All welcome.

Museum Meeting

The Urban Farm Museum Society will meet on Monday, October 6th at 7pm in the Multi Service Room at the Captain William Spry Community Centre. Everyone Welcome.

Legion Notes

The following events will be held at the Earl Francis Memorial Legion in November:

- Bingo - Sundays beginning at 1 pm - doors open at noon;
- Senior's Day - November 3, with Newfie George at 1 pm;
- General Meeting - November 18 at 7 pm;
- Karaoke November 8 from 9 pm to 1am;
- Darts Nova Scotia Merchandise Bingo November 23, doors open at 6 pm and bingo starts at 7 pm;
- Elizabeth Sutherland Merchandise Bingo - 6 pm

Library Happenings

All ages Puppet Shows
Captain William Spry Library alternate Saturdays 11 a.m. 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 8 The Mysterious Egg and November 22 Moe's Cold.

PreSchool Drop In

On Tuesdays, November 18 and 25, preschoolers accompanied by an adult are invited to drop by the library for songs, stories, singer plays, rhymes and crafts at 10:30 am.

Children's Reading Support

Tuesdays to Thursdays - 3:30 - 7:30 p.m. & Saturdays / 10 a.m. - 2 p.m., Capt. William Spry Library 490-5734.

Reading Support Volunteers Needed

Do you love reading and enjoy the company of children? If you are 18 years or older, these are the only qualifications you need to become a reading support volunteer. Each volunteer is given an orientation session which deals with the practical and philosophical aspects of the program. Share your love of reading with a child. For more information, call Dorothy Minaker at 490-5734.

Adult programs:

Book Discussion Group for Adults
The Captain Spry Book Discussion Group meets the third Wednesday of the month and is a great way to meet new people and share in the enjoyment of good books in an informal, relaxed atmosphere. Be ready for an hour and a half of animated discussion and a lot of fun. Books for discussion are a mixture of genres, decided upon by the group. For more information call Scott Taylor at 490-5774. On Wednesday, November 19 at 7 pm it will be In The Skin Of The Lion by Michael Ondaatje.

English Language Training Program

Wednesdays 10 a.m. - 12 p.m. & 2:30 - 4:30 p.m. Wednesdays and Thursdays. The Captain William Spry Public Library offers an (English Language Training) ESL program, and provides a comfortable meeting space to work one-on-one with a tutor. Register at any time for this free program. For more information, call 490-5715.

Tutoring in Reading, Writing and Math for Adults

Tuesday to Friday from 9:30 a.m. -12:30 p.m. and Fridays from 9:30 -12:30 p.m. and 1:30 - 3:30 p.m. At the Capt. William Spry Library. There is no fee for this program, and registration is ongoing. For more information, please call Kendall Murphy at 490-5734.

Chebucto News Business Directory



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

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

Firewood

As low as \$100/cord
cut-split-delivered on pallet
477-1392



MacLeod's Auto Service

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

Monday to Friday 8 am - 6 pm
477-4682 / 431-2886

Nickerson's Flooring

Show Room

265 East Pennant Road - 868-2281

We sell and install
Specializing in repairs of all kinds
868-2281

SHINE TIME CARWASH

Come try our flavoured soaps
& pick from 22 vending items
35 Herring Cove Road

Spryfield Ultramar & Rust Check

169 Herring Cove Road
479-1883

2 LICENSED MECHANICS
MAJOR & MINOR REPAIRS
MVI • Propane • Full Serve

Spryfield Denture Clinic

Service direct to the public
Melville Professional Centre
15 Shoreham Lane
479-2453

STEVE MURPHY'S AUTO SERVICE

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

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



The Annual St. Michael's Roman Catholic Church Fall Fair went off without a hitch again this year. In the flea market section Mona Hanna McDonald, Catherine Billard and Carol Allen guard the tables coaxing customers into buying their wares.

• To Book Your Ad Space Call 479-NEWS •



SCRATCH & SAVE

UP TO 50%

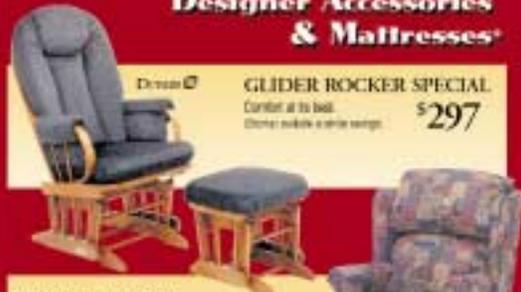
ON NOW!

Sale ends Nov. 8

On all
Home Furnishings,
Designer Accessories
& Mattresses*



CONTEMPORARY HI-BACK SOFA
Enjoy the hi-back comfort, covered in a neutral wash resistant fabric.
(Some models at extra charge) **\$897**



GLIDER ROCKER SPECIAL
Comfort at its best.
(Some models at extra charge) **\$297**



FRESH CONTEMPORARY STYLING
Bedroom set in a rich Sierra finish on solid wood.
Set includes 42" headboard, dresser, mirror & one night table. **\$1497**



WING RECLINER
Classic and Elegant high leg styling.
(Available in wide selection of fabrics) **\$697**



SPOIL YOURSELF!
Leather seating recliner features massage and heater. Full range of colors. **\$847**

The Sleep Centre

30 DAY COMFORT GUARANTEE

Love Your Next Sleep or We'll Take it Back!

Each and every one of our mattresses is guaranteed to give you the best sleep you've ever had or we'll take it back!
(Visit us in-store for full details.)



CHARMING DINING ROOM SET
Set includes: table, four side chairs & two arm chairs. **\$1357**

HALIFAX COUNTRYWIDE

Home Furnishings & Appliances

531 HERRING COVE ROAD, HALIFAX, N.S.

5 km from the Armdale Rotary

(902) 479-4448 www.countrywidefurniture.com



The VALUE keeps on getting better!