

# Chebucto News

Vol. 5 • No. 6 • September • 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**



## 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 5  
Saturday - 9 to 3

**479-2929**

Call Wyatt D. Redmond

## K.N. Umlah Insurance

AGENCY LIMITED

• 181 Herring Cove Road • 477-2511 •



New Principal of J. L. Ilsley High School Terry Quinlan, goes over a few setting up details with Vice-Principal Mike Cadue, during meetings before the school season starts this month.

### Students can create magic

## "I've been blessed with a very special staff" - Principal Quinlan

By Laura Pellerine, Staff

In the late summer of 2000, Terry Quinlan walked through the doors of J.L. Ilsley High School as its new vice-principal and felt like she'd never left. "It was like coming home," Quinlan says. But this year, she will now be entering those doors as its new Principal.

Quinlan's teaching career actually began at Ilsley in 1975. Although she was a rookie Biology teacher, she says the "more experienced" staff took her under their wing and made her a part of the Ilsley family. "I remember doing hall duty with Paul Puma," recalls Quinlan fondly. "We all used to have a lot of fun." It was this sense of spirit and memories in the biology lab that made Quinlan want to return to J.L. after many years of teaching in various schools across HRM.

"Even though I was only there for one year I always remembered it as such a happy place to be," Quinlan says. "When you go to J.L. you always want to come back."

So when former Principal Michael Nee announced his retirement at the end of last semester, Quinlan decided to try her hand at the job. After being Vice-Principal for the past three years, Quinlan says she is up for the

challenge. And there are many. This fall the school will be undergoing an array of changes including a new Principal, 14 new staff members, and implementing a French Immersion program.

Despite the great alterations that could be daunting for any school Principal, Quinlan is optimistic. "You have to take advantage of opportunities to grow," she says, already aware that J.L. Ilsley will grow indeed this year.

With 900 or so students enrolled this year, a more diverse curriculum, and a performance centre underway, J.L. will be broadening its horizons. After last spring's AIMS results, ranking the school below other provincial learning institutions, Quinlan says her biggest responsibility is to bring student achievement levels up. But that shouldn't be difficult. "I've been blessed with a very special staff," Quinlan says with appreciation. "And once students are in a classroom they can create magic."

For now, Quinlan is determined to carry on the J.L. legacy. "I think of a close-knit family where the doors are always open and where there's a strong history of great dynamics. I want to keep that spirit alive," Quinlan says. "It's a great place to be."

## Any future "Loop" bus service will be "driven by demand"

Bus service, with as many as eight trips a day, could start along the Sambro Loop as soon as late spring or early summer of 2004 says a cautiously optimistic Councillor Stephen Adams.

The Councillor, who has been working on trying to provide the service for almost two years now, says he has another meeting with Metro Transit officials next month to try and iron out the details of what is involved. Items for discussion are the number of daily trips, what times, what routes and, most importantly, whether or not Metro Transit actually has a bus can be found for the service.

At Present, the number 20 bus travels the Herring Cove Road as far as Lancaster Avenue in the Churchhill Estates subdivision. After winding its way through the subdivision and back to Hebridean Drive, the bus turn left and heads back toward Spryfield. At the other end, the number 14 bus travels along Rockingstone Road to Leiblin Drive. The service turns around at Juniper Crescent and heads back to Spryfield. At both ends, the Sambro Loop receives no service at all.

If the Councillor has his way a service will be provided with at least four morning trips and four afternoon trips. "My vision is for a bus to extend from Lancaster Avenue, travel around the Loop, through Leiblin Park, up Old Sambro Road to Dentith and back along Herring Cove Road to Lancaster," he said, suggesting the service would give people access to the business district and the Captain William Spry Library and Community Centre as well as direct connection to existing Metro Transit bus routes. He said the idea would be that the usual number 20 bus would maintain its existing route and schedule as far as Lancaster Avenue.

But at this point there is nothing cast in stone and everything is a matter of negotiation. First and foremost, Adams says his meetings with Metro Transit will determine costs, routes and schedules and whether or not a bus is available. "I've asked for it in next year's capital budget," he said not wanting to speculate on the possibility of his success.

Once that information has been gained, he said, there will be a requirement to discuss the opportunity with residents in the communities and make sure the service is both wanted and needed. He says city financial staff has estimated that the cost would be in the neighbour-

hood of \$40 per \$100 of assessment for the serviced area. "We have to determine the acceptability of the package first," he said, suggesting that the blow may be softened since, under the new city tax structure, many residents in the rural area of the district enjoyed a tax reduction this past year of about

see "Bus service" pg. 2

## "Albert Walker Drive" to be commemorated

This will be the tenth year for the J. Albert Walker Memorial Slowpitch Ball Tournament, but more than the usual will go on during this year's event.

The September 13 and 14 tournament, which has for the last ten years drawn between three and four hundred people to the J. Albert Walker Memorial Ballfield at the top of Cowie Hill for round robin and play-off competitions, will include an unveiling ceremony of a street being named in honour of the former city councillor and longtime Spryfield businessman.

Tournament organizer Danna Walker, a daughter of J. Albert, said "Dad had worked for a long time to connect St. Margaret's Bay Road to the Northwest Arm (Dunbrack Street) to facilitate a traffic route to Spryfield. This is the tenth Annual Ball Tournament we've held in recognition of his contribution to the sports field at Cowie Hill and we thought this would make a great addition to our program."

Walker said the usual ten teams will vie for the Walker Memorial Ball Tournament Trophy that weekend. But in the middle of the event, beginning at 1 p.m. the players will be asked to walk to the intersection of the Northwest Arm Drive and the Stone Ridge Park development for an official unveiling of Albert Walker Drive to commemorate Walker's efforts to create a connection between Timberlea and Spryfield.

She said the Walker family has been working with Halifax Regional Municipality Offices for several months preparing for the dedication. She anticipated a number of officials, including Councillors Adams and Mosher, MLA Michele Raymond and others would be on hand for the ceremony.

## Maybe it comes down to determining a definition for the word "fix"

At the north end of River Road, just across the fire road right of way leading alongside the McIntosh Run, there exists a foot bridge that is not only causing concern for literally hundreds

of pedestrians every day but which must be, or should be, giving the City of Halifax fits.

With September on the doorstep and



This very popular foot bridge across McIntosh Run has been dangerous since early spring but the city has only managed to attempt to keep people from using it.

of pedestrians every day but which must be, or should be, giving the City of Halifax fits.

The bridge, an approximate five foot wide concrete structure, has become since its establishment heaven knows how long ago, a favorite travelway for pedestrians heading to Herring Cove Road from as far south as the trailer park behind Sylvia Avenue.

Heavy rains in March this year didn't quite destroy the bridge, but its rusted iron carrying beams broke away from the concrete platform under the pressure of a severely flooded

school about to start the bridge, used by literally hundreds of J.L. Ilesley High School students traveling to and from school and just as many elementary students heading toward Central Spryfield School, has yet to be repaired.

But since March however, officials from the city have arrived on two occasions. The first time, round steel tubes were welded across the top and bottom and "criss-crossed" at both ends of the metal handrails to prevent

people from crossing the Run. And just recently, early in August, officials arrived again, this time to weld tall (about seven feet high) spiked iron gates to both ends of the walkway to once again prevent access.

After the first visit, locals took about two months to smash off the welded tube barriers, apparently finding it easier to scramble over them than actually trying to remove them.

After the second visit, it took locals less than 48 hours to completely rip the tall, spiked iron gates away from the steel handrails and deposit them every so gently in the McIntosh Run the bridge spans.

In conversation this week Councillor Stephen Adams said he was told by city staff the bridge had been fixed. "If you're telling me it hasn't been, that annoys me," he suggested



Lifeguard Sonia Gilroy, who helped these kids build a sand boat, finished service August 27, and will likely be missed by her fellow beach goers including Grace, Leslie, Ross and Aly Barnhart, May Vanderzweg, Christopher McKenna, Bailey Hart and Taylor Dempsey.

## Bus service

*continued from pg. 1*

\$100 "so there may be potential room to afford a service."

And he said it is important for the residents to take stock of how much the service will be used. Once implemented, he said, the service would run for a trial period to determine its usage. "People often say they use the buss all the time but we have to know whether that means once a month, twice a week, daily or whatever," he said. He hopes the trial period will last for at least a year "to give us a reasonable indication of use. Ridership will determine the schedule and future. It (the bus service) will be driven by demand," he said.

"I'm working on the logistics with Metro Transit," he said. "I only want to serve members of the community who don't now have a bus."

## Winners

The Halifax Countrywide Furnishings outlet on the Herring Cove Road held a "Party Extravaganza" last month, offering customers some pretty significant prizes.

Among the winners were Kevin Comeau who won a Glider Rocker, Sharon Poirier who won two oak stools, Shirley Martin who took home a Greenbrier queen size mattress and box spring, Don Strophe who won an Elran Recliner, and Tracy Allison who will benefit from a new Hotpoint dishwasher.

## Be Prepared... Before Disaster Strikes!

Metro Home Inventory located in Halifax has launched a new service for home and condominium owners.

The Professionals in Documenting Personal Property can provide you with a VHS video, digital photographs and a written record of your home and contents.

100% confidentiality guaranteed!



**Metro Home Inventory**

Contact Shawn Murphy today for complete details  
(902) 476-5552 Email: mhi@eastlink.ca

## Chebucto News

**Publisher & Editor:** Reg Horner

**Circulation:**  
12,000 copies  
Agent: The Halifax Herald  
Printer: The Daily News

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.

© 2002 Chebucto Publishing Inc.

# Long Lake Provincial Park Management Plan under construction

The Long Lake Provincial Park (LLPP), 5,000 acres of land stretching from Cowie Hill to beyond Goodwood set aside by the provincial government in 1984, is going to have directions set soon as the Department of Natural Resources (DNR) and the LLPP Association are beginning to work on a Management Plan.

This year six graduate students of Professor Martin Willison's School for Resource and Environment Studies at Dalhousie University created the "Long Lake Provincial Park: A Management Plan

Framework" which will be used as a basis to create a comprehensive park management plan in association with DNR officials.

This year's work follows on the heels of a 1992 study titled "Long Lake Provincial Park - A Forgotten Gem" and a 2001 report titled "Visitor Use of Long Lake Provincial Park."

The Association was incorporated under the Societies Act as the "Spryfield Long Lake Provincial Park Association" in 1987 to advocate and assist with the development of the park and to promote and assist in the protection and conservation of the natural resources

of Long Lake. The Association dropped its Spryfield reference from its name in 2002.

As part of the management plan, information will be collected from ecologists, geologists, historians, biologists, park planners, outdoor recreation specialists, other resource scientists and members of the public. Questions raised will consider whether or not the Park should be intensively developed or left in a relatively natural condition.

When completed the plan will identify the

most appropriate management option and how it can best be achieved. The planning process will also provide for public review and comment to help ensure that all views are considered.

DNR management plans for its provincial parks are intended to guide decisions and actions necessary to support the vision and role of individual parks within the larger provincial park system.

# Stoneridge project changes

United Gulf Developments Limited received Chebucto Community Council approval this month to increase the density of two multi-unit sites by 25 per cent.

The company asked council to alter the existing development agreement first approved in 1990. The original agreement allowed the company to include areas of commercial use in two condominium projects within the development, a circumstance neither the company nor local residents were interested in pursuing.

The application change requested by the company was to increase the density of both projects, adding 19 units in one and 32 in another, to use up the previously approved commercial space for residential use. The company also decreased the allowable height of at least one of the buildings from 12 stories to only ten.

A handful of residents appeared at council

to question the change but most appeared satisfied that the change was acceptable so long as it did not increase the allowable "26 persons per acre density" approved under the existing agreement. A spokesman for the company said the overall project density would not change suggesting there would be corresponding decreases in other areas.

Other issues surrounding the project included a traffic problem evident on Withrod Drive, one of only two exits from the development, the lack of traffic lights at the intersection of Walter Haville Drive and Osbourne Avenue and no concrete plans for transit service for the new development which fronts on Dunbrack Street.

In answer to a concern about park areas for the subdivision, the company spokesman said there are ten plus acres set aside around Hail Pond where a trail will be developed.



Spryfield Lions Club Member Victor Eisan and Armdale Fairview Rockingham King Lion Clyde Paul mix batter for the annual Lions Club Breakfast held every Natal Day at Grand Parade.



## Fall 2003 Catalogue

**Fall 2003 Recreation Catalogue**

If you do not receive your copy of our Fall 2003 Catalogue by August 15th, please drop by the Captain William Spry Community Centre or the Chocolate Lake Community Recreation Centre.

You may also view our Fall 2003 Catalogue on our Web site at <http://www.region.halifax.ns.ca> starting August 14th.

Captain William Spry Centre	479-1111
Chocolate Lake Centre	490-4607
District 18 Programs	479-4485
Adventure Earth Centre	490-4539



**Register NOW for  
Fall 2003 Programs**





**Dr. Elaine Carey's Dental Practice**  
will be closed for renovations from  
September 29 to October 13.

Re-Opening October 14  
with extended hours of operation.

*Dr. Elaine Carey - Dr. Sura Hadad*

HOURS - Monday and Friday 9-6  
Tuesday, Wednesday and Thursday 9-7

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

## Mrs. P's

### HOMESTYLE BAKERY

Where home-style baked goods  
meet home-style handmade crafts

336 Herring Cove Road, Halifax, Nova Scotia  
**(902) 479-1293**

OAT CAKES... OUR SPECIALTY

**DISCOVERING OUR PAST**

## The Yeadons - One of Spryfield's pioneer families

by Iris V. Shea, Historian  
Mainland South Heritage Society

The Yeadon name first appeared in Nova Scotia in 1783 when John Yeadon, a young and inexperienced farmer from Yeadon, a town northwest of Leeds in Yorkshire, England, purchased land in Rawdon, Hants County. His wife, Elizabeth, and three of his four children disappeared from Nova Scotia records. The Yeadon name lived on, however, in his son, William (1795-1849).

John Yeadon died in Rawdon in 1834. William Yeadon was born in Rawdon but spent his teenage years on a farm in Harrietsfield. Following his marriage to Elizabeth Drysdale in 1818 at St. Paul's Anglican Church, Halifax, William and Elizabeth Yeadon lived in the Drysdale homestead near Brookside, Halifax County. Their three daughters, Elizabeth Drysdale, Mary Ann and Charlotte Jane, were born there. By 1827, the Yeadon family had relocated to Rawdon where their two eldest sons, William Drysdale (1827-1909) and John George (1829-1885), were born. Two more sons, James Charles (1832-1884) and George Greaves (1835-1904), were born following their move to the Herring Cove Road.

In the Novascotian, 27 June 1839, Joseph Howe wrote of his excursion to St. Margaret's Bay, "up the hill beyond the North West Arm, a little on this side of Yeadon's, the only settler who ventured to rear his log house between the Head of the Arm and McIntosh Bridge."

William and Elizabeth Yeadon built their Herring Cove Road homestead about 1832 on part of Captain William Spry's grant. The actual purchase, however, of 771 acres from the George McIntosh estate, was not finalized until 1846, three years before William's death at the age of 54 years. His wife Elizabeth died in 1873 at the age of 83 years. They were buried on their own land, now the Yeadon Cemetery on the Herring Cove Road.

Of their three daughters, the eldest, Elizabeth Drysdale Yeadon, married James McIntosh Drysdale of Greenhead, near Goodwood. The Piercey family descends from James and Elizabeth Drysdale. Mary Ann Yeadon married John Gray of Sambro and moved to the area near Prince's Lodge where the family farmed and quarried on their own land. Charlotte Jane Yeadon married Benjamin Umlah of Goodwood and established a farm at Fose's Hill in Harrietsfield. During the 1870s they moved to Cunard Street in Halifax where they owned and operated a grocery store. (Their two granddaughters, Maggie and Jessie Umlah, operated the farm at Fose's Hill until the 1950s, taking their produce by horse and wagon to the Halifax market).

William Drysdale Yeadon, the eldest son of William and Elizabeth Yeadon, was the only son who remained on the homestead property in Spryfield. He married Mary Anne Umlah of Greenhead and raised a family of four boys and three girls. William established a thriving granite quarry on his land in Spryfield. Before his death in 1909, William Drysdale Yeadon divided his quarry property among his three sons, Amos, Andrew and Isaac, all experienced stonecutters. Some of their descendants continue to live on part of the original Yeadon land in Spryfield.

John George Yeadon moved to Brookside,

Nova Scotia and married Mary Ann Drysdale of Goodwood. Some of their descendants continue to live in Brookside. James Charles Yeadon settled in Harrietsfield, on a farm near Henry Lake. He married Ellen Thomas, the adopted daughter of Andrew Gebhard of Dutch Village. George Greaves Yeadon married his sister-in-law, Jane Umlah of Greenhead. They lived in Brookside and in Halifax before retiring to Greenhead. The Havill family descends from George and Jane Yeadon.

When local jobs became scarce during the 1920s, many Yeadon family members moved to the eastern United States and to other provinces of Canada to work in the factories and quarries.

The Yeadon quarries in Spryfield helped support the local economy for close to one hundred years, providing work for local families and for four generations of Yeadons.



Jennie Yeadon, daughter of George G. Yeadon and Jane Umlah, with her husband Frederick Moore Havill in 1889.

Granite from the Yeadon quarries may be seen today in the wall of the Grand Parade, in Customs House, and in monuments and storefronts in Halifax. Yeadon Avenue off Colpitt Lake Road is located on part of William and Elizabeth Yeadon's original 771 acres.

On Saturday, September 13, 2003, at the Yeadon cemetery on the Herring Cove Road in Spryfield, a monument will be unveiled and dedicated to the memory of William and Elizabeth Yeadon and their descendants. The ceremony will begin at 1:30 PM with a reception to follow at City Church, next to the cemetery. Thanks to the perseverance of 79 year-old Edison Yeadon, the great-great grandson of William and Elizabeth Yeadon, this fitting tribute to one of Spryfield's founding families will finally happen.



TOTALLY  
CREAMY  
TOTALLY  
COOL

\$1.59  
plus tax  
small

Tim Hortons

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

**MANDARIN KITCHEN RESTAURANT**  
 樓 華 文  
 189 HERRING COVE ROAD  
**477-5696**  
 ★ Fully Licensed Dining Room  
 ★ Air Conditioned  
 ★ Free Parking

**Since 1973**

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

**LUNCH SPECIALS**

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

**CANADIAN SPECIALS**

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

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

**Spryfield Tims first in Metro**

**30 years and hard work can make "an overnight success" of anyone**

By Akiko Lovett, Staff

Tell anyone today that they can have a Tim Hortons coffee shop, one of the most successful franchises in North America, and it would seem that something very special has landed in their lap. But that's only after years of hard work building the company, not the way it was when the first franchise hit Metro almost 30 years ago.

But if it's hard to get modest people to talk about themselves and their achievements, Sandy and Bev Shearer are proof that modesty is a quiet trait. Never mind that they've served the city and thousands of people with their morning caffeine fix for nearly 30 years, or that they've given endlessly of themselves to the communities they've served. They're just doing their job, they say.

Sandy and Bev moved from Toronto to Nova Scotia in 1975. It was then that they opened Halifax's first Tim Horton's - Store #53 - in Spryfield. While that was the location they were given by the company, they say they couldn't have hand-picked a better community to start in.

"It was tough at first," says Bev. "It took awhile to get into the community, but once they knew us, they became very loyal."

In fact, patrons became so loyal to the Spryfield Tim Horton's that even when others popped up around the city, it remained one of

the busiest. And Bev says employees at the Spryfield Tim Horton's today make more tips than other fellow employees around the city.

Perhaps that loyalty is what makes Sandy and Bev so dedicated to the community. Over the years they have built their enterprise of Tim Horton's stores up to six. But when it became a little too much, they sold three of them. Two located on Quinpool Road and one found in Scotia Square.

"We held onto Spryfield though," Bev says. "We felt more at home there. That's where we started and that's where we'll end."

But Sandy and Bev have no plans to retire anytime soon. Not unless their son Sean takes over the business when he's finished university. It's a family business and that's the way they like to keep it. Even today, Sandy still does the accounting for all of the stores, and it's not uncommon to see him doing pickups and all the unloading himself.

When Sandy and Bev first started out, they did everything themselves. Bev worked the night shift on the front counter and did all the cleaning while Sandy did the baking on top of taking care of all the finances. "It's a tough business," says Bev. "It's really quite a grind."

But the hard work paid off and Bev says it's given them a greater appreciation for their employees. But not all of their employees know this. "One time a customer came in for a fancy doughnut," Bev says. "Everyone was

busy so I got behind the counter and made it. It shocked one of the girls," she says, suggesting she feels it's important to let her employees to know she understands what it takes to serve all of those customers every day because she's been there.

Today Bev and Sandy have a little more leisure time than when they first started out. They often get to escape to their cottage where Bev likes to practice her interior decorating skills. And Sandy has taken up racing horses, something he's always loved.

Bev says she's grateful for the support they've gotten from the community and now it's her turn to give back. She spends a lot of her spare time volunteering at Rockingstone Heights School and contributing to the many community initiatives of the Halifax Regional Municipality TDL Group members including Timbits Sports, Backpacks for Kids, food drives, Camp Day, the anti-litter campaign and other programs.

This year the couple had to make a hard decision. They have to move their Spryfield Tim Horton's. They wanted to expand and offer drive-through service so they've had to move to Osbourne Street off Dunbrack. But while their first store ever will be no more, the memories are still there. And they'll still be serving the community they respect so much. "We've got roots there now," says Bev. "We're not going anywhere for a long time."

Captain Spry Fitness Club

*Spry for Life*

*Come Ride the Fitness Wave*

**"Spryfield's best kept secret!"**

*commented one gym member*

**Enjoy the many benefits of membership at very reasonable rates - Day passes only \$8**

**Equipment Includes:** treadmills, elliptical crosstrainers, olympic-standard smith machine, weight stack strength machines, dumbbells, stability balls and more.

**Membership includes:** 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.

**Did you know that 63% of Canadians are not active enough to achieve the health benefits they need from physical activity?**

**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.

or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer.

People who are inactive face a greater risk of premature death, heart disease, obesity, high blood pressure, adult on-set diabetes, stroke, depression and colon cancer.

It's never too late to benefit from activity. Let us help you with your personalized physical activity plan!

Physical activity is an investment in your health and quality of life. In older people physical activity helps delay

**Call 477-7665 (477-POOL) to inquire about our membership plans**

Conveniently located in the Captain William Spry Community Centre



# Say good-bye to the "frizzies" and welcome straight, smooth hair

By Meghan Stewart Staff

"The difference ranges from touching a brillo pad to running your hand along a sheet of silk. It's amazing," stylist Mae Hogg explains from the station at Cuts of Class where she has worked for the past four years.

For the past three months, the salon has been offering thermal reconditioning. It is an expensive chemical treatment that takes 4 to 6 hours to complete and requires high temperatures to be effective. But the results are drastic and long-lasting. Thick, nappy, frizzy curls can be transformed into a sheet of smooth, conditioned, shiny, straight hair.

"The staff were very excited about it. I was skeptical," comments Cuts of Class owner Sandra Martin. The American news piece she saw on thermal reconditioning last Fall barely registered because so many inferior hair relaxants already exist.

"Typically when you relax hair, it feels dry, even dead," says Martin. "But after this procedure the hair feels smooth and looks shiny. It really is healthy hair."

Hogg says thermal reconditioning, which alters the makeup of your hair with ionically charged particles, is adapted from a Japanese hair straightening system. In Japan, the ideal is to have sleek, straight hair and it is an ideal that has been spreading throughout North America. This new hair straightening procedure gained a high profile in the States, especially after movie stars such as Nicole Kidman and Julianne Moore had it done.

The treatment, which must be done with a product line called Thermal Ionics, has been available in the United States since 2002. Cuts of Class is the first salon in HRM to offer it to their customers.

Martin says the demand is so great the shop maintained a waiting list of people who wanted to be involved in the in-store demonstration Martin and her employees undertook to be sure the procedure worked and could be endorsed by their salon. After the success of the demonstration, the calls for hair straightening appointments have been coming in steadily.

The complete change the hair undergoes during this procedure is matched only by the extreme reactions of the people who experience it says Martin and Hogg. "When it's all

over, people will cry, laugh or hug us, they're just so happy," Hogg says with a smile. "When they walk out of here, it seems like they're strutting across a catwalk. It gives them a real boost. It's moments like those that make it worthwhile."

Hogg stresses the fact that, if you do get your hair straightened, you are still able to style it and curl it once the treatment is given a few days to set.

Thermal reconditioning is a lengthy and

permanent procedure, so Cuts of Class offers an in-person consultation beforehand. Those interested in the treatment come in, watch the video news piece and have their questions answered to help make sure that they are an appropriate candidate for the procedure.

The treatment lasts six to eight months before the hair grows a few inches and needs to be maintained. For more information or to book an appointment, call 477-7351.



**Cuts Of Class**  
*Hairstyling, Esthetics, Sun Tan Solarium*  
 If your hair is not becoming to you - you should be coming to us.

**Make Your "Back To School" Special**

Shampoo, Cut & Style \$19.99	Waxing 10% Off	Ten Foils & Cut \$50.00
---------------------------------	-------------------	----------------------------

**WE SPECIALIZE IN thermal straightening**

NOW YOU CAN HAVE THE PERFECTLY STRAIGHT HAIR YOU'VE ALWAYS DREAMED ABOUT!

- PERFECTLY STRAIGHT HAIR
- SOFTY BUT TO TOUCH
- BRILLIANTLY SHINY
- LASTS 6-8 MONTHS
- PERMANENTLY STRAIGHT

335 Herring Cove Road  
**Appointments - 477-7351**

CALL FOR A CONSULTATION TODAY!

**Just Moved?**

Call Jackie Whitaker, 477-1507

**WELCOME WAGON**  
SINCE 1930

*Bringing gifts and greetings, along with helpful information about your new community. Armdale to Sambro.*

The Chebucto News is a Welcome Wagon Sponsor

**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.

---

Sunday September 21st SUPER BINGO  
 14 games @ \$300  
 5 specials @ \$400

---

**5 Special Games at \$300**  
**Building Bonanza**  
**Building Loonie Pot**  
**Second Chance Game**  
**Last Sunday of each Month**  
**\$400 ticket draw**

---

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

# BINGO

License # AGA-113771-02

# Sambro Guide receives Lady Baden-Powell Award

Kassy Gilkie, a Girl Guide with the 1st Sambro Guides (Shore District, Halifax Area), has earned and received the Lady Baden-Powell Award for her dedication to the Guiding movement and her contributions to community service.

The Lady Baden-Powell Award is the highest award a Girl Guide can receive. Recent community service projects Kassy participated in included donating needed supplies to a local women's shelter and participating in a local street clean-up project, all at her own initiative,

not to mention participating in countless other activities too numerous to mention.

Congratulations go to Kassy Gilkie from her Unit Guiders, Leslie Harnish and Sherrie Gilkie, the Shore District Commissioner, Carol Scallion, and the Halifax Area Commissioner, Kathy McKay.

Interested persons who want to "take the opportunity to touch the life of a girl" should seek more information on Guiding in the Shore District by contacting Carol Scallion at 477-3665.



Kassy Gilkie

# Be prepared for insurance needs

A local company, Metro Home Inventory, owned and operated by Shawn Murphy, gives residents appropriate information when dealing with their insurance company in times of stress.

MHI provides a professional home and business property inventory to the homeowner, condominium owner or renter. Insurance companies strongly recommend thorough documentation to ensure a maximum claim in case of fire, theft or disaster. The service includes a VHS tape of the outside of the home as well as every room inside. The package includes digital photos stored on CD and a photo printout of your collectibles, antiques, jewelry and furniture and a written record of each item of value including serial and model number. At the client's request, MHI is able to store off site, a duplicate copy of your inventory. For more information contact Shawn at 476-5552 or email MHI@eastlink.ca



**Try our Challenging and Fun Course**

## BRIARWOOD

PAR 3 GOLF COURSE

**2400 Yards of Pleasure**

**Public Course**

**Everyone Welcome**

647 1/2 Herring Cove Road

Phone 477-4677

## Find Out What Your Home Is Worth On-Line

[www.HalifaxHomeEvaluation.com](http://www.HalifaxHomeEvaluation.com)

Roy Thomas Sutton Group Professional Realty

## Captain William Spry Community Centre Fall Fitness Classes for 2003

<b>Over 40 Fit</b>	Monday 1 to 2 pm Wednesday 1 to 2 pm Friday 9 to 10 am	(\$23 for 10 classes) Instructor: Carolyn (\$23 for 10 classes) Instructor: Carolyn (\$23 for 10 classes) Instructor: Carolyn	
<b>Women's Strength Training</b>	Tuesday 1 to 2 pm Thursday 1 to 2 pm	(\$23 for 10 classes) Instructor: Marilyn (\$23 for 10 classes) Instructor: Carolyn	
<b>Get Strong</b>	Tuesday 5:30 to 6:30 pm	(\$28 for 12 classes) Instructor: Theresa	
<b>Women's Interval Training</b>	Tuesday 6:30 to 7:15 pm Thursday 6:30 to 7:15 pm	(\$23 for 10 classes) Instructor: Libby (\$23 for 10 classes) Instructor: Libby	
<b>Yoga</b>	Sunday 6:30 to 8 pm	(\$44 for 10 classes) Instructor: Daina	

*New!!! Interval Training For Women*  
Resistance tubing, hand weights, step and boxercise combine in a fun and highly effective muscle building and calorie burning class.

**All classes start the week of September 22, 2003**

Membership to the Captain Spry Fitness Club is not necessary to take these classes.  
However, Fitness Club members do receive 50% off most classes.

**For more information call 477-7665**




Supporting Your Community

# ROYAL CANADIAN LEGION

**Earl Francis  
Spryfield Memorial  
Branch 152**



WE CARE

# Police integration will make for better service throughout HRM

By Akiko Lovett  
Staff

Very soon, no matter where you live in HRM, you'll be protected by both the Halifax Police and the RCMP. That's because the two separate entities of police enforcement are joining forces to integrate policing services in their effort to provide the best service possible to this growing amalgamated city and its residents.

## "City Watch" about making residents and communities safer

By Akiko Lovett  
Staff

Imagine picking up your telephone and hearing an automated message from the police - a warning that something is going on in your neighborhood right that the moment. That's exactly what's possible with "City Watch," a city wide initiative involving the RCMP, Halifax Regional Police, Fire Services, the Water Commission, and EMO.

"City Watch bridges the gap between the community, the police and other emergency services," says RCMP spokesperson Peter Marshall. "When something happens, we need to get the information to the public as fast as possible."

City Watch is a computer-based system that gives police the capability to send out an automated message to as many people around the city as they want. It's a data base that includes the contact information for citizens and businesses around the city.

"When I get information about an incident or happening," says Marshall, "I go into the computer, choose the code I need to contact residents and businesses in the appropriate area and then do so with a telephone voice message."

That means if a robbery takes place in a given neighbourhood, police can contact all residences in that area to inform them - with just one phone call. Marshall says while City Watch is about increasing safety for people in HRM, it's also about helping the police solve

"It's simple," says Deputy Chief Chris McNeil, of the Halifax Regional Police. "The more we work together, the more we can achieve, the more effect we'll have on public safety."

Deputy Chief McNeil is looking forward to the integration, which is already well underway. He says it's something the city definitely needs. One of the first changes to take place is police and RCMP will join all of their specialized units together, such as homicide, sexual

assault, drug investigation teams and so on.

"Any crime that takes place will be a joint investigation from the start," says Superintendent Vern Fraser, RCMP. "We'll be drawing from all kinds of expertise and areas of intelligence."

Superintendent Fraser says right now the city has a wide variety of expertise between the RCMP and the Halifax Police and by working together, crimes will be solved quicker.

One of the main goals of the integration is to have a joint dispatch system, which should be established in the next 2 years. This will give RCMP officers and Halifax police officers sharing patrols all around the city. There will be no boundaries as to where they can patrol. "The reality of it is that if you and your family are in danger," says Deputy Chief McNeil, "you don't care what colour uniform comes to help you."

And those are the exact sentiments of councillor Steve Adams. He says that over the last few years there have been problems with response times in that portion of his District 18 known as the "Sambro Loop." It's an area that is under Tantallon RCMP jurisdiction while Halifax Police Office patrols in all areas surrounding it.

"People complained that they were waiting up to an hour and a half for the RCMP to come to them," says Adams. "Even for emergencies, there was still a 15-20 minute wait."

But Adams says he's happy to hear there will be more patrolling in the area now. "I want people in that area to get some good policing," he says, hoping the new system will

give people "confidence that when they call for an officer they'll get one."

Superintendent Vern Fraser says that's exactly what they'll get. "It's an idea that's really overdue," he says. "We need to take any chance to provide betterment to the community that we can."

The changes that are taking place are in light of the Perival Taylor Policing Study, which HRM undertook in 2001. One of the main recommendations that came out of the study was to have more interaction between the RCMP and the Halifax Regional Police. "The city's mindset is in the 'Smart City' concept," says Fraser. "We want to be an innovative city and this is all part of it."

The Police and RCMP will also be joining forces with other sectors in the city. They will be in regular communication with Metro Transit, Parks and Recreation and Metro Planning. "This is really just the start of what's to come," says Fraser. "As the demographics change and the population of the city grows, this just all makes sense."

The Superintendent says police integration will also involve a bigger focus on community policing. He says it's important to have consistent policing and services in all communities. "If someone lives in Clayton Park for instance and they move to Fall River, they're going to expect the same type of policing. And so they should."

There are also future plans to have a community officer in every part of the city so he/she can get to know the people in the community and the people can know someone they can depend on in times of need.

crimes and apprehend suspects quicker.

"If a robbery or a crime just occurred in an area," says Marshall, "I can send out a message to all residences and businesses in that area to look out for the suspect."

But City Watch does much more. It can also inform people of fires, evacuation notices, lost children, problems with essential services and much more. There is also a service for seniors who live alone - an automatic daily call from police to check if they're alright.

But the catch is, people actually have to sign up to be on the City Watch list. Over the last few months, police have been handing out

see "City Watch" pg. 9



Constable Peter Marshall of the RCMP sets a City Watch Program item into affect. City Watch alerts neighbourhoods of concerns that are happening in the area.

## Atlantic Karate Club



- Certified Instructors
- Great Rates
- Family Discounts
- Ongoing Registration
- Ages 8 and up

PROMOTING:  
FITNESS  
SELF CONFIDENCE  
RESPECT



CHITO-RYU KARATE

COME TRY A  
FREE CLASS!

Chocolate Lake Community Centre - 14 Purcell's Cove Rd.

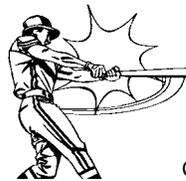
477-4639

WEB: [www.atlantickarateclub.ca](http://www.atlantickarateclub.ca) E-mail: [info@atlantickarateclub.ca](mailto:info@atlantickarateclub.ca)

## Pelham Electric & Refrigeration Ltd.

Service Since 1967

### Contracting - Rewinding - Repair



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



477-4621

Fax: 477-3056

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

**Citizens On Patrol**

**"COPS" involving communities in their own policing**

By Akiko Lovett, Staff

The term "COPS" is taking on a different meaning in HRM. It no longer describes patrolling officers in uniform, it describes everyday people, "Citizens on Patrol."

"They, the Citizens on Patrol, give the police an extra set of eyes," says Tantallon RCMP Staff Sergeant Peter McTiernan. "It's about safety," he says with the experience of an RCMP detachment where a COPS program

has been working for more than a year now.

COPS, originally a national initiative, sees ordinary citizens patrolling their own neighborhood, looking for anything out of the ordinary, and then reporting it to police. HRM adopted the program a few years ago, implementing it in rural areas. Now it's being brought into urban districts of the city.

"It's well overdue," says District 15 City Councillor Russell Walker. "It will definitely make our communities safer."

Walker has been advocating getting COPS in his district for quite a few years. He's already put in the necessary funds to get it started and he's even ordered the kits and t-shirts for volunteers. Right now he's trying to get people on board, but has only had about 10 people sign up.

"We need more people to get on board," he says. "It's such a good program I hope people come out to volunteer."

Walker says the program will be beneficial to all areas in the city, but he knows his neighborhood could certainly use extra patrol. He says there are often problems with large groups of kids hanging out and he thinks an extra set of eyes would be a good deterrent.

That's exactly what Joe MacPherson says COPS does. MacPherson is the chair/coordinator for one of the COPS groups that operates in conjunction with Tantallon RCMP.

"We call it our neighborhood watch on wheels," says MacPherson. "And it's the impression we create that makes it work, not what we do."

MacPherson, who also patrols regularly with his wife, says having the COPS presence in the community has already become recognized as a deterrent. He says recently he heard of someone who was frustrated with COPS because he felt he couldn't have a drink with his friends and drive anymore. "That's great,"

says MacPherson. "That's exactly what we want, we want people to think every second car out there is us."

MacPherson's COPS group is the only one east of Manitoba that has gained chair status, something he's very proud of. And he says the program is getting a lot of positive feedback from business owners and home owners in the area. But the praise goes even further than that. Just recently, at the Canadian Association of Police Boards Meeting, the COPS program was highly complimented by Dwight Bishop, Commanding Officer for RCMP in Nova Scotia.

That sort of recognition is what makes people like Russell Walker eager to have the program in his area. And he's not alone. Steve Adams, Councillor for District 18 says he too wants COPS in his area. "I think it's a great program," says Adams. "It allows citizens to participate in making their community safer," says the Councillors who has first hand knowledge of the COPS program success along the Sambro Loop.

Adams says there is another benefit to the COPS programs. He says aside from making the community safer, it also strengthens the relationship between the community and the police. "It really gives people a better appreciation of what policing is all about," he says.

Joe MacPherson says while it has given him a better appreciation of what the police do, it also gives the police an appreciation for the community. And he says the program works. Just last week volunteers in his area spotted a large group of youths and it looked like an altercation might be about to break out. "We don't really know what we might have prevented," he says. "Anything could have happened, anyone could have gotten hurt."

And MacPherson says they've alerted police to possible drunk drivers and to a number of break-ins. MacPherson says all places in HRM should have a COPS program. "It makes a world of difference," he says. "It's all about safety."

To volunteer for the COPS program in District 15, call Russell Walker at 443-8010.

**"City Watch"** *continued from pg. 8*

flyers and sign up sheets for the program, most recently in the Harrietsfield and Williamswood area. Police are trying to get as many people to sign up as possible, and over the next few months parents can expect their kids to bring sign up sheets home from school.

City Watch is part of the initiative police are taking to involve residents of HRM more in the policing of their own communities. "It's called community policing," says Marshall. "It's very important for us to be involved in the community and we're forming a partnership with communities so we can make the city a safer place and work toward common goals."

Steve Adams, District 18 Councillor, says he's very impressed with the program. "While it keeps people informed and helps police prevent crime, it also allows people to participate in increasing their own safety," says the city

councillor. "It makes people feel safer, more comfortable in their own homes."

Russell Walker, City Councillor for District 15, says his area has always had a neighborhood watch, but over the last while, it has lost its momentum. He's says he's happy there's a replacement for this directly involving the police.

"Fairview alone has 3 zones," he says. "The police can't be everywhere, so this is a way for them to reach everyone at once."

Peter Marshall says he's happy with the program but he says he's eager for more people to sign on. If you would like to be included in the City Watch data base and receive automotive messages call the Halifax Regional Police at 490-5410 or the RCMP Halifax Detachment Area at 426-1607.

**Danielsons ~ Water 'N' Wine**

South Centre Mall • 477-9463  
www.waternwine.com • waternwine@hfx.eastlink.ca

Once Again RJ Spagnols Has Raised The Bar In Wine Kits!  
Introducing:

**EN PRIMEUR**

The first 18-litre, super premium wine kit with  
100% varietal grape juice from country-specific vineyards!

- Australian Chardonnay - Riverland Region, South Australia
- Washington Pinot Blanc - Columbia Valley, Washington
- Australian Shiraz - Riverland Region, South Australia
- Italian Amarone - Veneto Region, Italy
- Chilean Merlot - Maipo Valley, Chile
- Costal Cabernet Sauvignon - Central Coast, California

These Kits Are Now In Stock!  
Whites \$120 each  
Reds \$125 each

For more information check out www.rjspagnols.com

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



Joe MacPherson, RCMP Tantallon Division Chair of the Citizens On Patrol Program, and his fellow RCMP officers receive tips on suspicious neighbourhood activities from local residents patrolling in their cars.

**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



# LumberMart

Halifax  
751 Herring Cove Rd  
Spryfield  
477-6500

Dartmouth  
15 Wright Ave  
Burnside  
466-7772



**Now Open**

## You local source for "Purely Natural" Water... At Affordable Prices!



### All hooked up and ready to go.

### We want to be your source for water.



**FREE**  
Come see the difference in  
the taste of "Purely Natural".  
Have one on us!

18.9 litre (5 gallons approx)

**\$2.97**

our everyday price - not a sale

11 litre (3 gallons approx)

**\$1.97**

"easy to handle jug"

## Buy More... Save More! Purley Natural Water is Finally Here

### Water Plan Specials

**Plan One = 300 Gallons**  
For \$150 you receive 250 gallons plus you  
get 50 gallons Free - You save \$40.00  
**Price with Plan One \$2.50**

**Plan Two = 145 Gallons**  
For \$80 you receive 120 gallons Plus you  
get 25 gallons Free - You save \$20.00  
**Price with Plan Two \$2.75**

### How The Plans Work

The account is set up under your name  
and can be accessed by your name or by  
your telephone number.

There is no time limit on the account.

When you come into the store to pick up  
your water, we will reduce your account  
by the number of gallons you wish to take  
that day.

When your account reaches zero a new  
plan can be added without having to set  
up a new account.

Your account also give you 24-hour access  
to a water vending unit where available.

### Need A Bottle?



Buy your 1st bottle from us for  
\$15.95 and we'll give you 5 Free  
fills to off-set the cost.

### Have Your Own Bottle?

**GREAT! We'll fill it!**

Our water is Instant - No coins to deposit

Dispense the exact amount you need (no underfills)

New routinely inspected equipment

### Why Re-use A Bottle?

#### It Helps the Environment

More than 600 million plastic water bottles are  
discarded every year in North America. It's no  
wonder our landfills are overflowing.

Today's bottles are designed to be durable and will  
last for years.

#### It Saves You Money!

Packaging and transportation are a major cost of  
bottled water. By re-using your container you only  
pay for Purely Natural Distilled or Purified Water.

### How Do We Purify Our Water?



**1. Ion Exchange** - Pre-treats  
water to remove reddish brown  
iron and scaling minerals.



**2. Sediment Filtration** -  
Removes particulate matter such  
as sand, silt and rust particles.



**3. Activated Carbon  
Filtration** - Removes  
unpleasant taste and odour,  
chlorine, THM's, volatile organic  
contaminants, herbicides and pesticides.



**4. Reverse Osmosis** - Water is  
forced under pressure through  
a special membrane which  
removes up to 99% of dissolved  
solids such as lead, copper, sodium,  
nitrates, radium, mineral salts and bacteria.



**5. Carbon Block Filtration** -  
Removes organic chemicals and  
polishes the purified water for  
superior taste.



**6. Commercial Water Distiller** -  
Removes all types of impurities by  
boiling water and condensing it  
into pure steam.



**7. Ozone** - Destroys viruses and  
bacteria. Oxidizes and eliminates  
odour causing contaminants.



**8. Ultraviolet Sterilization** -  
This final stage ensures that any  
bacteria is destroyed before the  
water is dispensed into your bottle.



**9. Independently Tested and  
Inspected** - Water quality is  
monitored and tested periodically  
by an independent laboratory.

Our water system is inspected and maintained  
by a qualified technician.

*Made Naturally, No chemicals are  
added or used in our process!*

### Why Buy Purely Natural Purified Water?

#### It's Fresh!

Most pre-bottled water spends  
from 30 to 90 days in a  
warehouse or on a store shelf  
before you drink it.

#### It Tastes Great!

The Purely natural purification  
system removes chlorine,  
dissolved impurities and other  
chemicals, which may cause  
water to taste or smell bad.

#### It's Inexpensive!

Refill your own bottles and  
save up to 50% off pre-bottled  
water.

#### It's The Highest Quality!

Our systems are maintained  
by qualified technicians to  
a stringent maintenance  
protocol, which includes  
regular, scheduled sanitization  
and filter changes.

### Need Help!

Our staff will be pleased to fill  
your bottles and place them in  
your vehicle... with a smile!



We will be Awarding  
**BONUS AIR MILES**  
in September for each  
5 gallons of Purely Natural  
water bought.

### 1st Time In?

5 gallons for only **99¢**

with this coupon



### 2 for 1 Coupon

**\$2.97** for 1st bottle  
2nd one is **FREE**

Ask for your FREE Card with purchase

### 1st Time In?

5 gallons for only **99¢**

with this coupon

### 2 for 1 Coupon

**\$2.97** for 1st bottle  
2nd one is **FREE**

Ask for your FREE Card with purchase

from your first home to your dream home





**Quality Built Semi-Detached Homes**  
 Variety of styles and pricing, starting at **\$115,899** for 2 level



Open houses **Saturdays & Sundays 2 - 4pm**

Built by **Jullin Construction**



Call **Don Flander** for personal viewings at **456-6092**

**Catamaran Pond**



[www.halifaxnewhomes.com](http://www.halifaxnewhomes.com)



**Metro's Unmatched Day Spa**



**Kids Got Style**  
 Bring Your's Back to School

Welcoming **Robert Campbell**  
 Specializing in male cuts, styles and hilites

Bring a Friend and both receive **50% off** all hair services

**Two Locations to Serve You**

	<b>CuTans Day Spa</b> 30 Herring Cove Road 477-4000		<b>Milano Day Spa</b> Clayton Park Shopping Ctr. 443-3990
--	---	--	---




**Back to School**

All the supplies you need to be a star student

328 Herring Cove Road, Halifax, NS 902-477-1210  
 Hours: Mon-Sat 8am - Midnight, Sun 10am - 10pm

**SHOPPERS DRUG MART** 

# Canadian Government focusing on children, families

By Geoff Regan  
Halifax West MP

Our thoughts in fall tend to focus on our children and their education. Some students returning to school, others going off to university, all relying on government to some extent or another for help in pursuing better lives. The Government of Canada has been focusing on children and education for many

years with a number of programs dedicated to children, students and their families.

The National Child Benefit, as one example, has driven the number of families with children in low-income situations down from a high of 15.9% in 1996 to a low of 11.4% in 2000. Those same families have seen their average disposable income increase by \$1800 a year. Helping families with young children pays dividends in the

future because those children grow up to have fewer health and legal problems.

In addition, Budget 2003 recognized the significant costs associated with raising a disabled child. Consequentially, the Child Disability Benefit was introduced effective July 2003. This will further help defray costs for those in need. Families with disabled children should not be financially penalized unnecessarily.

Affordable, quality childcare is part of the Government's strategy to fight poverty by helping parents access work and learning. That's why federal, provincial and territorial governments are working to implement a new multilateral framework on Early Learning and Child Care. This program will transfer \$900 million to the provinces from Ottawa over the next five years to invest in childcare programs that will give our children the best opportunities possible.

Education, including post-secondary education, is primarily the jurisdiction of the provincial governments. Having said that, the federal government clearly has a role to play as well. The Canada Student Loan Program (CSLP), for example, has been steadily enhanced through the creation of the Canada Millennium Scholarships, increased funding for the federal granting councils and tax measures to support education. In 2001-02 these new investments are estimated to be worth \$2.9 billion, in addition to the 340,000 students who receive \$1.5 billion through the CSLP every year.

Investments in children and education are just that, investments that will pay dividends down the road in the form of healthier, happier more productive Canadians. There may be no such thing as a sure bet on the stock market, but these are investments that clearly can't lose.

As always, if either my staff or I can be of assistance, please feel free to contact us by phone or by e-mail at [geoff@geoffregan.com](mailto:geoff@geoffregan.com).

## Steele zeroing in on "seven key commitments"

By Graham Steele  
Halifax Fairview MLA

Thank you for your support on August 5th!

I'm looking forward to serving for another term as MLA for Halifax Fairview, which includes (in the Chebucto News publication area) Cowie Hill, Kline Heights, Armdale and Fairmount.

The rest of the Chebucto News publication area will be served by Michele Raymond of the NDP, who takes over from Robert Chisholm as MLA for Halifax Atlantic. Welcome Michele!

I will continue to serve you from my Constituency Office in the Bayers Road Shopping Centre. My telephone and fax numbers and my e-mail address remain the same (see my ad elsewhere on this page).

My focus in the coming months will be

on the "seven key commitments" we made during the election. With the Conservatives reduced to a minority in the Legislature, and with the Premier promising co-operation, I am hopeful that we will see action on some or all of our key issues.

Our top priority is to end the disgraceful practice of charging nursing home residents for their medical care. Universal medical care is one of the proudest accomplishments of Canadian society. I don't know how we ever got to the point of charging seniors in nursing homes for their medical care, but I do know it has to stop. NDP Leader Darrell Dexter and Maureen MacDonald, the NDP's Health Critic, have been doing a fantastic job putting this issue at the top of the public agenda. Now we have to keep it there, without letting up, until Premier Hamm does the right thing.

Auto insurance is another key issue. The

NDP believes that a public auto insurance system is the only way to deliver the lowest and fairest rates. On August 19th, Darrell Dexter asked me to be the NDP Caucus' critic on insurance issues. That's a big responsibility, and one that I welcome.

One thing I learned during the election campaign is that we can't ignore other aspects of the insurance issue. Home insurance is very much on people's minds. This concern was fuelled by news stories during the campaign of home insurance rates doubling or tripling for some people. This is an issue to which I will be paying close attention. I also heard about the difficulties recreational and cultural groups are having in keeping their insurance.

I always welcome your comments, questions or suggestions. If you need advice or assistance, contact me. That's why I'm here!

## People and families will benefit from minority government

By Michele Raymond  
Halifax Atlantic MLA

First of all, I'd like to thank all of you for your support, and the confidence you've placed in me as the new MLA for this area. It is, as you know, an awesome responsibility (in the old sense of the word!) to represent any constituency in the Legislature, but I'm look forward enormously to hearing from you, and working in that Legislature to secure the best deal possible for all the families here.

It seems clear that a minority government will be a thoughtful government, and I expect the people of Nova Scotia, who have elected this government, will be pleased by the form of representation they have achieved. We will all be working hard toward common goals, and today's families will reap the benefit.

The NDP has already shown itself to be an insightful and effective Opposition; it has identified longstanding problems, and forced real change. Now, with four more seats, there should be more opportunity than before to speak up, and be heard.

The NDP is a party of real solutions to real problems.

Lower and fairer car insurance, health-

care without charges in nursing homes, more resources in the classroom, the removal of the HST from home heating oil and other essentials, a tuition freeze, shorting waiting lists for medical care and a balanced budget were the NDP's priorities before the election and will continue to be the party's focus now.

Finally, I want to express my thanks to Robert Chisholm, and his dedicated constituency office staff. It's obvious all the time how Halifax Atlantic has thrived as a result of Robert's commitment to this area and its people, and how affectionately he is regarded here. I am honoured to be chosen as his successor.

There will be a transition period, during which offices, office hours, seats, phone and fax numbers, email addresses and many other elements are all unknown. I will be setting these up as quickly as possible, and hope you will take advantage of at least one of those many ways to get in touch. In the meantime, thank you again to all, for your encouragement, your unfailing politeness when I've turned up at your doorsteps, and for trusting me to carry on Robert's work, and that of the New Democratic Party.



**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](mailto:graham@grahamsteele.ca)  
Web: [www.grahamsteele.ca](http://www.grahamsteele.ca)



**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](mailto:geoff@geoffregan.com)  
[www.geoffregan.com](http://www.geoffregan.com)

# City continuing to complete projects as summer reaches a close

By Linda Mosher  
Councillor, District 17

Summer is reaching a close, and I would like to update residents on a few projects within District 17. Many projects have been completed, such as the Dingle canteen improvements and washroom upgrades, and others have just started, such as the Fenwood Road

reconstruction. Most road projects that were passed during budget deliberations have been tendered and work will commence shortly. I have outlined below a few initiatives that will be happening this fall. Residents will benefit from these many projects, some of which I have been working on for a number of years.

A revised blasting Bylaw has been completed by HRM staff, in response to my

numerous requests to Council to have a Blasting Bylaw that is effective in protecting residents, their properties and the environment. The revisions were made in consultation with members of Council, the public, industry and an independent consulting firm. This draft will be presented to the Bylaw Rationalization Committee and Council to set a date for a public hearing. The anticipated date is Tuesday, October 7th at 6:00 p.m. in Regional Council chambers at City Hall. HRM will be advertising in local newspapers when the official date is set. The date can be confirmed by contacting the Clerk's Office at 490-4234. Due to the proliferation of development in both Districts 17 and 18, and the blasting impacts on surrounding communities, it is imperative that Council hears from as many members of the public as possible.

Finally, the legal issues surrounding the retaining wall adjacent to 16 Herring Cove Road (at Armshore) have been resolved. This project has been tendered and awarded to the lowest bidder. The total tender award was \$179,269, net HST. The work involves the removal and replacement of the existing concrete retaining wall.

The preparation work has been completed

on the wall on the Purcell's Cove Road, below the former Pizza Hut. A mural will be painted on site to alleviate the unsightliness of the wall and to discourage graffiti vandalism. The mural will depict a scene including the North West Arm, sail boats, and the Memorial (Dingle) Tower. This is being paid for from District 17 capital funds - \$10,000. HRM's Community Response team has agreed to fund a mural to be painted in the bus shelter adjacent to the new four way stop at the intersection of Williams Lake and Purcell's Cove Road.

Council approved the funding to address some winter safety issues relating to drainage in the Fairmount subdivision. The tender call closed August 22nd. After the tender is awarded, the estimated time frame for completion is six weeks.

HRM and the various stakeholders have come to an agreement on the terms and conditions for the Regatta Point Walkway extension. The goal is to obtain Council's approval shortly and submit a tender for fall construction. We are in the process of arranging additional sources of funding to have this project tendered, which may result in a delay.



City work crews were busy this month setting the framework for a mural Councillor Linda Mosher has arranged for the blank wall space at the Purcell's Cove Road and Herring Cove Road intersection.

## Of natural gas, flooding resolutions and bus service

By Stephen Adams  
Councillor, District 18

There has been a renewed interest in the distribution of natural gas in Halifax Regional Municipality. Recently Heritage Gas was awarded the franchise to service HRM with this natural resource.

Heritage Gas is a company involving three partners. They are Sask Energy, Alta Gas and Scotia Investments. Although they are small at present, Heritage Gas will grow as they meet the demand of institutions, business and residents alike.

The initial plan is to service the Burnside Park area and extend to some homes in the same area. As soon as possible, they will extend into the downtown core of Halifax so as to take advantage of the potential large consumers such as universities, hospitals and government buildings.

On a local basis, the tender to repair the

Sambro Ball Field will be awarded shortly if it has not already been awarded by the time this column is published. For those of us who used the facility years ago, we remember it as the premier ball diamond in District 18. It is my personal goal to ensure this field will once again be on of the best on the area.

The work to improve drainage at the corner of Old Sambro Road and Rockingstone Road is finally completed. The finishing touches, such as sodding, cages and fencing has allowed this work to blend in quite nicely. Given the heavy rains we experienced in early August, it is clear this work alleviated the flooding problems for homeowners on Old Sambro Road. This is indeed another successful project to help our residents with their concerns.

Finally, I wish to offer my sincerest congratulations to Michele Raymond as our new MLA for Halifax Atlantic. I look forward to working with Michele in making our communities better places in which to live.

## District Scout Commissioner dies

ROOME, Ramsay Harry Flowers - 76, Purcells Cove Road, Halifax, passed away at home with his family on August 5, 2003, after a battle with cancer. Born in April 9, 1927, in Halifax, he was a son of the late Harry Walter and Amelia (Towill) Roome. He attended Richmond School and Queen Elizabeth High School, Halifax. As a teen he started to work in his father's grocery store on Gottington Street. Later he joined Universal Sales and then went to work with Isnor Motors Limited, Halifax where he was employed for 40 years in parts and service. He greatly enjoyed his volunteer work with the Boys Scouts of Canada, starting up the first scout troop in 1963 in Sambro and being the District Commissioner of Harbour West District from 1969-1977. He also held positions as assistant Regional commissioner.

He was an assistant provincial and regional commissioner in different areas. A part from Scouting he also enjoyed working in the Jamborees local and national. He took many scout courses and trained many leaders and was also a member of the Scouters Guild. In November 2002, he was presented with the Silver Wolfe by Governor General Adrian Clarkson at Rideau Hall in Ottawa. He is survived by his wife of 28 years, the former Velda Hamm; son, Baden; sister, Marion Kimber, Halifax; niece, Judith (Dr. Ross McKenzie), Oakville, Ont., and their children, Catherine, Susan and Graham; nephew, Stephen (Jeanne) Kimber, Halifax and their children, Matthew, Emily, and Michael. He was predeceased by his son, Richard. Cremation has taken place. Rev. James Forbes officiated.



### 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



# Chebucto Ringette taking long strides... once again

By Lisa Tilley, Vice President,  
Halifax Chebucto Ringette Association

The Halifax Chebucto Ringette Association (HCRA) is the fastest growing Ringette Association in Nova Scotia thanks to many keen volunteers, like Janet Martin, who leads an enthusiastic group interested in furthering the development of Ringette in Chebucto and throughout Nova Scotia.

After seeing Chebucto Minor Ringette grow in the seventies and then fold in the eighties, HCRA is unwilling to go the way of the past. Maintaining and recruiting dedicated volunteers has played a key role in the Association's success. Remaining an association that is athlete-center is the number one

goal. Therefore, the Association is very proud of the accomplishments of its athletes this past season including Nicole Boyd, Danielle Dempsey, Jacqueline Field, Kerith Gordon, Lori Hennessey, and Nicole Nicholson, all selected for the 2003 Tween Provincial Team.

Others like TJ Brennan, Kayla Clarke, Alannah Hubley and Kayla Oakley were selected for the 2003 Junior Provincial Team; Kathryn Caiger, Sarah DuBreuil, Jodi Payne, and Rachael Swetnam were selected for the Nova Scotia Canada Games Team; Brent Dempsey's Tween selects brought home the gold from PEI as did Steve Fowlers Petite A team; Dempsey's Tween A "Divas" earned more Gold in Moncton, Sackville and Dartmouth Tournaments and Steve Fowlers

Petite A team earned Gold in both Moncton and Dartmouth.

Ringette is a Canadian game that was first introduced in 1963 in North Bay, Ontario. Developed originally for girls, ringette is a fast-paced team sport on ice in which players use a straight stick to pass, carry, and shoot a rubber ring to score goals. Ringette emphasizes both Team Play and Fair Play and, is therefore, very cooperative and participatory in nature. It is a tremendous sport that develops not only skating and ring skills, but also life skills.

Players can begin ringette at the age of 5 by participating in an introductory program called "Bunnies". League games begin in Novice (9 and under) and advance through Petite (11 and under), Tween (13 and under) Junior (15 and under) Belle (18 and under) and Open (19 and over).

HCRA 's largest obstacle in furthering its development remains the lack of available ice time. Yet, because we are so passionate (or crazy) about Ringette we transport our families to rinks in Bedford, Dartmouth, and even outside HRM to allow association growth to continue. Hopefully, this will change as the community and our elected officials realize the need for more recreational facilities in our area.

For more information on the Halifax Chebucto Ringette Association or to register visit our web site <http://eteamz.com/HCR/> or contact Cheryl Boyd @ 477-2424. Walk-in Registration is Saturday September 3rd from 5pm - 8pm at the Herring Cove Road Sobey's Community Centre.

## Letter To The Editor

### Summer experience provide more than a paycheck and a tan

This summer, I had the good fortune of being offered a position as a gardener with the Urban Farm Museum Society. At the time when I was first hired on, this position represented a means to help pay for another up and coming year at Saint Mary's University (where I study Geography), and a great opportunity to put a little sun on my face after the shadowy months of last winter. Since that time, I have come to realize that this position, and the people that surround me at work, have provided so much more than I could have ever anticipated in the beginning.

Prior to this summer, my experience in the garden was pretty much limited to watching my mom work in hers, and I wouldn't say that I felt altogether prepared to plant my own. Thankfully, and to my great relief, I soon learned that the members of the Urban Farm are a virtual ocean of gardening knowledge, and that they were all more than willing to share with me their wisdom. And so I began to plant my first garden, and began to experience all of the joys and the agonies that come with the territory.

From this first experience in gardening, I have gained a new appreciation for many of the wonders of nature. To be specific, I was astounded to learn that a raccoon can locate a sprouting pea seed that is located under an inch of dirt. I was amazed further by the dex-

terity and precision that a small group of crows exhibited in disassembling my carefully crafted raccoon deterrents. Finally, I was absolutely stupefied at the sheer volume of bean plants that a deer can eat in one evening.

Aside from my new insights into nature's grandeur, I have also learned that the joy to gardening is located within the struggle. I can remember feeling uncommonly elated at the appearance of the first sprouts that began to come up. I marveled at how fast a plant can grow with sun and a few good rain showers, and I was delighted to realize that vegetables truly do taste better when they are fresh out of the garden.

My experiences this summer with the Urban Farm have provided me with much more than a paycheck and a tan. The Urban Farm has opened up in myself a newly found interest in gardening, and it has given me the knowledge and confidence needed to pursue that interest. It has also offered me an insight into the wonderful sense of community and heritage that make up Spryfield and allowed me to make new friends within that community. For all of this, I would like to extend my deepest gratitude to the people of the Urban Farm.

Happy Gardening!  
Jason May

## 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**

Welcome to



**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

## Armdale Halifax Kiwanis



### Proudly Serving Your Community



For membership information call 456-1670

### SEPTEMBER EVENTS

**Healthy Cooking Classes**  
Join Dietitian Heather Barnes and Rent-a-Chef for healthy cooking classes Thursday September 4 and Monday September 8, 15, 22, 29 6:30-8:30 pm (free)

**Rent-a-Chef**  
Join Rent-a-Chef for a Gourmet cooking class Tuesday evenings 7:00-9:00 pm (\$5.00)

**Kids Craft Class**  
Saturday September 20, 11:00-1:00 pm (\$3.00)

**10 Secrets to Healthy Eating**  
Thursday September 4-10, 2:00-4:00 pm

**Healthy Weight Program**  
Join Heather Barnes for A Healthy Weight Program (three consecutive classes) Thursday 11, 18, 25, 6:30-8:00 pm (free)



Ready to serve.

*In the Garden*   
by Marjorie Willison

**Collecting, harvesting and tending plants keep gardeners busy in September**

Gardeners are a busy lot in September. They have seeds to collect, vegetables to harvest, fruits to pick up, tender plants to bring indoors, and lawns to tend one last time.

Flower seeds are so easy to save. Put a paper bag over ripening seed heads until the seeds have matured enough to drop into the bag. Seeds that are collected too young will not germinate. Spread the seeds out on sheets of paper until they are completely dry, and then store them in tightly closed containers in a cool place.

Spinach and lettuce that have gone to seed can be harvested the same way. Alternately, just let nature take its course and allow the seeds to drop to the ground, for volunteer seedlings next spring. You could also put a cold frame over the area where the greens were grown for an extra early crop.

Seeds from hybrid peas and beans will not be exactly like the parents, but they will likely yield good plants anyway. Peas and beans that are over-mature for eating can be taken from

the pods and laid out to dry.

For tomato seeds, scoop the centre with its seeds into a bowl of water and let everything ferment for three or four days. Then strain and wash the seeds before laying them out on a piece of waxed paper to dry.

As frosty nights threaten, cover vulnerable crops such as tomatoes, peppers, eggplants, squashes and pumpkins at night. Use stakes to prop up old sheets, blankets or tarpaulins over the crops. Often there will be a few cold nights and then more warm weather. As long as day temperatures generally stay above 10 C, it is worth keeping these tender vegetables on the plants as long as possible to finish the ripening process.

Apples, plums, pears and other tree fruits that are dropping to the ground should be picked up daily. Often the early drops are infested with insects, so picking up the fruits interrupts the insects' life cycle. Bury the fruits in another part of the garden to dispose of them.

Bring in tender flowers such as fuchsia, geranium, and tuberous begonia, and tender herbs such as rosemary, before frost threatens. Often these plants can be kept growing indoors for another month or more. When they finally start to fade, stop fertilizing, and reduce watering so that the plants can go dormant.

Keep mowing the lawn until the grass

stops growing. If chinch bugs were a problem, remove the thatch by rake or machine. It is in this layer of dead grass that chinch bugs overwinter. Check the pH with an inexpensive kit. If the pH is less than 6.3, spread garden lime. Then sit back and start dreaming about next year's garden.



A giant chipper supplied by Clarence Talbot's Tree-Works company is fed bush by Ben Taylor of Taylor Trees at the Urban Farm Museum in Spryfield. The chips will use as mulch for fruit bushes at the farm.

<b>DOREEN ARCHIBALD</b> REALTOR®		
	darchibald@sutton.com <b>456-1670</b>	
Take advantage of 14 years of real estate experience. List your home with me for fast results.		

**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.umlahins.ns.ca

# Much to do as community gets set for a busy fall

## MULTI-SERVICE NEWS

by Linda Roberts

Multi-Service Coordinator  
Captain William Spry Community Centre

### Getting Active Again

While we think about the summer as a time to slow down and take time off, in fact, it has been very busy for many groups. They have been planning activities, programs, and displays. Check these out.

The 2nd Annual Harvest Fair at the Urban Farm will be on Saturday, September 13 (rain date is Sunday, September 14) from 2-5 pm. Last year there were old-fashioned games for the kids, pie and potatoes (from the garden) and socializing on a wonderful, fall day.

This year we get to admire the garden as we celebrate the end of summer and the coming of the fall. For those who do not know where the Urban Farm is, start at Kidston Road (the upper road at the back of the Captain Spry Community Centre) as it goes through the woods and then follow the signs. The Urban Farm Museum Society is sponsoring this event. If you would like more information on the Urban Farm, please call 477-7896.

Postpartum Doula Training: An information session will be held on Monday, September 8 at 7 pm at the Single Parent Centre. A Postpartum Doula provides emotion-

al and physical support to families with newborns. For more information, call 479-0508.

The Single Parent Centre has developed the successful Doula Program that provides support to pregnant women. This new postpartum program extends the service to help families adjust to the changes that happen with the arrival of a baby. Unlike the Doula Program which is volunteer based, the Postpartum Doula program is a fee-for-service employment project.

A Healthy Snacks Display will be set up at the Superstore on Monday, September 29 from 2-6 pm and Tuesday, September 30 from 10 am - 2 pm and at Sobeys on Wednesday, October 1 from 2-6 pm and Thursday, October 2 from 10 am - 2 pm. A coalition of ten local agencies and organizations are grateful to both Sobeys and the Superstore for their cooperation and support in helping us promote affordable, appealing, healthy, kid-friendly snacks and lunch ideas.

There will be samples at the displays and door prizes from local agencies and merchants. This is another example of how the community is working together. The community groups developing this display are Hand In Hand, Healthy Kidz, Single Parent Centre, Chebucto Boys & Girls Club, Chebucto West Community Health Board, Teen Health Centre, Urban Farm Museum Society, Public Health, St. Paul's Family Resources Institute, and the Captain Spry Community Centre.

Getting involved: After taking a break over the summer, many organizations are meeting again in September and looking for new mem-

bers. Some groups to check out include the Spryfield Residents Association, Mainland South Heritage Society, Committee Against Woman Abuse, Herring Cove Road Project, CRABapple Mapping Project, and school Parent-Teacher Associations. Contacts for these groups can be found in the Captain Spry Community Directory or by calling 479-4487.

Community Directory Update: The Captain William Spry Community Directory is a listing of schools, churches, service groups,

sports and recreational facilities, social agencies, health facilities and other non-profit organizations from the Armdale Rotary to Spryfield, Sambro and the loop to Williamswood-Harrietsfield. It is updated every 2 years. If you know of a non-profit organization that is not listed in the 2002 Directory please call 479-4487 with information on the group so that it can be listed in the 2004 Directory.



Even into this past summer before his death last December, Jack Johnson, a long time Harbour West Scouting Movement organizer and leader, would cut the grass on this portion of city property on Drysdale Avenue extending between River Road and Emerald Crescent. The space is ninety paces long and seven paces wide and now that the senior Johnson is not able to do the work, his son Rick has accepted the challenge. The community appreciates his effort.



# Crowell's Pharmasave

**Come Visit Our New "Home Health Care Section" complete with**



- SIGVARIS "Compression Stockings" - we have Certified Fitters on staff
- CHAMPION Braces for ankle, wrist, back etc.
- AMG products including bathroom safety devices, canes and crutches
- Incontinence products
- a new convenient private on-site fitting and consultation room

**While you're here visit our new "Diabetic Department" offering**

- Glucose Monitoring Equipment
- Low Calorie Sweeteners
- Diabetic Meal Substitutes
- Diabetic Cough Drops
- Needle Aids
- Diabetic Video Guides

349 Herring Cove Road

Phone 477-4650 or visit our website at [www.pharmasave.com](http://www.pharmasave.com)



# Think you're allergic to animals - here are the facts, the fallacies and some advice

How many people do you know that would love to have a pet but cannot because they, or one of their family members, are allergic to animals? Allergy is one of the most widespread chronic diseases in the world and of all allergies, sensitivities to animals is one of the most common.

Pet allergies are so prevalent that they affect every household. In the United States, studies indicate that between 15 and 20 million people are adversely affected by pet allergies, which is approximately 6 to 8% of the total population. While many people who are disappointed that they are not able to get a pet due to allergies, the most heartbreaking scenario is that when years after acquiring a pet, an owner develops a sensitivity to the animal. By this time there is a strong emotional bond between owner and pet and the thought of

parting with their best friend is overwhelming. Despite advice from their doctors, studies have shown that most allergy patients opt to suffer with their symptoms rather than give up their animal.

So what can we do to ease the symptoms of pet allergies, or even better, to prevent them in the first place. Much of this advice is really common sense if you realize that allergies are caused not by the animals themselves in their entirety but to three major animal allergens or allergy causing substances.

Finally, animal dander, which is the collection of minuscule and microscopic dead skin cells, scales and flakes that an animal is continually shedding is a potent allergen. It is actually the protein found in this debris that creates the allergic reaction. Secondly, animal urine, be it that from dogs, cats, ferrets, ham-

sters, mice or guinea pigs, will also trigger allergic reactions, again from the protein found in the urine. Lastly, the cat allergen, known as Fel d 1, which is secreted in saliva as well as skin secretions is the major cause of allergic reactions to cats.

Knowing this and that allergies are cumulative makes it clear that to avoid reactions you have to minimize your contact with dander, urine and cat secretions. How easy is that? For starters, if you are allergic to animal dander and saliva you are probably allergic to other substances found around your home such as dust, molds, mildew, feathers, paint, perfume, soaps, fabric softeners, pesticides and smoke. All of which are also potent stimulators of allergies.

Minimizing exposure to all of these will help keep your system below a threshold above which reactions to animals may occur. Avoiding heavy carpets, dust gathering accessories and nic-nacs, fabric wall coverings, rough textured draperies, and clutter of books and magazines is helpful. In general, keep your home as clean and dust free as possible by vacuuming frequently, dusting often with a wet cloth, washing down floors, walls and blinds.

Sources of mold and mildew should be treated promptly. Air purifiers containing HEPA filters can dramatically improve the quality of air inside your home as can opening screened windows to help with ventilation. Washing your hands after handling any animal and especially not touching your eyes, nose or mouth can help to minimize symptoms as

well. Avoiding down or feather pillows as well.

Grooming your pet often or having a professional groomer do it for you is a certain way to keep fur and dander to a minimum.

Visiting your veterinarian regularly to ensure that your pet's skin and coat are as healthy as possible is also crucial.

Despite the folklore there is no one breed of dog or cat that is "hypoallergenic." While some animals such as the poodle, wheaton terrier, schnauzer or bichon fries may shed less than others, there are no dogs or cats that do not cause some sort of allergic reaction. Reactivity is highly variable between people. As well, the length of the animal's coat does not make any difference.

Some pet owners have found that the use of the veterinary product "Allerpet" which is aimed at neutralizing pet allergens when applied to a pet's coat, is helpful in minimizing reactions. Overall, keeping your pet well groomed and your house as dust free and "allergy proof" as possible and avoiding touching your eyes, nose and mouth after handling pets are all important steps. Speaking with your physician and an allergist if necessary is always advisable with any allergic condition. Try to choose a doctor who will consider you attachment to your animal and who will be willing to make suggestions and try therapies that will enable you to keep your pet. Your pet may be a small part of the total problem and giving it up for adoption should be your last resort.





**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](http://www.halifaxvet.com)

<b>HALIFAX VETERINARY HOSPITAL</b>	<b>422-8595</b> 6293 Quinpool Rd Dr. Kelly McInnis Dr. Mary Jane Corkum
<b>FAIRVIEW ANIMAL HOSPITAL</b>	<b>443-9385</b> 3422 Dutch Village Rd Dr. Suzette Dibblee Dr. Adrienne Harris
<b>SPRYFIELD ANIMAL HOSPITAL</b>	<b>477-4040</b> 171 Herring Cove Rd Dr. Jim Gillis Dr. Cynthia McLeod

**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

<b>Large Pizza</b>	1 to 3 items, incl. vegetarian	<b>\$11.95</b> (tax in) add tomatoes \$1.50
<b>Family Pack Chicken or Fish</b>		
<b>9 pieces, Fries, Gravy &amp; Coleslaw \$15.95</b> (tax in)		

All prices and specials may expire without notice

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



Now that the breakwater has been refurbished through an arrangement with the Halifax Pilotage Authority and the Canadian Coast Guard's Small Craft Harbours Branch, anglers can once again try their hand at fishing for macherel and other fish in Herring Cove.

# LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.



**RODGERS, Gerald Michael** Patrick, 87, passed away at the QE2 Health Sciences Center in Halifax in the early hours of Monday August 18th, 2003, after a short illness. Gerald was the son of Gerald Michael Joseph Rodgers and Josephine Farrell of Dartmouth, both deceased. He is survived by sisters Gladys (Petrie), Dartmouth; Josephine (Richards), Halifax; and son Gerald Michael Edward Rodgers, Leader of the Nova Scotia Party, Spryfield. He was predeceased by his wife Mary Bridget Rodgers (Wadden) of St. John's, Newfoundland; brothers Ronald, Brendan, Hugh, Dennis, and Gordon. Mr. Rodgers served in the Canadian Navy during the Second World War, where he served as CPO on the Corvette Arrowhead and the gunnery training ship Quinte. Gerald was an employee of National Defence from the end of the war until he took early retirement from HMCS Dockyard in 1976. Mr Rodgers was a charter member of the Spryfield Knights of Columbus and a member of the Royal Canadian Legion in Spryfield. He had a warm sense of humour and a great love of nature. He will be sorely missed by family and friends. A memorial service will be held at 10 am Saturday Sept. 6th at St. Michael's Roman Catholic Church on the Herring Cove Road, in Spryfield.

**JONES (Connors), Margaret Baptista** - Born June 24, 1924, has gone to her eternal rest on Thursday, July 17, 2003. How dearly she will be missed by her family, Elizabeth (Bill Morgan), John (Janice), Catherine (Grant Cameron), Richard, all of Spryfield; grandchildren, Patricia, Mary Elizabeth, Jeffery and Jaclyn; great-grandchildren, Matthew, Jeremy and Makayla; nephew, Robert Jones Jr. (Donna), Lower Sackville. She was lovingly known as "Nanny Jones" by her extended family, Michelle, Jennifer, Tanya, Janene, Leah, Lana and Ricky, who also share in our sorrow. She was predeceased by her husband, Francis "Red." Burial in Gate of Heaven Cemetery, Lower Sackville.

**HARTLING, Phillip Henry** - 72, Halifax, passed away July 16, 2003, in the New Halifax Infirmary, QEII, Halifax. Born in Halifax, he was a son of the late Eldon and Florence (Boutillier) Hartling. He was employed with D. A. Cummings as a sheet metal roofer before his retirement. Phillip was also a long-time volunteer at Brunswick Street United Church and the Salvation Army Food Bank. He was an avid hunter and fisherman. Surviving are his wife, Margaret MacKinley; sisters, Marion (Murray) Ford, Hammonds Plains; Stella (Steve) Samms, West Chezzetcook; Jean Hartling, Spryfield; June (Donald) Glenn, Spryfield; Florence (Gordon) Pye, Spryfield; Mary (Bill) Strachan, Timberlea; brothers, Carl, West Chezzetcook; George (Linda), Spryfield; Ernest (Eillen), Spryfield. He was predeceased by sisters, May Sampson, Susan Ford; brothers, Clarence, Guy, Gerald and Arthur. Interment in St. John's Anglican Cemetery.

**HENNEBERRY, Alexander James** - 51, Sambro, passed away July 19, 2003, in the New Halifax Infirmary, QEII, Halifax. He was a son of George Henneberry and the late Florence (Gilkie) Henneberry. He was a carpenter and fisherman. He is survived by daughters, Sara Henneberry, Sambro; Kerrie Henneberry, Halifax; sister, Pauline Henneberry, Sambro; brothers, George, Spryfield; Roger, Sambro; Andy (Wanda), Sambro; Mark (Rhonda), Shelburne; Robin, Sambro; six stepsisters; one stepbrother. He was predeceased by brother, Amos. A graveside service was held in St. James United Cemetery, Sambro, Rev. Anne Singer officiated.

**THOMAS, Alice Caroline** - 95, Sandy Cove Road, Terence Bay, passed away July 28, 2003, in the New Halifax Infirmary, QEII. Born in Terence Bay, she was a daughter of the late Zachariah and Althea (Mabee) Jollimore. She was a member of St. Paul's

Anglican Church, Terence Bay. She was very active in the community all of her life. She was in the church choir for a number of years and was a member of the Ladies Groups and the Seniors Groups. She was a former member of St. John's United Church, Halifax. She is survived by sons, Bruce (Elizabeth), Moncton; Laurie, Halifax; Terry (Lorna) and Wayne (Mary), all of Terence Bay; Paul (Debbie), White's Lake; 25 grandchildren; 36 great-grandchildren; five great great-grandchildren. She was the last surviving member of her immediate family. She was predeceased by her husband, Amos Thomas; sons, Murray, William "Bill" and Ross; brothers, Herman, Frank, Morris and Malcolm; sisters, Lottie, Pearl, Ilma, Helen, Rhoda, and Ivy; granddaughter, Tonya. Rev. Lisa Vaughn officiated. Interment was in St. Paul's Cemetery.

**BRIAND, Clara Jennette** - Bridge Valley Road, Halifax. It is with deep sorrow that we announce the passing of our mother, grandmother, great-grandmother and friend, at the age of 89 years. Born in Halifax, April, 1914, she was a daughter of the late Charles and Caroline (Slaunwhite) MacDonald. In earlier years she was a caregiver and midwife to many. She was a wonderful homemaker taking care of her family. She is survived by her children, Albert Dean, Robert Briand, both at home; Kathleen (Campbell) Rankin, Halifax; loving grandmother to Kimberley Rankin (Darren), Halifax; Tabitha (Jeffery) Lynds, Steviacke; David Cross, Ontario; Kenny (Roberta) Cross, Dartmouth; wonderful great-grandmother to Michael (Rankin) Cormie; sister to Ron (Betty) MacDonald, Halifax; Howard (Buzzy) MacDonald, Lower Sackville. She was predeceased by her loving husband, Michael, whom we know are together again; children, Caroline, Gerald, and Dorothy Dean; sister, Kathleen (Alex) Brady; several brothers. Interment in Gate of Heaven Cemetery, Lower Sackville.

**WHITMAN, Marjorie Evans Seely** - 85, died peacefully in Melville Lodge, Wednesday, August 6, 2003. Born May 29, 1918, in Saint John, N.B., the daughter of Lena Maude Evans and John Underhay "Don" Seely. She was married June 28, 1975, to Burpee Fraser (Sam) Whitman, who pre-deceased her in 1988. Surviving are her nephew, Stephen; niece, Suzanne; many friends whose company she so much valued and enjoyed. A graduate of Halifax Ladies' College and Miss Murphy's Business College, she was employed in various municipal services for 36 years, retiring from the Halifax School Board in 1977.

**BROWN, Michael Joseph** - 45, Barry Crescent, formerly of Herring Cove Road, Halifax, passed away August 9, 2003, in the New Halifax Infirmary, QEII. Born in Halifax, he was a son of the late William "Buzz" and Clara Gladys (Moreau) Brown. He will be sadly missed by special friends at Barry Crescent and HASC/Prescott Group Workshop. He is survived by sisters, Clara Gallant, Spryfield; Katherine (Terry) Higgins, Harrietsfield; Doreen (Andre) Jezequel, Sambro; Maureen Brown, Prospect; Donna Brown, Harrietsfield; brothers, Gerald (Judy) Brown, Harrietsfield; Daniel Brown, Harrietsfield; Donald (Laura) Brown, Oxford; Gary (Brenda) Brown, Ketch Harbour; Rodney (Lyla) Brown, Spryfield; Kevin Brown, Spryfield; 28 nieces and nephews; several great-nieces and nephews and great great-nieces and nephews. He was predeceased by brother, Ronald. Pastor Sheila MacDonald officiated. Burial in Oakridge Memory Gardens, Lower Sackville.

**WARE, Harold Roy** - 68, Halifax, passed away August 10, 2003, in Arborstone Enhanced Care. Born in Halifax, he was a son of the late Harold Vincent and Winnifred (Wilson) Ware. He was a member of the Roman Catholic Church. He was a longshoreman at the Halifax Docks. He is survived by sisters, Winnifred (Mrs. Luke Francis), Hatchet Lake; Gladys (Mrs. Richard Clements), Hatchet Lake; niece, Deanne. Father Gerald David

officiated. Interment in Gate of Heaven Cemetery, Lower Sackville.

**WILLIAMS, Glenda Gloria** - 63, Spryfield, passed away August 11, 2003, in the New Halifax Infirmary, QEII. She was a daughter of the late Lewis and Selena Williams. Glenda worked for Knowlton School Supplies for a number of years. She is survived by her long-time companion, Philip Bennett, Spryfield; ex-husband, Hayden Hardy, Halifax; daughters, Heather (Gary) Northup, Middle Sackville; Joanne (Wayne) Deveau, Spryfield; sons, Clifford (Sam) Hardy, Pennant; Glen Hardy (Peter Bennett), Spryfield; Patrick (Bonny) Hardy, Spryfield; sisters, Alice (John) Wind, Sackville; Faith (John) Green, Halifax; Marie Snow (Cecil), Ontario; Sheila Slaunwhite, Dartmouth; brothers, Johnny (Doreen) Williams, Oromocto, N.B.; Lewis Williams, Spryfield; six grandchildren. Glenda was predeceased by her second husband, James Boudreau; twin brother, Glen Williams. Cremation has taken place Rev. Calvin Ginn officiated.

**RAFUSE, Garnet LeRoy** - 66, Halifax, passed away Tuesday, August 12, 2003. Born in Chester Basin, he was a son of the late Foster and Beulah (Myra) Rafuse. He retired from Farmers Dairy, after 36 years. He loved gardening, walking and sports. He is survived by his wife of 41 years, Margaret Rose "Peggy" (Bowers); sons, Tony, Beaver Bank; Kevin, Spryfield; daughters, Cindy (Jeff) Priske, Chris (David) MacKeigan, both of Beaver Bank; brothers, Clarke (Rose), Fall River; Charles (Janet), Porters Lake; Curtis, Lakeside; sisters, Sandra Henley, Debbie (Barry) Gomme, both of Sackville; Ginny Rafuse (Millard), Mount Uniacke; grandchildren, Ashton, Alexa, Adam, Coady, Tyler, Jeremy, Devin, Logan; former daughter-in-law, Theresa Rafuse. He was predeceased by grandson, Anthony LeRoy "Bubba" Rafuse.

## J. Albert Walker Funeral Homes Ltd.

**Premarranged 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

## RDM RECYCLING

### Construction Demolition & Debris Services

1275 Old Sambro Road, Harrietsfield  
*"Using yesterday for a better tomorrow"*

### ENVIRONMENTALLY REGULATED DISPOSAL OF

**Metals • Most Major Appliances  
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

**Disposal site for derelict vehicles**

# 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

**Prenatal Classes**

The next session Prenatal Classes at the Single Parent Centre on Sylvia Avenue will be held Tuesday, September 9, from 7 to 9 p.m. To register call Leslee at 479-0508.

**125th Anniversary**

St. James Anglican Church will celebrate its 125th Anniversary September 28. A service of Holy Communion will begin at 3 p.m. followed by a reception in the Church Hall. All past and present parishioners and friends are welcome to attend. For information contact the Parish Warden at 477-0398.

**Turkey Supper**

St. James Anglican Church in Herring Cove will hold its

Annual Turkey Supper and Fair on Saturday September 6 from 4 to 6 p.m. A bake table, sewing table, parcel post and cake walk will begin at 2 p.m. Come out and join us for a fun filled social evening starting at 7:30 p.m. For more information please call 477-6950.

**Merchandise Bingo**

The Nova Scotia Arthritis Society Joins in Motion program will hold a merchandise bingo Sunday September 7 at the Spryfield Legion. Doors open at 6 p.m. For information call Carmen Bachynski at 477-3562 or 488-1321.

**Hockey Registration**

The Chebucto Minor Hockey Association will hold registration for all levels of competitive and recreational hock-

ey Wednesday, September 10, from 7:00 p.m. to 9:00 p.m. and Saturday, September 13 from 9:00 a.m. to Noon at the Spryfield Lions Rink, Drysdale Avenue.

**Harvest Fair**

Everyone is welcome to join in the Harvest Fair at the Urban Farm Museum in Spryfield, Saturday, September 13th (raindate 14th) starting at 2:00 pm. Races, contests, food and fun for the whole family. Park at the Captain Spry Community Centre. For more information phone 477-6087.

**Yeadon Cemetery Dedication**

Calling all Yeadon descendants. On Saturday, September 13, at 1:30 p.m. we invite you and your friends to attend the unveiling and dedication of the monument at the Yeadon cemetery on the Herring Cove Road. A reception will follow in the hall of City Church, next door to the cemetery.

**Family Hike for Health**

The Chebucto West Community Health Board and Chebucto Hiking Club invite you to participate in a family hike on Sunday October 5, 2003, beginning at 9:30 a.m. at the intersection of Standbrae Road and Purcell's Cove Road. The hike will be approximately 90 minutes through the Piggy's Mountain trail. Please call Andrea at 424-5144 for more information and for free registration.

**Pain Conference**

A one day Conference "Living With Chronic Pain - Body, Mind and Spirit" will take place on September 16, 9:00 am to 4:00 pm, at Mount St. Vincent Mother House Auditorium, Bedford Highway. Fee is \$30 with lunch and parking included. To register call (902) 435-2516 or e-mail marymac2@eastlink.ca.

**Museum Meeting**

The Urban Farm Museum Society will meet on Monday, September 8th at 7pm in the Multi Service Room at the Captain William Spry Community Centre. All Welcome.

**Walk To School Day**

Hey parents and caregivers! If you have children in school, get out your favourite walking shoes! On October 8, children across Canada will be asking you to participate in International Walk to School Day. This special day is being held to demonstrate support for the reduction of climate change, cleaner air, increased physical activity, better health and less traffic congestion around our schools. So plan to participate in International Walk to School Day with your children. For more information go to www.ecologyaction.ca.

**Hockey tryouts**

The Chebucto Lumbermart Canadians will hold tryouts on the following dates at the Civic Arena, Fairview.

Dates include September 22, 24 and 26 at 7 p.m.; September 28 at 11 a.m. and October 2 at 7 p.m. Interested players should call Blain Hatch at 477-6491.

**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. September 13 - Nate the Great and September 27 - Rapunzel.

**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, September 17 at 7 p.m. - discuss "Jewel" by Bret Lott.

**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 490-5734.

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. This program is designed for learners who wish to improve their reading, writing and math skills. 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

### SHINE TIME CARWASH

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



### 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

Sales - Installation - Repairs

265 EAST PENNANT ROAD  
868-2281

### Firewood

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

477-1392

### 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



Spryfield Lion Club Member Tom Parsons has made it his personal responsibility to keep the Club's Bingo Signage up-to-date. Tom can be seen at the Herring Cove Road and Drysdale Avenue corner about twice each week making sure the right message is delivered.

• To Book Your Ad Space Call 479-NEWS •



# TRUCKLOAD SALE

WE BOUGHT BIG  
**YOU SAVE BIG!**

**Great Savings**



**Plus DON'T PAY FOR 12 MONTHS!**

**SPRINGWALL BELLAVISTA/DUTCHES  
PILLOW TOP POCKET COIL  
QUEEN SET**

**\$1199**  
WHILE QUANTITIES LAST

**Queen \$997**

**Chiropractic Imperial**

An 800 continuous coil, pillow-top mattress recommended and endorsed by the Canadian Chiropractic Association.

King Set \$1397  
Full Set \$947  
Twin Set \$897

**Queen \$797**

**Meadowbrook**

Outstanding sleeping support with 640-multilastic continuous coils and a plush pillow-top.

King Set \$1097  
Full Set \$697  
Twin Set \$597

**Queen \$447**

**Greenbriar**

416-coil innerspring support provides firm sleeping comfort.

Full Set \$357  
Twin Set \$297

## Countrywide Home Furnishings (Halifax)

Furniture & Appliances

531 HERRING COVE ROAD, HALIFAX, N.S.

5 km from the Armdale Rotary

(902) 479-4448 [www.countrywidefurniture.com](http://www.countrywidefurniture.com)

\* OAC - See store for details



*The VALUE keeps on getting better!*