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Helping a Friend in Need



Edie, surrounded by friends.

By Lorrie Boylen

After 9 months, Edie Martin Jones is finally coming back to the home in Ketch Harbour she shares with her husband, Dan. In July 2010, after complaining of a headache for a few days, the pain suddenly became excruciating. An ambulance rushed her to hospital where she was diagnosed with a ruptured brain aneurysm. Edie required immediate neuro-surgery, followed by weeks in ICU. She suffered a subsequent stroke which resulted in partial paralysis and many other health issues.

Now confined to a wheelchair and requiring 24 hour a day care, their home requires many renovations such as ramps, lifts, and an accessible shower. She will also need a wheelchair, hospital bed, medical supplies, physiotherapy, speech therapy and round the clock nursing care. She doesn't have disability insurance, and

limited resources and funding are available for the continued rehabilitation of patients like Edie. Nova Scotia's only long term care facilities are nursing homes, which have long waiting lists and very few physiotherapy and rehabilitation services. There are no cut and dry recovery expectations with brain injury victims, so it's not known what the future will bring.

Edie worked part time as a receptionist and was very well known in the community for her good deeds, kind heart and genuineness. She made people of all ages feel important and loved and was very active in her church, always volunteering enthusiastically. She is blessed with very close friends and family, who shared many memories of southern vacations, beach days, shopping, gardening, walking, dancing, singing and bonfires. She loves

(See Helping a Friend on page 3)

Thai Cooking Parties Bring Food, Friends and Fun Together

By Carrie Forbes

Cooking is certainly a 'hot' topic these days, with entire networks dedicated to showing us an endless array of cuisines, techniques and celebrity chefs selling their books and wares. Along with continual reminders of what is 'good' and 'bad', the average person is now so overwhelmed with food knowledge that it's no wonder processed packaged meals are becoming a staple in the North American diet. Somewhere along the way, we have forgotten the importance of not only simple preparation, but of the communal spirit that the kitchen hearth has traditionally held. If this sounds familiar, it's time you met Rutchanee and Mike – the dynamic duo behind Thai Cooking Parties. Chef Rutchanee (pronounced Rush-Annie) originally from Songklah, Thailand,

has a great passion for cooking which she loves to share. In fact, she'll come to your home to host an authentic Thai cooking lesson. Whether it's a solo lesson, or a large group of 10 people, Mike and Rutchanee will bring all the ingredients needed to teach you how to make authentic Thai dishes from

Food, Friends and Fun

scratch. Also included is an easy to follow cookbook, a list of all the ingredients used in the lesson, and where to buy them. Of course, the best part is the satisfaction of eating the masterpiece you created – among friends.

Food, family and friendship are deeply entwined in Thai culture.

Rutchanee says that to show love in Thailand, one asks 'Are you hungry'? Food brings people together, and bonds relationships. This care is apparent in her approach – she beams with excitement when talking about her clients, "Some don't know what it will be all

(See Thai Cooking Parties on page 2)

Start Your Veggie Garden Now

By Jane Zentner ~ I Grow Vegetables

Itching to get started in the veggie garden? Go for it! Choose plants that do well in cool weather. These include peas, greens (lettuce, chard, cress, endive), garlic, onions, summer turnip, and radish. If the seed packet says plant as soon as the soil can be worked, it can go in now. I have planted peas as early as April 1st with good results. Plant pea rows in pairs, leaving enough room between the pair of rows for a

trellis. If the garlic was not planted last fall, plant it now.

Dill, coriander, borage, and 2nd year parsley will self-seed. Look for new seedlings in late April or early May, in areas where they were grown last year.

Cold spells, and even a little snow, will not damage the cool weather plants. They grow more slowly when it is quite cold. For early crops, plant in coldframes or use transparent row covers. Remove the covers on warm days

to keep the plants from getting too hot. Cool weather plants can be planted April or May, but should be planted before the weather gets hot. Hot weather can cause greens to bolt, and peas to fail to develop.

When turning the garden soil, weed seeds are turned up. Seeds near the surface will begin to grow. If weeds are a problem, cultivate the soil a week prior to planting. Then, just before

(See Start Your Veggie on page 2)

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Thai Cooking Parties

(Continued from page 1)

about, but they feel so excited to see their dish! I love to see them proud of what they made – it makes me happy to see their faces when they say ‘that’s mine’!” She also finds that the desire to make recipes from scratch is a welcome surprise when hosting the parties. It’s about ‘feeling the feel’ of cooking; of knowing and understanding what makes up a great dish.

Certainly, the lesson is hands-on. Rutchanee teaches not only about ingredients, but technique. Expect to grind the spices and prepare the ingredients in a traditional way – no shortcuts here! However, that doesn’t mean difficult. One of the best aspects of Thai cuisine is how forgiving it is for the chef. “Don’t worry; just go with your heart. Taste it – you can always fix it. It’s like art – everyone likes something different, and possibilities are unlimited. You can enjoy”. Rutchanee doesn’t use exacting measures or recipes, but shows how to balance the tastes of Thai cuisine – lots of herbs and spices, sweet, sour, salty and spicy – with the staple of rice. Not only do these flavours appeal to differing tastes, but they are also medicinal. In this regard, food is understood as critical to overall health, and seen as healing.

As a newcomer to the Chebucto area, Rutchanee fell in love with Nova Scotia after a visit with Mike’s family. The sense of community and warmth of the people reminded her of Songklah, so they chose to make Spryfield their home. It’s here that she is fulfilling her dream: “I had a goal before I left Thailand to show people where these

great dishes come from. It’s healthy and healing, but doesn’t have to be expensive.” That goal is certainly a reality, with several Thai Cooking parties being booked, and most recently, an appearance on Breakfast Television. Next, she would like to work with seniors, who often share the love of family and cooking, and are looking to

try something new. One thing Mike and Rutchanee would like people to know is that the parties are not ‘hardcore’ instruction, and the emphasis is on fun. They also provide after-care. You can call them anytime for support, and they are very approachable.

To book a Thai Cooking party, visit www.rutch.ca, or call 902-240-2547. Also, be sure to join the Thai Cooking Parties Halifax Facebook page to keep up on their latest ventures.

Start Your Veggie Garden Now

(Continued from page 1) planting, scrape the surface with the garden hoe to remove the weed seedlings and keep them from competing with your veggies.

Some warm weather veggies and herbs (basil) can be started indoors in April. Last frost is usually around the end of May; therefore start peppers and eggplant in late March and tomatoes in mid April. These plants need warm moist soil to germinate. Place two seeds, ¼ inch deep, in each plant pot. Water until the soil is evenly moist. Seeded pots can be placed on top of the fridge for warmth. Cover them with a sheet of plastic to keep the soil from drying out. Check each day, and move to a sunny location as soon as the plants are visible. If both plants in a single pot come up, cut out the weaker plant. If a south-facing window is not available, place the seedlings 6 inches (15 cm) under an artificial light; two (or four) 40-watt fluorescent tubes will provide adequate light. Seedlings that do not get enough light become spindly or leggy and do not transplant well.

Cabbage, broccoli and cauliflower can be started indoors from mid to late April, or directly in the garden after mid May. Although the squash family (cucumbers, squash, zucchini, and pumpkin) can be started indoors in late April or early May, they often do better if planted directly outside after last frost. They do not like to have their roots disturbed.

When the seeds are sprouting, never let the soil dry out. If the soil feels dry, water it. Take care when watering, as the full force of a garden hose will wash seeds and seedlings away.

What does “bolt” mean? Leafy vegetables (such as spinach and lettuce) are said to bolt when they begin to grow seed stocks. The plant grows a taller central stem that is often woody or stringy and the leaves become less tender, often bitter. Small inconspicuous flowers form on the seed stocks and eventually the plant goes to seed. Bolting often occurs in hot dry weather. Lessening of daylight hours due to the advancing season or prolonged cloudy periods can also trigger bolting. In some cases (radish) over-crowding can result in bolting as well.

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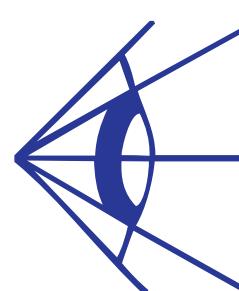
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Sarah West
Spryfield
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Sarah West Spryfield Physiotherapy

Hello my name is Sarah West, and I am a registered massage therapist (RMT) practicing at Spryfield Physiotherapy (357 Herring Cove Rd.). I graduated in 2003 from Northumberland ICT College of Massage Therapy in Halifax. This training and education, combined with my 8 years of experience, allows me to tailor each patient's treatment to their own unique needs. I specialize in deep tissue massage, motor vehicle accidents, WCB and sports related injuries. Massage therapy can also be a great way to enhance your health and can contribute to your overall well being with a gentle therapeutic or relaxing massage which we also offer. One of my favorite aspects of my job is the interaction I have with my clients and being able to contribute positively to their lives.

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Helping a Friend

(Continued from page 1)

children and treasures her nieces and nephews.

Her friends have rallied their emotional support and spent much time visiting with her in the Rehabilitation Centre. On her birthday they brought Christmas ornaments to decorate her own personal tree. Although it had been a trying year, they were happy to be able to make new memories with such a special friend.

Edie has great compassion and the ability to always find the good in everyone. Even now, she never complains and manages to laugh and smile and make others around her feel better. It

is with that never ending positive spirit that her friends, family and community would like to give back and help Edie.

Although she has made remarkable progress in light of the severity of her condition, her road to recovery has been slow and she still has a very long way to go. While this may seem insurmountable, her team of supporters are confident that together, we can all make a difference.

The Spryfield Lions Club will be hosting a Dance and Fundraiser Auction on Saturday May 14th with music by the Payday Poets. Tickets are \$20. Follow this event on Facebook or call 868-2351 or 233-7865.

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DISCOVERING OUR PAST



North West Arm Hockey League created friendly rivalry among communities

By Iris V. Shea

The North West Arm Hockey League provided great entertainment for local hockey fans during the years immediately following the Second World War. Teams from the communities of Kline Heights, Melville Cove, Spryfield, Jollimore and Purcell's Cove packed the old Shirley Street arena as wives, girlfriends, parents and friends came out to cheer for their favourite team. This was a far cry from the early days of 1933 when the league was first formed and games were played on William's Lake using home made goal posts.

The league supported four senior teams and four junior teams. In the senior division, 1947-48 season, Melville Cove players were Ken Johnson (goal), Jerry Mulcahy, Austie Floyd, Charlie Copus, Hughie MacDonald, Sid Vaughan, Bill Martin, Morris Fougere, Reg Blakeney and Halley MacDonell; Purcell's Cove Pirates were Fred Scott (goal), Gabe Hanna, Walter Purcell, Doug Leverman, Charles Mestre, Bruce Hyland, Sid Clark, Bill McCoombes, Jim McManus, Warren Iceton, Basil Surette, Bruce Iceton and George Packer; Spryfield Bombers were Keith Demone (goal), Jim Chaddock, Eric Weaver, Fred Smith, Dick Beazley, Doug Brodie, Bill Perrin, Leo Duggan, T. Purcell, Norm Moore, Jim Dug-



Melville Cove Hockey team, 1948. Front Row (left to right): Bill Martin, Hugh Campbell, Don Smith, Maurice Fougere, Sid Vaughan. Back Row: unidentified, Charlie Copus, Hallie MacDonnell, Ross Forward, Reg Blakeney.

Photo Courtesy J. MacDonell

Melville Cove team. Under Coach Bill Bailey, Melville Cove won the championship and the Leverman trophy, defeating the Purcell's Cove Pirates in the playoffs. The manager for the Melville Cove team was "Hoppy" Hopkins.

One year later, in March of 1948, Purcell's Cove Pirates made it to the finals again, this time trying to out score Kline Heights Rockets. Kline Heights persevered, however, collecting the Leverman Trophy that year. Following that win, Kline Heights picked up a couple of star players from Melville Cove and went on to defeat Sackville for the Herald and Mail Suburban League championship.

The 1948-49 season saw the same four senior teams in action. Playing to a packed house, the Thursday night game of January 13, 1949 between Kline Heights Rockets and Spryfield Bombers was, according to the Mail Star, "the wildest, roughest contest seen in the North West Arm loop, and the liveliest from the crowd's point of view." During the third period, referee Reg Beazley handed out a total of fifty-four minutes in penalties, six majors and two minors. Two players, one from each team, "were banished from the game for indulging in a wild stick swinging episode". At one point in the

(See Northwest Arm on page 5)

gan and Ed Chambers; Kline Heights Rockets were Russ Power (goal), Floyd Keddy, Mort Thomas, Bordie Isnor, Mick Burns, Dan Cuvilier, "Muzz" Mont, Jim Sullivan, "Buzz" Sullivan, Art Betts, Jack Sullivan, Gene Mayo, Ina Sullivan, Haddie Morash and Ralph Kent (manager). The referee for the season was Reg Beazley. The above names were taken from newspaper articles and were recorded as they were written in the Halifax Mail.

In March of 1947, league president Fred G.H. Leverman announced that Bill "Moose" Martin, a member of the Melville Cove team from the very beginning, was the winner of the Romans Memorial Trophy as "most valuable player in the league." The trophy was donated and presented by Mrs. Rachel Romans in honour of her son, Flying Officer David Romans, who was killed in action during the Second World War and who was a former player on the

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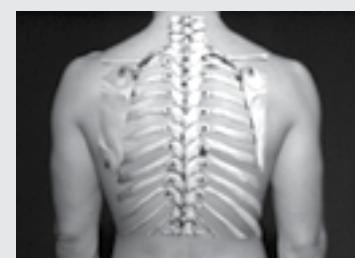
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WE CARE

From Sambro to Sackville, Custom Jewelry for Everyone

By Lorrie Boylen

Shelly Pohl of Shelly's Custom Jewelry Creations recently showcased some of her favourite custom pieces at the Atlantic Wedding Showcase in January.

Shelly has always crafted, but her passion for jewelry began 7 years ago with a bag of pretty plastic beads from Walmart, which she crafted and sold over Christmas. Since then, her materials have expanded to include precious stones, Swarovski crystals, sterling, gold and plated metal.

When Shelly gets inspired, she sketches her ideas which she tucks away for future projects. Although she works full time and crafts jewelry during her time off, she still finds time to perform with the band 191 East. Her creations can be seen at Mishoo's store in Sambro, Annabell's Fashions in Cole Harbour, and Alyssa's Classic Formals in Sackville. She will also have a kiosk at the Cobequid Community Health Centre on April 8th, May 6th, June 17th, July 15th, August 26th, September 23rd, October 21st, November 4th & 18th, December 1st & 15th. She also does home party shows and with items priced from \$5-\$300 per piece, she has something for everyone.

On April 16th Shelly will be at the Loopaloosa trade show at Harrietsfield

Williamswood Community Centre at 1138 Old Sambro Road. This event will showcase home-based and studio-based businesses and services around

the Sambro Loop.

For more information about her pieces, please contact Shelly at 868-2829.

From The Editor's Desk

Welcome to the April edition of the Chebucto News.

First off, I would like to wish my Christian readers a Happy Easter and Happy Passover to my Jewish readers.

Now that spring has officially arrived and the snow has hopefully melted by the time you read this, I would like to remind drivers to slow down in residential areas. The warmer the weather gets, the more children play outside, and they don't always focus on the world around them. Whether it is a child darting out between parked cars for a ball; someone learning to ride a bike; or a game of tag, children are wrapped up in whatever they are doing and often don't take the time to look both ways before crossing the street in front of their home. So please, pay attention for them.

As you may have noticed, we still do not have a sports page. That is due to a lack of sports promotion in this area. I, for one, do not believe that

the Chebucto area is as uninterested in sports as it seems. I believe that people just aren't sure how to go about getting their sporting events, scores and highlights published. It is easy. Email me photos with team members' names; email me a list of upcoming games and previous games' scores; email me with fundraising events. We do not charge for publishing minor leagues, school teams or old-timer's leagues.

As always, I appreciate all feedback. I won't promise to print everything I receive; however, I do read everything I receive. Please email me with comments, questions, story ideas, etc at tangelene@live.com.

**Have
your say!**

Email the Editor:
tangelene@live.com

North West Arm Hockey League

(Continued from page 4)

third period, there were more players in the "sin bin" than on the ice. Kline Heights won the game, 7-4. Their goals came from Mort "Shick" Thomas (2), "Muzz" Mont (2), Ina Sullivan, "Haddie" Morash, and "Pud" Stanhope. Scoring for Spryfield were Carl Bracket, Doug Brodie, Walker and Turple. Kline Heights players Mont, Morash and Stanhope, were one, two, three in the league's scoring race that year.

This was the year, however, that belonged to Purcell's Cove Pirates. In March 1949 they went on to beat Kline Heights in three straight games; their first championship in fifteen years of league history. President F.G.H. Leverman presented the Gordon B. Isnor Trophy and the Munroe Cup to the winners. Bill (Slick) McCarthy of Jollimore, who played goalie all season for the Jollimore junior team and helped Jollimore capture their fourth consecutive championship, joined the Pirates in the playoffs. He was awarded the Montague Knight trophy for "most outstanding goalie." Sid Clark was the league's highest goal scorer and winner of the Gordon B. Isnor Trophy. Purcell's Cove continued their winning streak that year, defeating Fairview Aces for the Suburban League championship.

Got a great idea?

Have you ever had a great idea to make your neighbourhood healthier? If so, we'd like to hear from you!

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To **find out more** about funding criteria, or to **discuss your idea**, contact Andrea Cochrane, Coordinator, at 487-0591. Deadline for applications is **Friday, April 29, 2011**.

Chebucto West Community Health Board

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Supercalifragilisticexpialidocious

By Roisin and Sarah Boyle

Who said a picture's worth a thousand words? Words themselves are a delight, as Hannah Cameron discovered when she won the Chronicle Herald Regional Spelling Bee on Saturday, March 5th.

47 students, the youngest of whom were in grade four while the oldest were in grade eight, competed at the Rebecca Cohn Auditorium for the designation of top speller in the region and a \$5000 education award. Hannah Cameron, a grade eight student at Herring Cove Junior High, won for the second year in a row. “[This year’s success] shows that my first win wasn’t just a fluke” she said of the admirable feat.

Hannah did not do much to prepare for the bee. “It didn’t feel like a lot of preparation at the time, mostly because I forgot the date of the bee!” She “mostly paced around at home” before she left for the Dalhousie Arts Centre. “I tried not to look at too many words because I knew that would be overwhelming, and the chances of my actually getting any of those words was minuscule.”

Hannah first began participating in the Canspell bees when she was in grade 5. She came in second at the regional bee that year, but decided to take part once again when she was in grade 7. After winning locally and doing well in the nationals, she almost didn’t put herself forward for this year’s competition. She changed her mind as this was to be her last year of eligibility. She put

herself under a lot of pressure to win, terrified that perhaps her last year’s victory had been a stroke of luck. Her accomplishment at this year’s competition, however, proved that this was not the case.

She was very nervous during the bee, but everything fell into place as she correctly spelled her winning word, “harbinger”. The word itself

By Lorrie Boylen

Editor’s Note: This article was published last month with incorrect dates. Here is the correct version. We apologize for any inconvenience this may have caused

On Saturday February 5th, Reverend Keltie Van Binsbergen of the St. James Jollimore pastoral charge convened the second annual women’s retreat, “Living Our Faith”. 17 women ranging in age from 16 to 93 gathered for fellowship, faith discussion and reflection, relaxation exercises, meditations, and an outdoor walking labyrinth in the snow. Participants enjoyed the opportunity to slow down the fast pace of life, focus on themselves and on God, and leave feeling refreshed and recharged.

St. James United Church in Sambro will host its 12th annual dinner theatre this year on May 6, 7, 8, 13, 14. This year’s original production is entitled “You Feel the Same Way Too,” based

on music by the Rankins and featuring over 20 cast members. The production is always in need of volunteers to build props, pick up and drop off items, set up and clean up. Interested volunteers may contact the church office at 868-2791. Tickets for the show and lobster supper are \$30. Payment is by cash or cheque only on a first come first served basis. This year the available seats per performance has been reduced from 100 to 90 to assure optimal viewing for all. Patrons will have the opportunity to choose their seat location when purchasing their tickets. Tickets sales will

Hannah would like to share some of her wisdom with anyone who is interested in participating in the bee: “It’s a lot of luck, so don’t be discouraged if

you don’t win the first time. Also, read all you can! You can pick up words from anywhere. Spelling bees are a lot of fun, but don’t sacrifice your life. The bees can be over in the blink of an eye and you need other activities to fall back on.”

Hannah plans to become a doctor, and to work for Doctors Without Borders. She has clearly demonstrated that she has the motivation and the enthusiasm to achieve her goals.

St. James 2nd Annual Retreat

be open Sundays from 12:45-3 p.m., and Monday and Wednesday evenings from 6:30-8 p.m. this month at the church. Flyers with detailed information were mailed out in late March.

St. James also will host another coffee house on April 10 at 7:00 p.m. A variety of local entertainers young and old will be featured in an evening suitable for the whole family. A freewill offering will be collected. Tea, coffee and dessert will be available. Interested performers should email Marilyn at adjaje@yahoo.com.

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Sunrise Service and Maundy Thursday: Important Days on the Christian Calendar

By Carolyn Mont

SUNRISE SERVICE AT THE DINGLE

The most moving Easter service I have attended has been at the Dingle. This is not a spot we usually think of when thinking of a church service but upon reflection it makes sense.

St. Paul's United Church in Spryfield has a sunrise service, conducted by Reverend Jeanne Manning Straight. The congregation, plus any dog walkers or joggers who might be passing by and decide to join us, face the waters of the Northwest Arm looking east toward the rising sun. Given the natural beauty of the Dingle combined with the dramatic story of the risen Christ, it's no wonder passers by stop to listen.

This is an informal service. The rule of thumb is to dress for comfort and bring a chair if you would like to sit. This year, Easter is as late as it can possibly be so we know that daylight will come early. The service starts at 6:00 am and if the weather is inclement, we will have the service at the church.

MAUNDY THURSDAY COMMUNION SERVICE

The Thursday of Holy Week is called Maundy Thursday. Although the exact origins of this name are unclear, some believe the word maundy derived from the Latin word mandatum, which means "command." On Maundy Thurs-

day we remember the new commandment Jesus gave his disciples, to love one another. Others say it stems from the Latin mundo meaning wash, recalling how Jesus washed the disciples'

feet at the Last Supper. At the Maundy Thursday service we will celebrate the Lord's Supper, and we will also re-enact Jesus' symbolic gesture of washing the disciples' feet. As part of

this service you will have the opportunity to participate in foot washing or hand washing if you wish. You might want to dress appropriately (e.g. pants, sandals or shoes with socks.)

Father's Day CONTEST

Last year, we honoured the Moms on The Loop. This year, we are honouring the Dads. Tell us, in 200 words or less, why your Dad is awesome. The winning entry will receive some wonderful prizes, including:

- Golf for four on Father's Day at the newly renovated **Briarwood Golf Course**
- Breakfast for two at the **Bloomin' Café**
- Oil change, four tire rotation and fluid top up from **Canadian Tire**
- Free lawn core aeration up to 8,000 sq. ft. from **Blade Lawn Care**
- Family portrait from **Moments for a Lifetime**

The top three letters will be printed in the July issue, along with a photo of the winning Dad and his family.

Here are the rules:
All entries must be sent electronically by June 1st.
All Dads must live in the Chebucto area.
All entries received become the property of the *Chebucto News* and we reserve the right to publish the entries as we see fit.
Please send your entries to tangelene@live.com

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The Board partners with many large and small health and community organizations to **improve the community's health**. We **serve residents of** Armdale–Purcell's Cove, Herring Cove–Spryfield–Sambro, Clayton Park and Rockingham, BLT and Hubley, Prospect, St. Margaret's Bay and Hubbards—a huge and very diverse area!

We want our Board to reflect our community, so diversity, gender balance and the age of our members is important to us. We encourage any interested resident of our CHB area to apply. **If you have a desire to make your neighbourhoods healthier, we'd like to hear from you!**

For **more information** contact Andrea Cochrane, Coordinator, at 487-0591 or submit a cover letter and resume that outlines your interests and background by **Friday, April 29, 2011** to:

Chebucto West Community Health Board

3825 Joseph Howe Drive

Halifax, NS B3L 4R6

Fax: 455-3531

Email: andrea.cochrane@cdha.nshealth.ca



The miracle of compost—getting gardens ready to grow

By Marjorie Willison

Compost promotes better plant growth by providing nutrients and by improving different kinds of soil. Compost helps heavy clay soils to hold more air and drain better, and it helps light sandy soils to hold moisture and nutrients for longer periods. You can apply it in the spring, and then forget about adding fertilizer or anything else for the rest of the growing season.

Whether you make your own compost or purchase it, you should focus on spreading the compost in areas where organic matter is removed each year, such as a vegetable garden or asparagus patch; where the soil is too wet, too dry, or hard and compacted; or where you have experienced poor plant growth, or many weeds.

For vegetable gardens and annual flower beds, it is best to spread 1 to 2 inches of fine, finished compost over the soil in the spring. (Use only Grade A compost or your own compost for food crops.) If you are a no-dig gardener, just leave compost on the soil surface. If you dig, mix the compost into the soil at about the depth of your spade; 2 weeks before planting if possible.

There is no need to apply compost where you are going to plant nitrogen-fixing plants such as peas and beans. Save the compost for fruiting plants such as tomatoes, peppers, eggplants, cucumbers, squash, pumpkins and zucchini, and for heavy feeders such as corn. In autumn, if desired, spread 1

inch or less of rough, unfinished compost over the bed. Dig it into the soil and plant a cover crop.

For plants such as raspberries, rhubarb and asparagus, a good rule of thumb is to spread about 2 inches of compost over the soil in early spring. Apply another 2 inches of compost after the asparagus harvest. Cover the compost with a mulch such as straw or leaf mats. (To make leaf mats, leave bags of autumn leaves open all winter so that rain and snow compacts the leaves. In spring, remove thick layers of leaves to use as mulch.)

When dealing with perennial flowers, trees and shrubs, there is no need to apply compost if the old leaves are left on the ground each winter. In spring, dead stems can be cut up and left in the bed as summer mulch. If you still want to apply compost, spread 1 inch on the soil surface, without touching the crowns or stems of plants. To avoid root damage, do not mix compost into the soil. When planting trees, shrubs or perennials (or lifting and dividing perennials), mix a spade full or two of finished compost into the soil in the planting hole. Mulch trees and shrubs with corrugated cardboard topped with shredded bark, leaves, or straw. This prevents weeds and grass from growing.

Contrary to popular practice, it is best to leave grass clippings on the lawn, so that organic matter is returned to the soil. To top-dress a lawn in autumn, mix fine, finished compost

in equal parts with good soil, or use compost alone. Cut the grass short and spread the mixture 1/4 to 1/2 inch thick with the back of a rake.

Compost is easy to make. Aim to build a pile that is at least 1 metre (1 yard) high. Use a mix of roughly two parts 'dry/brown' materials to one part 'wet/green' materials to give a combination of carbon-rich and nitrogen-rich matter. Dry/brown materials include such things as sawdust; coffee filters; paper towels and other small scraps of paper; autumn leaves; straw; wood chips and shavings; hair; eggshells and nutshells. Wet/green materials include such things as weeds that have not gone

to seed; grass clippings, if you insist on raking; vegetable peelings; fruit skins; used tea bags and tea leaves; seaweed; animal bedding that includes manure and urine; manure and food scraps (but not milk, meat, or oil, which attract animals). Decomposition will be faster, and the finished compost available sooner, if a variety of organic materials are used; if materials are chopped fine and mixed together; and if the pile is mixed and turned once or twice a week. On the other hand, you can simply pile things up for a year, then remove the upper layers in the spring and use the finished compost found deeper in the pile.

Happy 50th Anniversary



Congratulations to Bill and Fran Stewart, of Sambro Head as they celebrate fifty years of marriage on March 4, 2011. Best wishes and love from their family and friends.

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Chebucto Update

WITH MAYOR PETER KELLY, Halifax Regional Municipality



Hello again and happy April to everyone!

I do hope you've had the chance to tour the Canada Games Centre, the building which anchored the national winter sports event that HRM hosted so successfully in February.

With its many features, the centre is a magnificent asset for the whole community. It contains an eight-lane, 25-metre indoor competition pool; a leisure pool; a 52,000-sq.-ft. field house; an indoor 200-metre running/walking track; four full-sized gymnasium courts; an 11,500-sq.-ft. health, fitness and wellness centre; a youth centre; several multipurpose rooms; as well as leased space and a café.

As welcome as it is, however, the reality is that expensive public facilities like this one need to pay their own way as much as possible, and that's where user-fees come in. In the case of the Canada Games Centre, rates are not set by Council or by HRM itself but by nine members of the public who have volunteered to be its board of directors.

Like the community boards which oversee the Dartmouth Sportsplex and Cole Harbour Place, these nine people try to set rates which are both fair and realistic.



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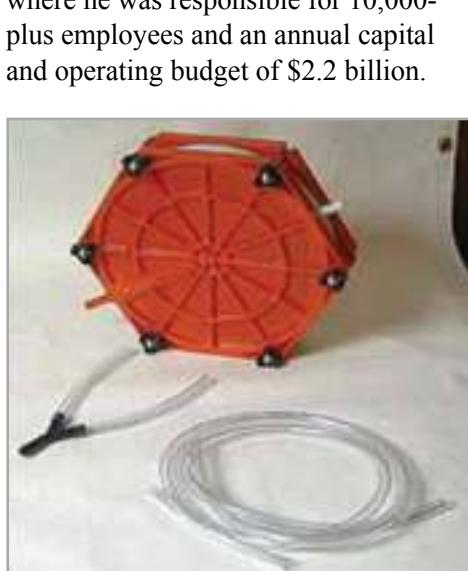
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If you would like more information on this exciting new centre, its board of directors or its programs and fees, I encourage you to visit <http://www.halifax.ca/> and type in Canada Games Centre in the search box; or call the centre's customer-service line at 490-2400.

I'm sure you'll be glad to hear that HRM crews are busy taking care of the pot holes which have been appearing on our streets recently. These craters are an unfortunate fact of life all across Canada at this time of year and, as you know, they make for some tricky driving conditions.

To speed the repair work, two shifts of HRM crews have been dedicated to filling-in these holes and I'm told that the work is going well.

If you know about a pesky pot hole, please do all of us a favour and report it today. Just call 490-4000 with the location and a crew will get to it as soon as possible. In the meantime, please take care on the roads.

By the time you read this, our new chief administrative officer, Richard Butts, will be behind the desk at City Hall.

Richard was chosen from 60 candidates to be HRM's top corporate officer. He comes with more than 25 years of experience in both municipal government and the private sector. His last post was deputy city manager of Toronto where he was responsible for 10,000-plus employees and an annual capital and operating budget of \$2.2 billion.

Welcome, Richard. Council and I look forward to working with you.

Just a reminder that Metro Transit is continuing work on a study on how to make its operations better. Four public consultation sessions have already been held and there will be more this spring. A final report is expected to be ready for Council by early summer.

The study will make recommendations on how to best improve the overall accessibility of our bus and ferry systems. It will also include an ongoing review of Metro Transit's existing infrastructure like vehicles, terminals, bus stops, shelters, etc.

If you'd like to have an input, please provide your comments and questions to the HRM Call Center at 490-4000 or by e-mail at contactHRM@halifax.ca.

And finally, news from half-way around the world. Our twin city of Hakodate in Japan escaped the full force of the recent natural disasters.

I have been in contact with Mayor Masanori Nishio's office and been told that everything is getting back to normal.

Hakodate was spared the earthquake however the resulting tsunami did catch the city a glancing blow. One person is known dead, some 350 buildings were flooded and more than 560 automobiles were damaged.

Mayor Nishi thanked the people of HRM for their offers of support but assured me it was not necessary. Instead, we both agreed that anyone wishing to assist should do so through their local branch of the Red Cross.

Halifax twinned with Hakodate almost 30 years ago. I visited there in 2008 and, last July, I hosted Mayor Nishi at City Hall, along with 15 members of the Hakodate Chamber of Commerce.

Our thoughts and prayers are with our Japanese friends at this difficult time.

Reach me at kellyp@halifax.ca or www.peterkelly.ca or at City Hall by phoning 490-4010. You're also invited to join me on my Twitter and Facebook pages.

Executive Committee Members WANTED

The **Halifax Atlantic Liberal Association** is recruiting community-minded individuals to its executive for the 2011/12 year. Please get in touch by sending an e-mail to hfx.atl.liberalassoc@hotmail.com.

There are other ways to contribute – become a member, join a committee, lend your support, make a donation. To learn more about what the Nova Scotia Liberal Party, please go to www.liberal.ns.ca.

Join **Stephen McNeil, Leader of the NS Liberal Party** at the Halifax Atlantic Liberal Association Annual General Meeting on May 4th at 7:00 pm at the Golden Age Club, 212 Herring Cove Road.



Exit Realty Citadel is pleased to announce that **Rob Keigan**

has decided to join our team! Rob looks forward to serving his clients with his usual unmatched level of integrity and professionalism, developed over many years of highly successful customer service in other industries. Rob invites all of his friends and past clients to give him a call to discuss their both their current and future Real Estate needs.



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LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

Belair (Sheridan) Mary Theresa Bernadette

72, Spryfield, passed away peacefully in the Palliative Care Unit of the VG Site, QEII on March 12, 2011. Born in Halifax February 22, 1939, she was the youngest of five children of the late Michael and Ethel (Ling) Sheridan and was very proud of her parents many achievements. Educated in Halifax, Mary graduated from St. Patrick's High School and received her Commercial Diploma from Mount Saint Vincent Academy. She worked for a number of law firms in Halifax before joining McInnes Cooper and Robertson, where she dedicated herself as a most loyal administrative assistant. It was during that time that she became interested in politics and worked with the likes of Robert Stanfield, Joe Clark and Kim Campbell during their visits to Halifax and was deeply involved in the political careers of George Cooper and her friend, John Buchanan. After her retirement Mary enjoyed looking after and spending time with her grand-daughter whom she adored. She was a dedicated volunteer visiting the sick and elderly in their homes and hospitals. She enjoyed walking and shopping which she did most everyday. She especially loved the socializing and fun she had with her many friends at elderobics and held a special place in her heart for her nephew, Mark Belair. She also dabbled

in the art of painting on occasion and had a great love of music and classic movies. She is survived by daughter, Andrea Belair (Steve Treleaven); son, Criag Belair (Doris Martell); granddaughters, Maurice and Sheridan; sister, Joan Kelly (Granville); brothers, Bill Sheridan (Joyce), Jimmy Sheridan, along with many cousins, nieces and nephews. She was predeceased by her loving husband and soul mate Maurice Edward Belair; infant son, Stephen; sister, Ann Flinn (Errol); sister-in-law, Helen Belair (Allan); brother/sister-in-law, Leo and Helen Belair and John Golden (Cathy). Special thanks to all the wonderful nurses staff of palliative care unit for their understanding, compassion, love and support—you are truly special people! Arrangements have been entrusted to J.A. Walker Funeral Home (2005) Ltd. 149 Herring Cove Rd. (477-5601). The funeral service was held in the chapel on Friday, March 18. Interment in Gate of Heaven Cemetery. In lieu of flowers, donations may be made in mom's name to the charity of choice. Words of comfort to the family may be sent to www.walkerfh.com

Frances Kelly

44, Sambro, passed away peacefully with her family by her side after a courageous battle with cancer on February 27, 2011 in the V.G. Site QEII. Born in Halifax, she was a daughter of Anita "Molly", Halifax and the late George Kelly. At the time of her illness, Frances was employed with Metro Community Living as a Residential Support Worker, a job she dearly loved after receiving her Child and Youth Care Worker Diploma from Compu College in 2007. She had also been employed with the Spryfield Dollarama, where she made friends easily with the other employees and customers at the store. Family was important to Frances and she loved spending time with them. Frances loved music, especially karaoke. She also enjoyed playing scrabble and trivia games as well as bowling. Frances is survived by her partner of 6 years, Roger Morris, as well as three children, Joseph Hillier, Crystal Hillier (Doug Van Beck) and Alexander Hillier (Hayley Fougere) along with the children's father Albert Hillier and two beautiful grandchildren Tyler and Mara; sisters Beverly (Larry), Mary (Carlos), Pauline (Peter), Darlene, Cathy (David), Nancy (Larry), Jackie, as well as brothers Norman and Steve (Darlene); many nieces and nephews. She was predeceased by a nephew Matthew Kelly. Cremation has taken place under the care of J.A. Walker Funeral Home (2005) Ltd. 149 Herring Cove Rd. (477-5601), where a funeral service was held on Wednesday March. In lieu of flowers, donations in memory may be made to the QE II and the I.W.K. Foundations. Special thanks to the staff of the Nova Scotia Cancer Centre, II Victoria, 5A and Palliative Care. "Say what you mean and mean what you say"

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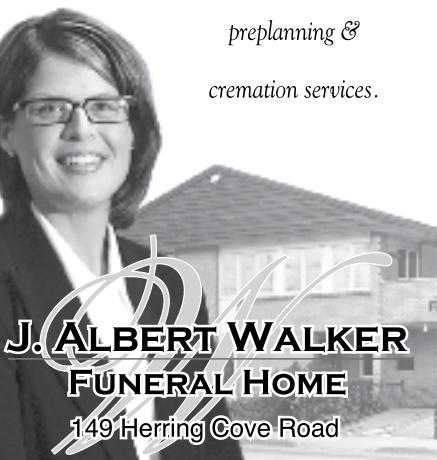
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Linda Sampson

97, Spryfield, passed away at home on February 24, 2011, surrounded by

her family. Born in Lower L'Ardoise, she was a daughter of the late Louis and Alvina (Briand) Presong. She is survived by her son Raymond, foster son Albert, sister Doris Parker, Toronto, ON. and loving nieces. She was predeceased by husband Lawrence, son Rev. Ronald Pete, sisters Dollie, Birtha and Cecilia. There was no visitation by request. Arrangements under the care of J.A. Walker Funeral Home (2005) Ltd. (477-5601). A funeral mass was held at on February 26, at St. Michael's Roman Catholic Church, Spryfield, Father Frank Pellerin as celebrant. Interment to take place at a later date with her husband Lawrence in the Gate Of Heaven Cemetery, Lower Sackville. Donations may be made to the Heart And Stroke Foundation of Nova Scotia

Deborah Isnor

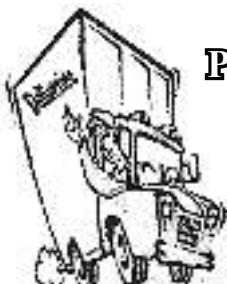
52, Born October 28, 1958, passed away February 24, 2011, peacefully surrounded by her family. She was a daughter of Florence (Devaney) Holmans of Spryfield and Philip Holmans of Musquodoboit Harbour. She is sur-

vived by her husband, the love of her life of 30 years, Joseph Arthur Isnor; sister, Virginia (Ronald) Fox and nieces Gillian and Meghan. She was predeceased by her brother, William "Billy" Holmans. Debbie spent eight years in the British Consulate and 25 years at HRSDC "Public Service" and was truly a coach and a mentor to her peers. In the last few years, Debbie loved traveling and experiencing new cultures. She loved all animals and especially her cats. She was a true friend and was loved by all whose lives she touched. Cremation has taken place under the care of J.A. Walker Funeral Home (2005) Ltd. (477-5601). A service to celebrate Debbie's life was held in Emmanuel Anglican Church, 322 Herring Cove Rd., Spryfield on Tuesday March 1, under the direction of Dianna Brett-Frye. Special thanks to the wonderful doctors and nurses at the VG Site and the Halifax Infirmary, QEII. In lieu of flowers, donations can be made to the Canadian Cancer Society, Emmanuel Anglican Church or a charity of your choice.

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Graffiti continues to be a problem

By Linda Mosher, HRM Councillor, District 17

Back in 2003 I wrote a column in *The Chebucto News* on graffiti after Police Sergeant Heinz Kuck from Toronto gave a presentation to Council and HRM staff about our graffiti problem. He told us that if we didn't get a handle on our graffiti problem quickly it would get to a point where it was out of control. As a result, many of us went out and started programs with high hopes of resolving this blight on our communities. Unfortunately his predication came true, and today the graffiti in HRM is at an all-time high.

After Sergeant Kuck spoke to HRM, we formulated a small staff team that worked on graffiti clean-up and initiatives such as murals and crime prevention assessments. In 2006 Council approved a Graffiti Management Plan and we put forward many recommendations in order to allow us to effectively eradicate graffiti and the associated problems such as vandalism. We formed a Graffiti Task Force that includes many stakeholders, such as: Halifax Regional School Board, Canada Post, Clean Nova Scotia, Halifax Water, Aliant, Nova Scotia Power, Business Commissions, and various HRM departments including Halifax Police, Public Works and the RCMP. Recently the Port Authority has attended meetings and Minister Paris from the province indicated they would join. The Task Force members have implemented many positive initiatives such as Canada Post's shrink wraps on their mail boxes, Aliant's murals and the Business Commission's funding for graffiti removal.

Despite the Graffiti Task Force's efforts, the problem keeps escalating and we are at a critical point. If we don't step up our efforts we might as well give up! We are spending millions on removal and the problem is getting worse. Partners are removing graffiti from their properties, but private property owners are not and therefore the taggers keep coming back. It is proven that the longer one lets graffiti remain on a property, the greater the likelihood that more and more graffiti is spread. A common saying is that "graffiti begets graffiti". One of the Council approved recommendations was to have a graffiti by-law. This evolved to a request to the Province to allow us to include graffiti in our existing Dangerous & Unsightly Bylaw. To date we have not had a response from them, but our Solicitor is meeting with the province to emphasize

the necessity for this Charter amendment. If we get the legislative authority we will add this to our public education and programs will be put in place to assist homeowners with the removal.

Another reason for the graffiti problem is that HRM is sending mixed messages. On one hand we have removal crews, free graffiti removal kits for the public and many removal initiatives. On the other hand we are actually promoting graffiti. There are a myriad of HRM examples, ranging from our HRM Youth Committee's logo being graffiti, to hiring people to do graffiti type painting, to having people that have been arrested for graffiti do graffiti murals (under restorative justice). By having murals in graffiti style, or allowing known graffiti vandals to do legitimate art work actually gives the graffiti writers more notoriety, which is one of the reasons that they do graffiti in the first place. Recently a couple of incidents led me to call an urgent meeting with the Mayor, some staff and the other Councillors on the Task Force: Councillors Bob Harvey and Debbie Hum. I told them we have been sending mixed messages and that all departments in HRM need to have a clear understanding of what our policies are and that

we cannot promote graffiti. The first incident was that we found out that a Public Library was putting on a Graffiti Art youth workshop, where they were going to teach the origin/history of graffiti, embrace and teach them how to do it. After I contacted the library they quickly contacted all registered participants and told them the workshop was being changed to an art workshop. The Supervisor even told me that they were having a problem with graffiti outside on their building. Teaching kids to do graffiti would not likely help the situation. Then I received a draft press release that in honour of Canada Games they were going to put up a 40 x 12 foot graffiti mural! To depict a wonderful event that culminates years of youth's hard work on a graffiti mural shocked me. I have not seen the mural so I can't comment on the content but did have staff change the word graffiti to urban art. This was reminiscent of last year, when HRM staff sent out a press release about a Hopscotch event at City Hall where they were having graffiti artists from France teach people to do graffiti on cellophane in front of City Hall. It was too late to remove the graffiti component, but I did get the wording changed to urban art. Staff justified this component by saying it was

legal graffiti and it was on cellophane. I honestly haven't seen any cellophane since, and wonder how many people learned how to do or perfect their graffiti as a result of HRM's actions. Some might have thought this is hip and cool but it is promoting graffiti. You can't confuse graffiti with art. I have also had some setbacks, first allowing graffiti writers to have the "legal wall" in Spryfield which was a failure and actually increased graffiti, and then allowed a graffiti artist to paint graffiti at the Chocolate Lake Recreation Centre. These graffiti style murals will be repainted this spring. The evidence is insurmountable; detailed studies and analysis that proves graffiti is a crime. It is referred to as a gateway crime, as the vast majority of people who are arrested for doing graffiti have also been arrested for other incidents such as assaults, drugs, and theft.

Our next step is to go over our Graffiti Management Plan and incorporate a commitment on the part of HRM and their agencies to NOT engage in programs that glorify or promote graffiti. Educational resources and staff training will be implemented. We will also be analyzing our needs, for instance, should we have a full time Police Officer dedicated to graffiti versus part time.

Habitat for Humanity housing approved

By Stephen Adams, HRM Councillor, District 18

In March, we had numerous community and committee meetings on many topics. They were all very interesting and offered valuable information and some very favourable outcomes.

I was appointed to the Community Monitoring Committee (CMC) for the Otter Lake Landfill, and attended my first meeting on March 3. This committee has a mix of local residents, professionals, and municipal Councillors. We discussed new initiatives which are environmentally responsible, and were also briefed on the process used to collect and dispose of waste, organics and recyclables left at the curb. There is a video available on YouTube, under Otter Lake Landfill. It is just under 14 minutes in length, and is quite intriguing. I encourage you to take a look.

At our monthly Chebucto Community Council meeting, we approved a minor variance for a property on Sylvia

Avenue. The net result of this approval was to allow the construction of two semi-detached dwellings; i.e. four total units. These homes will be built by Habitat for Humanity.

This is an affordable housing initiative that allows residents an opportunity to own their own home. If you are in a low-income bracket, or live in sub-standard housing conditions, you may qualify. You can visit www.habitathrm.com and complete the "Should I apply" form or call 464-0274, ext 7.

Speaking of housing, a Public Information Meeting was held March 9 in Herring Cove to discuss a proposal to build 46 single family homes. This was a revision of a previous submission.

This meeting outlined the project, with set-backs, street frontages and other components that had to be satisfied in accordance with the Herring Cove Area Settlement and Servicing Strategy. The presentation illustrated

that our Settlement and Servicing Strategies were met. There will be a Public Hearing to discuss this in detail, where residents will have an opportunity to comment. Although I am not sure as to when this will be heard, the timeline is generally four to six months.

We also hosted meetings in Harrietsfield and Sambro to discuss the paving of "J" Class roads. This paving is done through a programme called "Aid to Municipalities." Under this programme, the province pays 50% of the paving costs and residents pay the remaining 50%.

At these meetings we presented options for payment on a per foot basis or a per lot basis. As well, payment terms were presented. For example, residents could pay over a 10 year period at 5% per annum or, lower income residents can defer payments.

The intent of these meetings was not (*See Habitat for Humanity on page 13*)

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Drug affordability strategy needed

By Megan Leslie, MP for Halifax

Canada's universal healthcare system is a symbol of what fairness and equality mean in Canada. It is a system that we should be able to count on when times are tough, and a system that should help us look after our family, friends and community. The Canada Health Act was designed with this in mind, and has five core principles: public administration, universality, accessibility, portability and comprehensiveness.

However, these principles are by no means a reality in Canada, with great disparities in quality and timeliness of care across Canada in all areas of healthcare, from primary care, to palliative care, to chronic disease prevention and management. In 2004, the Federal government, along with the provinces and territories, implemented the "10 Year Plan to strengthen healthcare in Canada", which set up a transfer of money from the federal government to the provincial and territorial governments to help address inadequate care. Almost 10 years later, it has become clear that what is really needed to improve healthcare is a reimaging of public health care in Canada, based on modern innovations in care and technology, and a refocusing on health care human resources.

We will have a chance to do just this when the governments return to the bargaining table in 2014 to renegotiate the healthcare transfer. While there are numerous healthcare issues that should be made priorities during the renegotiation, one stands head and shoulders above the rest, and that is the need to address the quickly rising costs of prescription drugs, and the starkly inequitable level of coverage for drugs that exists in this country. This inequality is particularly in play with respect to cancer-fighting drugs, which are covered almost entirely in some provinces, while those living in other provinces can risk losing their homes because of a lack of drug coverage from their provincial plans.

Since 1985, the cost of prescription drugs has risen more than 10% per year. In 2008, Canadians spent an average of \$749 each on prescription drugs for a total of \$25.1 billion. This makes controlling drug costs one of the best ways to ensure the sustainability of public health care in Canada.

Despite the public plans offered by provincial governments and private plans offered by employers or other

organizations, a survey conducted by StatsCan concluded that 24% of Canadians have no coverage at all. As visits to the doctor increasingly result in a prescription, and 8% of Canadians admit they haven't filled a prescription because they can't afford to, a growing number of Canadians are not receiving the care they have a right to under the Canada Health Act. The patchwork nature of prescription drug coverage in Canada is hurting people's health and adding unneeded costs to the system.

Billions of dollars of savings for Ca-

nadians and the healthcare system are achievable through the establishment of a national drug affordability strategy that is based on bulk-purchasing, and an efficacy based drug approval process. In order to be effective, the national strategy must have three core principles: accessibility of care, improved drug safety and cost control.

New Democrats are pushing for a national drug affordability strategy that includes universal prescription drug coverage. The federal government should aim to make real changes to

help make life more affordable for Canadians and work with provincial and territorial governments to eventually establish universal public drug insurance plans. It makes financial sense and would solve some significant inequalities in our health care system.

For more information about making prescription drugs more affordable and the need for universal drug coverage, or to share your comments and concerns, please write to me at leslie.m@parl.gc.ca, or 1-2207 Gottingen St., Halifax, NS B3K 3B5.

Keep Reading Recovery until proven replacement found

Stephen McNeil, MLA, Liberal Leader

The Dexter government's decision to abruptly cut the Reading Recovery program without having a replacement program designed is a short-sighted mistake. Literacy has to be one of the fundamental outcomes we desire for our public educational system and Reading Recovery is the best resource we currently have in helping our students learn to read and write successfully.

Research has shown that a child struggling with literacy needs early intervention; if that intervention has not taken place and students are not reading at the same level as their peers by the time they are in Grade 3, they will continue to struggle and lag behind their classmates throughout the rest of their schooling. Reading Recovery provides that early intervention as well as crucial one-on-one assistance for the student.

There is no other program in existence that produces the results Reading Recovery does. If the Department of Education believes it can improve upon Reading Recovery's successes by creating a new program, I applaud their efforts. However, eliminating Reading Recovery before that new program has been designed, implemented, and proven effective makes absolutely no sense.

Is cost a factor in the government's hasty decision? At \$7 million per year, the price tag to execute Reading Recovery, including the wages of all 600 designated teachers and their ongoing training, represents three-quarters of one per cent of the entire public school system budget. Furthermore, it only costs our eight school boards a combined total of \$33,000

each year to access the program from its provider, the not-for-profit Canadian Institute of Reading Recovery.

Reading Recovery is a research-based program that meets the needs of Nova Scotia students. We recognize that in some cases, reaching those in the bottom 20 per cent of reading ability isn't enough. Our province's school boards recognized this as well – that's why additional supports and add-ons to the Reading Recovery program were developed and put into practice at schools across Nova Scotia.

Scraping an effective program for an unproven and unfinished one puts our children's learning in jeopardy. We're recommending a stay of execution for Reading Recovery as the most logical way forward for this government. Allow those school boards

that believe in the program to continue to offer it until another research-based program that produces the same – or better – results is identified. On February 24th, our education critic Karen Casey wrote Minister Ramona Jennex and asked her to consider this approach – nearly three weeks later, the minister is yet to respond.

Improving the literacy skills of young Nova Scotia students should be among the primary goals of our public education system. By removing the tools and resources that help our students learn, the NDP government will keep our students and educators from reaching that goal. The parents of Nova Scotia students deserve the best educational outcomes for their children and Reading Recovery is one of the tools that allows that to happen.

Habitat for Humanity housing approved

(Continued from page 12)

to convince residents to have their roads paved or to refuse paving; the intent was simply to ensure residents had all of the information necessary to make an informed decision.

For those residents that were unable to attend, or have yet to submit a ballot, there will be another mail-out to ensure your voice is heard. I strongly encourage you to make your choice known.

We also heard other concerns, inde-

pendent of paving, that we are taking steps to address. These included, but were not limited to speeding, illegal ATV use, poor road maintenance, and poor snow removal.

I have spoken to our Regional Police Service to address the speeding and ATV concerns. I have also written letters to the Provincial Minister of Transportation asking that the maintenance and snow removal problems get rectified.

Stephen Adams

HRM Councillor, District 18

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Linda Mosher

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Chebucto News Community Events

To have your Community Event listed call or fax us at 477-NEWS or send e-mail to tangelene@live.com

Community Events for April

S.A.I.L. (Starting Again in Life) starts their fall season off with their first meeting September 8th. They meet at St. Agnes Parish, 6903 Mumford Rd. Meetings begin at 7pm and are the 2nd Wednesday of the month. For further information, please contact Marilyn Marcon at 469-3839.

The Chebucto Communities Development Association (CCDA) is looking for community minded people who live in the area from Armdale right around the Sambro Loop and might be interested in joining our board. We meet the third Tuesday of each month at 7:00 pm.

CCDA works on helping to connect neighbours to neighbours, residents to community groups and partnering with community groups, agencies, businesses, institutions and governments to improve the quality of our community.

If you are interested or want to check us out, please call Diane LeBlanc, the chair, at 209-3219 or email at diane.leblanc@yahoo.com. Our website is www.chebuctoconnections.ca

The UCW (United Church Women) at St. James United Church in Sambro is looking for women who like to socialize and help others. If you are interested, please call 868-2791. Keep the UCW tradition going.

Elderobics, sponsored by the YMCA, is an exercise program for older adults. Participants are encouraged to exercise at their own pace. Classes are held many HRM locations, including Emmanuel Church Hall, St. Phillip's Anglican Church Hall, St. Matthias Church Hall, and Bethany United Church Gym. Fee is \$3 per class plus an annual fee of \$5; free to Y members. Sessions are led by qualified YMCA fitness instructors and set to lively music. Each class includes a warm-up, low-impact aerobics and muscular strength exercises, followed by stretching and relaxation. Come join the fun...and get fit! For more information call Susan Theriault at 423-9622 Ext.253.

LEGION: Bingo every Sunday at 1PM. Mini Bingo at 6 P.M. and Superstat Bingo at 7 PM

St. Paul's Recycling On the third Saturday of every month, St. Paul's United Church in Spryfield will collect your clean refundables. You can drop them at the church at 173 Old Sambro Rd. between 10:00am and 1:00 pm. If you would prefer, you may call Carolyn t 477-0187 or Jackie at 477-3776 to have your refundables picked up.

Parents of children with ADHD, Adults with ADHD Support Meetings Support meetings are informal and a great place to come and get answers on advocacy & support, resource material, referrals, and meet others affected by ADHD.

We meet the 1st Sunday of each month 7:00 p.m. at the Captain William Spry Community Centre 10 Kidston Rd.

For more information 404-9177

The Spryfield Lions Club will be hosting a Dance and Auction Fundraiser on Saturday, April the 9th from 7:00 p.m. to 1 a.m. at the Spryfield Recreation Centre, 25 Drysdale Road. Donations at the door. Proceeds will go to Edwin Gray of West Pennant for his ongoing battle with cancer. For further information please call 479-4161.

The Spryfield Lions Club will be hosting a Dance and Auction Fundraiser on Saturday, May 14 from 6 p.m. to 1 a.m. Tickets are \$20 and proceeds will go to support the ongoing rehabilitation and care of Edie Martin Jones, who in July 2010 suffered a ruptured brain aneurysm and subsequent stroke. For more information or to make a donation, please call 868-2351 or 233-7865.

On Saturday, April 16 from 10 a.m. to 4 p.m. the **Harrietsfield Williamswood Community Centre** will host a showcase of businesses and services found around the Loop. Free admission, free parking, free smiles! Come meet your neighbours and discover how you can support local businesses.

Coffee House St. James United Church, Sambro (3811 Old Sambro Road) will be having a Coffee House on Sunday, April 10 at 7pm. It will feature local musicians of all ages, as well as some musicians from the city. Admission is by donation and the proceeds will go to the tsunami and earthquake relief in Japan. Everyone Welcome

Easter Sunrise Service Are you an early riser? Join us at 6:00 am on April 24 for an Easter Sunrise Service at the Dingle (at the end of Park Hill Drive.) Please bring your own chair if you would like a seat. In case of heavy rain or snow, service will be held at St. Paul's United Church, 173 Old Sambro Rd. After the service there will be light refreshments at St. Paul's. For more information please call 477-3937.

Emmanuel Church Players encore presentation of: "Mystical McIntosh Run" Performances-Friday June 3 & Saturday June 4

\$25.00 ticket price includes a delicious three-course meal(salad, roast beef with veggies & dessert-wine available) Emmanuel Church Hall 322 Herring Cove Rd. Halifax. Doors open at 6:15pm (Reserved ticket seating) Tickets/Information available by contacting: Alecta 477-7870 Reserve tickets early!!!!

Penny Auction Emmanuel Church Hall, 322 Herring Cove Road, Spryfield Tuesday, April 12, 2011 at 7:30 pm

Dance Emmanuel Church Hall 322 Herring Cove Road, Spryfield Saturday, April 16, 2011 8:00 pm to 12:00 am, \$7.00 per person. Music by Port & Starboard. Light lunch served at intermission.

Full List of Easter Services at St. Paul's United Church, Sun. April 17, 11:00 am: "A Walk Through Holy Week" - Intergenerational Worship Service for Palm Sunday. Thurs. April 21, 7:00 pm: Maundy Thursday Communion Service.

Fri. April 22, 7:00 pm: Good Friday Service.

Sun. April 24, 6:00 am: Easter Sunrise Service at the Dingle, (go down Park Hill Drive and park in the parking lot by the water) followed by a light breakfast at St. Paul's. Please bring your own chair if you would like a seat. In case of heavy rain or snow, service will be held at St. Paul's.

Sun. April 24, 11:00 am: Easter Celebration with Communion. St. Paul's United Church, 173 Old Sambro Rd. 477-3937 www.wondercafe.ca/churches/stpauls-spryfield

First Annual Loopapaloosa

April 16, 10:00am to 4:00pm and April 17, 12:00am to 4:00pm. The Harrietsfield-Williamswood Community Centre Events Committee is hosting the first showcase of home-based and studio-based businesses and services of the Sambro Loop.

We are seeking an expression of interest from wellness studios, landscaping companies, party-plan hosts, artisans, daycares, publishers and other small businesses. Priority will be given to those resident from Spryfield to Herring Cove, Ketch Harbour, Sambro, the Pennants, Williamswood and Harrietsfield.

Please send your name, contact info, nature of your business and products to hwccevents@eastlink.ca or phone 719-8389 (local).

There will be a nominal fee per table (\$5.00) with free admission to visitors. BBQ and kids' entertainment will be extra. The HWCC is located at 1138 Old Sambro Road, Harrietsfield. We can host 30-35 businesses, on two floors using 6-8 foot tables. If you wish to provide a demonstration or service, those suggestions are welcome too.

THANK YOU: Bill and Fran Stewart wish to thank family and friends for helping celebrate our 50th wedding anniversary, and for the kind and generous donations to Feed Nova Scotia.

Wednesday, April 6, 2011

Free public lectures: Help and healing on the spiritual path through the teaching of Bruno Groening - medically verifiable. St. Mary's University. Loyola building #173, 903 Robie St. Halifax. 477-1078.

and **Thursday, April 7, 2011** Alderney Gate Public Library, Maxine Tynes room,

60 Alderney Dr. Dartmouth. 477-1078.

The Captain William Spry Library is offering the students of Rockingstone School an on-site Reading Support Program to help students who would thrive with one on one reading time and relationship building.

Adult volunteers (18+) are needed who are interested in helping children with reading. Volunteer support, student reading selections, and activities are provided by program coordinator, Suzanne Bebbington.

We are also looking for children age 5-13 who would like help with reading, spaces are available at the Library or at Rockingstone school.

Please contact at 490-5714, or email bebbins@halifax.ca

Girl's Club Want to have fun and meet other girls your age? Then Join Explorer Girls at St. Paul's United Church, 173 Old Sambro Rd., Mondays 7:00 pm-8:30 pm

Creative and fun activities each week

For more information 404-9177 or email csgabriel@eastlink.ca

April promises to bring us spring and some fresh new ideas at HWCC. On Thursday April 14 at 7:00PM, the public of District 18 is invited to attend the Annual General Meeting of the Harrietsfield-Williamswood Community Centre Association. Everyone's voice is welcome.

Saturday April 16, sees the first Loopapaloosa 2011 event, the Community Trade Show. Featuring 20 businesses and services around the Loop, come out and meet your neighbours, discover the possibilities. Special guests from HRM have been invited.

Thursday April 21, HWCC lower level hosts a Kids PJ Party from 6:30-8:00PM. We offer snacks, stories and games. PJs optional or street clothes.

All events to take place at the HWCC, 1138 Old Sambro Road. Visit our new website <http://hwcc.thesambroloop.com>

Please join Stephen McNeil, Leader of the Liberal Party of NS and the Halifax Atlantic Liberal Association at the Annual General Meeting on May 4th at 7:00 pm at the Golden Age Club, 212 Herring Cove Road.

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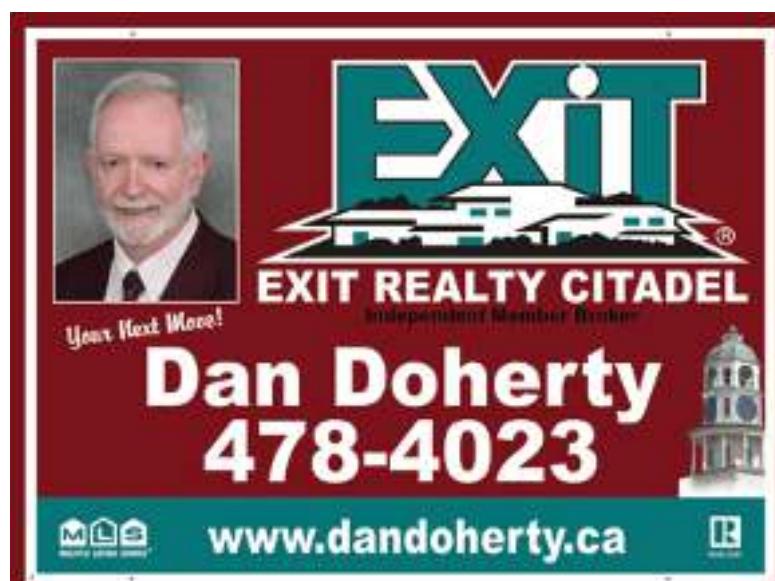


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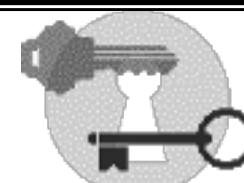


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30" x 18" (#VA3018OAK)	\$239.95	30" x 18" (#VA3018WHITE)	\$249.95	30" x 18" (#VA3018CHERRY)	\$349.95
36" x 18" (#VA3618OAK)	\$269.95	36" x 18" (#VA3618WHITE)	\$289.95	36" x 18" (#VA3618CHERRY)	\$419.95
48" x 18" (#VA4818OAK)	\$349.95	48" x 18" (#VA4818WHITE)	\$369.95		NOTE: Faucets not included.

FREE MARBLE TOP WITH EACH VANITY PURCHASE

Ask about as much as **7% off** our already low prices.

INSULATION



49 sq. ft. bag

R 12 x 15

\$27.88

L'mart Rebate -\$3.00

24.88

Mfg Rebate -3.00

\$21.88

That's under 25¢ sq. ft. after rebates

88 sq. ft. bag

R 20 x 15

\$25.88

L'mart Rebate -\$3.00

22.88

Mfg Rebate -3.00

\$19.88

That's under 41¢ sq. ft. after rebates

Don't be fooled by contractor size bags.

Insulation is installed by the sq. ft....compare sq. ft. prices.

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24 HOURS A DAY

Items may not be exactly as shown - some items may be limited in quantities, shop early for best selection.