

# Chebucto News

Vol. 11 • No. 6 • February 2010

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## Students maintain extended commitment to community

By Katrina Campbell

At the end of a school project, the reaction of a typical high school student is relief. No more responsibility, no more time, everything is finished and they can move on. This is not the case if you are in the gym leadership class at J.L. Ilsley. Five months ago, the class was assigned a project: find a human need in our community and be the solution. It did not matter what the need was, only that it required 20 hours of the student's

time and effort. What was not expected was that the students would go so far beyond the expectations and requirements of the project.

The J.L. students jumped into their projects and discovered that their community needed them. There are many needs that should be filled in our society and the needs that they found and conquered were impressive. From donating time to the local Boys & Girls Club to building picnic tables, the students' commitment began to benefit the

community significantly. With so many student leaders stepping up to the plate, other students began to realize how easy it was to get involved and help contribute to the community. The thing that caught everyone by surprise was the long term effects of these projects.

The first surprise was the ongoing support the students gave to their projects. They continued to follow through with meeting the needs of the community even though their projects were completed; showing how much the students cared about their community and their wish to give back. The second surprise was the two new homes for Spryfield. Students got in touch

with Habitat for Humanity and spent their project hours building two new homes in the community for families in need. Thanks to their efforts, it's possible to see that students can make a difference.

The positive effects of the J.L. student leaders will be felt in the community for many years. Just one of the many great aspects of this project was proving that J.L. Ilsley has numerous leaders who will add much to our society once they're unleashed into the world. John C. Maxwell said, "A leader is one who knows the way, goes the way and shows the way" and the students of the leadership class at J.L. Ilsley are already showing the way.



Phase one of the renovations to South Centre Mall are expected to be completed this spring.

## Petal Medal Award honours gardeners committed to beautifying Spryfield

By Tangelene Ramsay

This past November, at the Spryfield Residents Association meeting, an award was presented to Donna and Bill Foley for their efforts in beautifying Spryfield. The Foleys were the first ever recipients of the Petal Medal; an award for outstanding front-yard gardens.

The Petal Medal was designed and created by Nancy Wooden, who has been a part of the Spryfield community her whole life. She was the Alderman for Spryfield from 1977 to 1982, and now chairs the Spryfield Residents Association. "This award," she says, "is something I have been thinking about for a number of years." She feels it is important to recognize those in the community who go that extra mile in beautifying their property. In designing the medal, she wanted something easy to re-create year after year, and, being a stained glass artist, she chose that as her medium. The medal itself is a stained glass rose with five petals, a green leaf and a gold banner with S.R.A. and the year written on it.

Ms. Wooden created a number system to help her determine the most deserving garden. Points were awarded based on many different factors, such as: proximity to bus routes and sidewalks; how many seasons the garden was tended for; and the amount of effort, colour, etc. that went into creating the garden. There were only two things required for a garden to be considered for this award: first, it had to be a front-yard garden in full view of the road, and second, the yard had to be in the area represented by the Spryfield Residents Association.

With spring right around the corner, Ms. Wooden is hoping that more people with

## Ketch Harbour Yoga brings rejuvenation, relaxation and good health to classes

By Lorrie Boylen

With winter in full swing and the holidays behind us, many people are following through on their New Year's resolution of living a healthier lifestyle, which includes diet and exercise. One option is yoga, which is known to rejuvenate and relax the body, as well as calm the mind, increase stamina and flexibility, and improve circulation and function of internal organs.

Ketch Harbour Yoga, located at 114 Gill Cove Road in Ketch Harbour, presently offers classes during four mornings and two evenings, with a total of eight classes a

week. The students are men and women of all ages, who can enjoy classes ranging from very gentle to quite vigorous forms of yoga. There is something for everyone and current classes include Hatha Yoga 1, Ashtanga Basics, Vinyasa Flow, and also a Restorative Practice to help relieve the effects of stress and release deep habitual tensions typically held in the neck, shoulders and low back.

Yoga instructor Ursula Snyder has a wide range of talents. Presently teaching at NSCAD, she has a background in molecular biology and was a writer and editor on women's health issues for many years. She has been involved in teaching

fitness most of her life, having worked as a fitness instructor, personal trainer, aerobics instructor and exercise therapist. Teaching yoga from her home began as an experiment in the fall of 2006, and by January of 2007 she opened as a full studio. She is passionate about creating a vibrant, sustainable, self sufficient community, believing that people shouldn't have to travel to the city and contribute to pollution.

Ursula has trained with some of the top yoga instructors locally, nationally and

see "Ketch Harbour" pg. 2

see "Inaugural" pg. 2



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# Local church successfully matches toys, kids at Xmas

Santa got a lot of help in delivering toys to Spryfield boys and girls a week before Christmas. This is the fourth year that St. Paul's United Church food bank volunteers helped moms and dads choose two to three new toys for each of their children. Usually an area school helps by donating toys. This year, the students at John W. MacLeod-Fleming Tower School partnered with St. Paul's Family Resources Institute (FRI).

Carol Schofield, one of the church volunteers, was excited at the number and

quality of the books and toys that were donated by the church members and a local school. "We had baby books, Dr. Seuss books, golden books and a good variety of books for older readers. We filled a room with toys. We grouped the toys for babies, toddlers, boys, girls and teens. We even gave away 4 snowsuits. It was wonderful."

Nancy Wooden, another volunteer, was overjoyed by the toys that the students of John W. MacLeod-Fleming Tower School donated. She says that after the

initial set-up of the Toy Shoppe, she wondered if they would have enough toys so that parents would have a good selection. Kristen Hollery, the Community Ministry Director of FRI, assured her, calmly saying, "JWMFTS's toys are still to arrive." They did arrive as promised-in dozens of garbage bags!!!

Nancy said, "They sent board games, street hockey sticks, craft sets, doll strollers, Barbies, Hannah Montana sets, Lego, teddy bears and hundreds of other

toys. We had to work hard to organize everything in a short time. It ended up looking like Santa's workshop."

# Ketch Harbour Yoga brings rejuvenation, relaxation and good health to classes

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internationally, and her training is ongoing. She believes that it is a gift to teach yoga and this shines through in her easy manner. Her studio boasts a peaceful view of nature and local wildlife to calm the mind while healing

the body through movement. In summer, as weather permits, classes are often held outside on the deck in the open air.

Students are not required to sign up for a series of classes, and can attend as they are able and pay the \$10 class fee as they go, making it especially appealing to folks who have a busy or changing schedule. In addition, punch cards are available in multiples of \$10, or students may pay \$100

per month for unlimited classes, \$80 for seniors. Gift certificates are also available, and with Valentine's Day coming, what better gift for that special someone than the gift of health and well being?

Reservations are not necessary but new students should call or email prior to attending their first class. For further information, call 868-1892 or email khyoga@eastlink.ca.

# Inaugural award honours gardeners

continued from page 1

consider adding a front-yard garden to their properties; and she is inviting businesses in the community to join the effort to beautify Spryfield. As spring turns into summer, and summer into fall, Ms. Wooden and her subcommittee will take on the task of watching the front-yard gardens of Spryfield. Their hope is that so many people will get involved in front-yard gardening that it will be a very difficult decision this fall to choose the garden most deserving of this award.



The first ever Petal Medal was presented to Donna and Bill Foley for their efforts in beautifying Spryfield.

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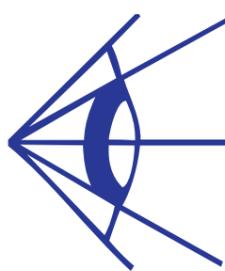
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# Something gourmet is cooking at J.L. Ilesley fund-raising dinner

By Tangelene Ramsay

For anyone with an interest in great food, J.L. Ilesley's latest fundraiser is not to be missed. On Thursday, February 11, 2010, Chef Pennell, from the Prince George Hotel, will be catering a dinner at the school. Assisted by students from J.L. Ilesley's Options and Opportunities Culinary Arts program, he will serve up a meal unlike anything a school cafeteria has ever seen before.

Chef Pennell has been cooking his way up the ladder for a number of years in some of the finer restaurants around the city. He is currently a sous-chef at Gio, a spectacular 4 Diamond restaurant located at the Prince George Hotel. When he isn't cooking at the hotel, he can occasionally be found at J.L. Ilesley, helping encourage the students in their endeavors. In fact, the Prince George Hotel has been an invaluable asset to the school, as they are involved in J.L. Ilesley's CoOp program.

The proceeds from the dinner will be used to support two outstanding programs in the community. The first is the J.L. Ilesley High School Scholarship Fund, and the second is the Spryfield Single Parent Center. Due to the support that the Spryfield Single Parents Center offers the community, J.L. Ilesley has decided to include them in the evening's fundraising endeavor. Through the O2 program, which is designed to help students transition out of high school and into the next phase of their lives, the students have been learning about the importance of supporting, and giving back to, their community. They feel that this dinner is a great way to live what they learn.

With Valentine's Day right around the corner, the cafeteria will likely be decorated with love in mind, but that doesn't mean you have to come with a significant other. Valentine's Day is a celebration of love. Love for food, love for family, love for community. Everyone is welcome to come out and share in this amazing feast.

Tickets are \$25 each and can be purchased by calling J.L. Ilesley High School (479-4612). This covers your meal; which includes salad, entrée and dessert, as well as live entertainment from pianist Kristen Wells. Tables for groups of ten are available, so why not make it a night out for everyone. Should school be cancelled on the 11th, the dinner will take place on the 12th.

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GERRY MENDLESON

### MONTHLY MEMBER PROFILE

Gerry left his native Cape Breton to attend Dalhousie obtaining a B.A. and Masters of Public Administration. Gerry arrived in the Spryfield neighbourhood in 1982 purchasing a home on Williams Lake Road where he and family continue to reside. Gerry's Spryfield connection actually go back to 1975 when he began a 16 year career working with one of Spryfield's most notable personalities – Hon. John M. Buchanan. Shortly after leaving Government Service, Gerry began a career as a Financial Advisor with Prudential. He now runs his own company Mendelson Financial Inc. offering a wide array of financial and insurance products including Life & Disability Insurance, Group Benefits, Investments and tax shelter strategies. As well Gerry supports the community as a Member of the Board of the Chebucto Community Development Council

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# DISCOVERING OUR PAST

## Winter ice was profitable for some, tragic for others

By Iris V. Shea

**I**ce on the Northwest Arm and on many lakes in Mainland South provided pleasure and profit for the early settlers to our area. Our ancestors fished through the ice, skated and played hockey on it, cruised on it in their iceboats, and cut it into blocks for refrigeration. Winter ice, however, created hazards for those who ventured on it before it was safe to do so.

Residents of Jollimore, wishing to do business in Halifax, often walked across the ice on the Northwest Arm. In the afternoon of 10 February 1861, John Martin Boutilier walked across the frozen Arm from his home near the Dingle to buy a pair of shoes in Halifax. On his return, not far from shore, he fell through the ice and drowned. He left a widow and 11 children.

Another family from Jollimore suffered a great loss on 10 December 1897 when 16-year-old Percy and 14-year-old Francis, sons of Frederick and Emma Jollimore, drowned while playing hockey on the thin ice of "Coalpit" (Colpitt) Lake. Alice, their 12 year old sister, watched helplessly from the shore. The family lived on a farm located on what is now Forward Avenue.

On 23 April 1874, William Henry Brunt and his two sons, Benjamin and James, aged eleven and nine respectively, were trout fishing through the ice on Dryhill Lake in Harrietsfield, not far from their home, when the ice gave away. All three family members drowned.

Chocolate Lake was a favourite skating spot, attracting hundreds of skaters at a time. For several years, from the 1920s to the 1940s, skating "shacks" on the Balcome and Keddy properties provided a warm shelter for skaters. Canteen and skate rental facilities were also available at the "shacks." Keddy's "Shack" provided music for the skaters. Tragedy struck on 9 January 1911 when Ainsley, aged 12, and Myles, aged 10, sons of Peter and Jane Marryatt of Braeburn Road, were returning from Sunday School

at St. James Church. The two young boys were taking a shortcut across Chocolate Lake

when, about 20 feet from shore, they fell through the thin ice. Several people in the neighbourhood responded to their yells, immediately launching a rowboat. Their would-be rescuers reached Myles, the younger of the two boys, who told them to get his brother first. Ainslie was rescued. When the rescuers returned to pick up Myles, the young boy had disappeared under the ice. Headlines in the newspapers declared him a hero.

Before the invention of the refrigerator, the sale of ice was a lucrative business. The Sun and Advertiser, 5 October 1863 and 10 March 1865, provided detailed information on the ice business at William's Lake. In the winter of 1863, the newly formed Halifax Ice Company leased the property of Henry Lawson, Esq., on the western side of the Northwest Arm (now the property of the Royal Nova Scotia Yacht Squadron). Making use of the thick ice that formed on William's Lake, the company employed a number of men who, using horse-drawn markers, measured off the ice in 22-inch square blocks. The blocks were

then cut with a proper ice saw, separated, and floated to the end of the lake. On the bank of

the lake, a horse-drawn pulley, attached to an iron clasp, raised the blocks of ice to an elevated Race. The ice traveled a distance of 1200 feet down the Race to a large storage house at a wharf on the Northwest Arm.

The rapid transfer of 60 blocks at one time, a weight of approximately six tons, meant that 400 to 500 blocks would travel down the Race in one hour. One man sat on the leading block of ice, working a brake to control the ice as it sped down the Race and into the icehouse where a turntable distributed it on small rails.

In the winter of 1865, under the management of Mr. G.W. DeWolfe of Windsor, the icehouse was filled to capacity, storing "6500 tons of good clear ice". When required, day or night, another Race carried the ice from the storage house to the end of the wharf. With no exposure to the elements, the ice was quickly transferred to a waiting ship and sold in Boston and other eastern United States ports. Chittick and Son of Dartmouth took over the operation of the ice business on William's



Hilda Gilkie enjoys ice boating on the Northwest Arm in the late 1930s.

Lake and continued it for many years before relocating it to Dartmouth. During the 1940s and early 1950s, George and Stirling (Bunny) Mont of Mont's Ice, Ltd., delivered ice door to door throughout Mainland South. Their ice came from the Halifax Ice Company at the foot of Barrington Street in Halifax.

In Jollimore during the 1930s and 1940s, there were two private icehouses; one in the backyard of Mr. William Graves, the other on the property of Mr. Roy Hunter. Both families cut their ice from Frog Pond and stored it in layers of sawdust. In Spryfield, the Kidston family cut their ice from Kidston Lake and stored it in their icehouse. The old icehouse, still seen on Rockingstone Road, is now used for a different type of storage.

Frog Pond in Jollimore was a favourite skating place for Haligonians. Military bands from the Garrison in Halifax often played at the lake for skating parties. The Morning Chronicle on 9 January 1899 reported excellent skating on Frog Pond. On 15 January 1912, the same newspaper suggested taking a ferry across the Arm for a short cut to the excellent skating on Frog Pond. During the 1930s, Harrison James of Melville Cove set up a portable canteen for skaters on Frog Pond. George (Nin) Craig of Jollimore provided the same service in later years.

Ice boating was a favourite pastime for many families. On the Northwest Arm, when it was safe to do so, some children from Melville Cove traveled by iceboat to attend the old Cunard School in Jollimore. Skating on the Arm was common. The Evening Mail, 2 Jan. 1918, reported, "There is a splendid sheet of ice in the Northwest Arm, and yesterday a crowd of skaters took advantage of the holiday to spend the afternoon there skating."

Today, the unpredictability of the weather limits winter activities on our frozen waters. In the winter of 2002, however, hundreds of skaters once again took advantage of the thick ice on the Northwest Arm. In January of this year, for a short period, ice skaters were seen on many of the local lakes.



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## Letter To The Editor

To The Editor;

My name is Layton Dorey and I live within your paper's distribution area (on Williams Lake). I'm writing to complain about the Megan Leslie self-aggrandizement in the January issue of the Chebucto News.

Under the headline "Continuing to ensure that the government is working for you" I read nothing at all about how my Ottawa-resident MP is helping Halifax. What I did see reads like an NDP campaign brochure. It is absolutely nothing more than partisan flag waving.

Should you receive a similarly vacuous submission from Ms. Leslie's office in the future I'd ask that you push back and tell her

that your readers demand something more substantive and more objective. Alternatively, I'd ask that you use a headline that more accurately reflects the content. Something like "Leslie promotes NDP partisanship" in the case of the January piece.

Finally I'd ask that space be available for alternative political commentary. Ms. Leslie, as a representative of government, was given an opportunity to speak about government. She's abused that and made her column a partisan forum. This can not be left unbalanced by other perspectives.

Sincerely,  
Layton Dorey,  
President, Halifax Liberal Association

## From the Editor's Desk

Welcome to the February issue of the Chebucto News.

It has been my extreme pleasure to have had the opportunity to write for, and edit, this monthly paper. I feel that we have an interesting variety of articles each month, but I also feel that we may be missing something. In a community as wonderfully diverse as that which is covered by the Chebucto News, it is easy to overlook something that may be worth publishing.

This is where you, the readers, come in. I am asking you to email me with any events, places or personalities that you feel the rest of the Chebucto area would enjoy learning about. I can't promise to publish everything you send me, but I do promise to read and consider every item emailed to me. I also invite your comments on the paper and/or anything you read in it.

Together, we can make the Chebucto News the talk of The Loop.

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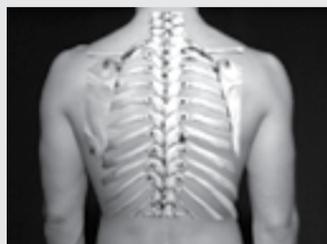
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# One incredible businesswoman, running three successful businesses

By Tangelene Ramsay,

Valentine's Day is right around the corner, and what better way to celebrate than with a new hair-do and a wonderful dinner for you and your man. Spryfield is fortunate enough to have a place where you can do both; and even get a workout in, if you want. For the past 30 years, Sandy Martin has owned and operated Cuts of Class at 355 Herring Cove Rd. In recent years, she has expanded her business to include a women's fitness center and a café.

Four years ago, Ms. Martin discovered that a local gym was going out of business and saw an opportunity to expand her business interests, while serving the interests of her clientele. She moved the business into the building she ran her hair salon out of, and made it a "women only" facility. She compares it to other "women only" facilities, but says hers is unique because, although it offers the same level of support and guidance of the other facilities, C.C.'s Women's Fitness also has cardio machines and offers fitness classes. Surprisingly, her most popular class isn't yoga, or aerobics, but strength training. "Women," she says, "are concerned about bone density, and one way to keep from losing bone density, is with strength training." After she established this second

enterprise in the building, she made the decision to renovate and move in above her businesses herself, instead of renting out the space. The renovations took about a year to complete, but once they were finished, she discovered that, not only did she have space for herself and her two businesses, but she had space to spare.

Having lived in Spryfield for thirty years, Ms. Martin has watched businesses come and go. She has spent many years chatting with her clientele about their community and so deciding what to do with the extra space was easy. Spryfield, she had decided, was lacking a good café. She wanted to give her community a place to go where they could sit, have a good cup of coffee, and a delicious, reasonably priced meal. Thus, The Blooming Café was born.

The Café opened about a year ago, and offers simple, tasty food at reasonable prices. This year, they are offering both a Valentine's Eve Dinner, and a Valentine's Day brunch. For those looking to celebrate Valentine's Day Saturday night, the Blooming Café's chefs have created a mouth watering menu: they start you off with a hot bowl of soup, or a crisp salad; then they bring on the main course form which you can choose either baked chicken stuffed with cheese, or roast beef, both accompanied by vegetables and

potatoes; then, just when you think your taste buds are in heaven they will bring on dessert and tea or coffee. If you are interested in

Sunday morning brunch instead, you are just going to have to go and see what scrumptious recipes the chefs are cooking up for yourself.



Sandy Martin runs the Blooming Café, Cuts of Class, and C.C.'s Women's Fitness at 355 Herring Cove Road

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Mainland South Express Midget Girls win gold in Slam Christmas Classic Basketball Tournament. Back row, left to right: Todd Umlah, coach, Jenna Ellis, Emily MacIsaac, Nichole Weston, Krysten Mannett, Ashley Russell with mascot baby Robarts, Craig Robarts, assistant coach. Front row, left to right: Alyssa Umlah, Jordan Lawless, Sara Robarts, Lauren Murphy. Missing from photo, Allie Flinn, Ashley Prescott.



Mainland South Express Mini Girls basketball team, winners of Gold Medal in Slam Christmas Classic Basketball Tournament. Back row, left to right: Chelsea Finch, assistant, Carol Finch, manager, Abigail Morton, Devine Gbeve, Alix Sarty, Kim Finch, Courtney Russell, Autumn Julian, Gary Kirby, coach. Front row, left to right: Drea Johnson-MacPherson, Hillary Smith, Chelsea Harrie, Rylee McGee and Deanna Rogers.

# Neighbourhood association aims to grow membership

By Tangelene Ramsay

Do you live in Ferguson's Cove and wish you could be more involved in your community? If you do, then the Ferguson's Cove Neighbourhood Association invites you to join them. The FCNA is a non-profit organization dedicated to encouraging a sense of community in the Ferguson's Cove neighbourhood, and advocating for the needs of the people of Ferguson's Cove.

The association meets approximately nine times a year at various homes in the neighbourhood. Membership is free, but you must live in Ferguson's Cove to join. Their next meeting is scheduled for February 11th.

Please contact Bettyann Power at 477-3788 or email her at powfield@hfx.eastlink.ca for more information.

The FCNA has been responsible for organizing such community events as a winter skating party at Connaught Battery Park; a spring clean-up of Falkland Village Cemetery; a spring community clean-up; and a summer community picnic at Connaught Battery Park. They have also organized a list of upcoming events such as a tour of the DND Damage Control School, with a helicopter burning simulation; winter skating party at Connaught Battery Park and spring clean-ups. The dates for these events have not been finalized, but will be publicized as soon as possible.



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# Enjoy a Valentine's Day that loves your bank account

By Tangelene Ramsay,

Are you struggling to come up with a Valentine's Day plan that won't break your budget? Most of us are having a hard enough time making our money last from paycheck to paycheck, and it gets even more difficult when a special occasion comes around. Here are a few ideas to help you show that special someone how much they mean to you, without going into debt to do it.

Everyone loves to go to a restaurant. It is an opportunity to enjoy a meal without all the hassles of cooking and cleaning. Not having to jump up to stir pots, and slice vegetables give a couple the opportunity to have an uninterrupted conversation. However, restaurants are expensive. If you can't afford to take your special someone to a restaurant, why not take the time to go to the grocery store and pick up a ready to eat meal? All the work is done for you at a fraction of the cost of a restaurant meal. Add a bottle of wine, some candles and your favorite CD, and you have a romantic dinner for two for about \$20.

Women love flowers. I don't know why, but we do. For some reason, men seem to think this means we want big bunches of roses for Valentine's Day. Most of us don't. Roses, while beautiful, don't last. Carnations, on the other hand, can last for

weeks; and they are a lot less expensive than roses. Potted mini roses are also a good choice, as they can last for years.

It is the thought that counts, so, although a package of foil covered hearts from the Dollar Store may seem like a cheap idea, if you put thought into the presentation of them, they can be a wonderful gift. Use them like a trail of bread crumbs to the bedroom, or kitchen, or living room; wherever you plan to get romantic. This will surely put a smile on your significant other's face.

The Dollar Store is also a great place to go when you want to treat your special someone to a little pampering. Bath pillows, candles, and scented oils can all be found at most Dollar Stores. For under \$10 you can put together a wonderful basket of pampering treats for your Valentine.

The most important gift you can give your significant other this Valentine's Day, is time. Most of us are so busy that we forget how wonderful it is just to sit and chat with our loved one. So, if your loved one is allergic to flowers; breaks out into hives in a scented bath; won't eat chocolate because of the fat; or loves to cook and would be insulted with a grocery store supper, put on the coffee pot or tea kettle, and give your Valentine the gift of time. Who knows, maybe you'll start something wonderful.

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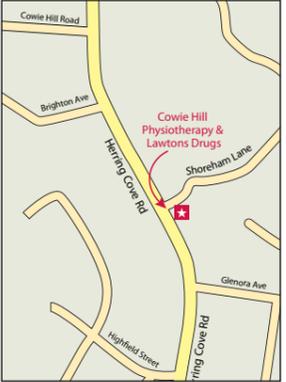
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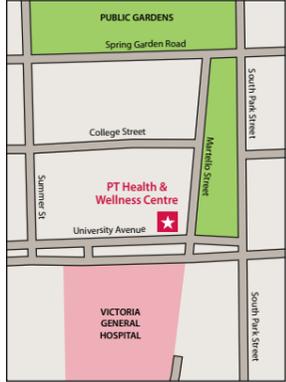

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# Spryfield Lions Club seeks public's help to complete gallery of past King Lions

Have you seen this Lion? That is the question the Spryfield Lions Club is asking these days. The Club, located at 25 Drysdale Rd., would like to honour past King Lions by placing their photos in the main entrance of the Den. However, they are missing pictures of a number of their former King Lions. They are hoping the public will be able to help them fill the spaces on their wall with pictures of the following former Kings: Roger Holteen, Ken Reardon, Murray Purcell, Larry Hughes, Hans Nillson, Kurk

Bordl, Vern Whynot, Robert Keating, Henry Ryan and John Bain. If you, or someone you know, can help locate any of these pictures, please call 479-2917.

The Lions Club has been a great asset to the community of Spryfield for many years. Whether it is time, or funds, the Lions Club is always willing to donate whatever they can. They are always looking to expand their pride, so if you are interested in helping your community, call 479-2917 and join the Spryfield Lions Club.

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# Hard work pays off for the Chimo Taekwondo team

A select team from Spryfield martial arts club Chimo Taekwondo returned on Sunday, January 17th, from the year's biggest tournament with a few well-earned medals and a whole lot of smiles. The 2010 Junior National Taekwondo Championships were held that past weekend in Halifax and Chimo students went ready to compete and have some fun.

"We have been working especially hard with this team for more than five months," said an obviously pleased Master Doug Large. "These eleven students have put their hearts

and souls into their training and the results could not have been better. They made me proud and our whole community should be proud of them," he added.

Participating Chimo students were: Michael Rains, 14; Amanda Stanton, 14; Javessa Stanton, 12; Cameron Baillie, 12; Renee Hines, 14; Brett MacDougall, 8; Tormod Davis, 10; Jacob Scanlon, 10; Brayon Wiswell, 13; Scott McKelvie, 15 and Travis Hatcher, 13. The team earned two Gold, two Silver and four Bronze medals.

"The team trained up to two hours

a day, seven days a week to prepare for this tournament." said Master Large. "The Junior Nationals always brings the best young Taekwondo competitors together from across the country and we wanted our team to be ready." He added, "The level of competition throughout the weekend was outstanding and our kids did a fantastic job and had a lot of fun".

The goal for the whole team was for them to be in the best shape of their lives, to be the best prepared we could make them and to enjoy the whole experience" said Team Trainer Mark Theriault. "This was a team effort including the trainers, the parents, and all the students of Chimo; and everyone deserves to be pleased with the results" he added.

"The commitment shown by these kids

was unbelievable and I know every one of them feels like they have achieved something great." said Tony Davis, parent of a team member. "The benefits of training here at Chimo range from better fitness, discipline and mental focus to improved social skills. The kids have fun and get a great sense of accomplishment every day." he added.

Chimo Taekwondo has been delivering first class martial arts training to students ages 3 and up for more than six years. Located in the heart of Spryfield, the club offers a wide array of programs such as self-defense training for women and youth; traditional, as well as contemporary, competitive Taekwondo; and Little Dragons, which focuses on introductory training for 3-5 year olds. For more information about the club and its programs go to [www.chimotaekwondo.com](http://www.chimotaekwondo.com).



The 2010 Junior National Taekwondo Championships were held on the weekend of January 16th in Halifax. Chimo Taekwondo students competed at the year's biggest tournament.

## Spryfield and District Business Commission update

By Bruce Holland, Executive Director of the Spryfield and District Business Commission

The Spryfield and District Business Commission (SDBC) had the great privilege of sponsoring and organizing this year's Spryfield Santa Claus Parade. On behalf of the SDBC board of directors, I would like to thank all those who participated in the parade, either by entering a float or marching with a particular group or organization. Without you the parade would not be possible.

Special thanks go out to Gina Gray, who co-chaired the parade with me, and the team of volunteers Gina pulled together on very short notice to make it all come together. We also thank Kevin Johnson, who had been instrumental in making the parade a reality over the last several years. We look forward to making the parade bigger and better next year.

At this time I would like to welcome Connor Brookhuis to the SDBC team. Connor comes to us from the Dalhousie University Co-op program on a four month work term and

will be working on updating our membership data base, web site and assisting with the creation of a marketing/promotional brochure that can be used to attract new businesses and residents to Spryfield and the surrounding areas.

Finally, I would like to invite interested members and the general public to our upcoming Networking Luncheon to be held at the Salvation Army, Family Resource Centre on February 25, 2010 from 12:30pm – 2:00pm. We are pleased to have Michele Raymond, MLA, Halifax Atlantic; Karen Casey, MLA for Colchester North and Leader of the Progressive Conservative Party; and Stephen McNeil, MLA for Annapolis and Leader of the Liberal Party, as guest speakers. (See our ad in this edition for more details.)

It has been a most interesting and rewarding eight months since joining the Spryfield and District Business Commission. I have enjoyed meeting thousands of new people and look forward to serving the SDBC members and the community as a whole in the months and years ahead.

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# Residents, neighbours approve completion of Regatta Point

By Linda Mosher,  
HRM Councillor, District 17

Recently Council unanimously approved amendments to the Halifax Mainland Land Use By-Law to allow for expansion of the existing 96 unit apartment building at 16 Anchor Drive. I could not attend the public hearing due to a family funeral but it is my understanding that the vote was unanimous. The proposal requested taking a vacant parcel of land in front of Regatta Point (now a parking lot and grassy area) and constructing an addition on the southwestern wing of the building, towards Purcell's Cove Road. The approval allowed the developer to consolidate the two properties, apply a new agreement to them and effectively complete the Regatta Point development.

Many of us thought that Regatta Point was finished and the lawn area in front of the development was a green space and could not be developed. However, back in the '80's when the development was first proposed, this area was going to be zoned commercial. It was my understanding that there was public and business outcry about this zoning due to the commercial property across the street and residents didn't want more commercial properties. As a result of the opposition, the parcel was excluded from the larger development agreement and zoned RDD. The "as of right" development potential for this, without coming to Council, could be duplexes or semi-detached homes. Concerns were expressed that if this happened, it would not blend in with the overall Regatta Point development and look disconnected. There would also be no controls over the building materials, aesthetics or any requirement for a park or vegetation planting. HRM staff said this was not feasible due to engineering and safety concerns related to driveway access to Purcell's Cove Road and close proximity to existing intersections.

As part of HRM's legal requirement for development agreements, we hold one community information meeting, then staff generates a recommendation report based on the application and feedback from the meeting. Then a public hearing is held where Council approves or denies the application. As the Regatta Point development generated considerable controversy when it was first built and affected a wider area, I had staff include Fleming Heights and surrounding areas for the mail out instead of the standard 30 m notification area around the proposed development. Unfortunately, the public meeting was not very well attended. Subsequently, residents asked me when it was, so it was obvious that somehow the notices were not received. Therefore, I requested and received Regional Council approval to hold a second information meeting. There was greater attendance and feedback at the second meeting. There were also emails, letters and a 120 signature petition from residents in Regatta Point in support of the expansion.

The request came to Chebucto Community Council first, where it was approved to go to Regional Council for a joint public hearing. At Chebucto Community Council I expressed my concern that it had not been viewed

by Legal Services. Therefore I asked that Chebucto members approve that it be vetted by legal prior to coming to Council. This and my request to add additional parking was approved by Chebucto Community Council. Legal Services reviewed the document and changed wording from 'generally' to 'shall' to clarify the wording; and to prevent any ambiguity about future expansion of the existing building, it now clarifies that ONLY the proposed addition is permitted.

Based on feedback from the second public information meeting and discussions with residents, the developer agreed to

make various changes. Council approved the legislation to allow for the building to be extended, and Chebucto Community Council will vote on the actual development agreement. At this time I will be moving specific amendments be approved by Council. These amendments include: access to parking will be from Anchor Drive; significant setbacks on the roof penthouse for aesthetic improvements; the brick of the new addition will be the same as the existing building (except for some stone work on the first level), and the siding colours will match; input will be received by the Regatta

Point Landowners Association on the final landscaping plan including placement and type of planting; creation of gates on Spinnaker to create the feeling of a cohesive community – including signage.

The building will have an additional 22 units. It will consist of one storey of underground parking and seven residential stories above ground. Commercial uses are permitted on the ground floor of the addition, to a maximum of 100 square meters. There will be an extensively treed park with pathways in front of the building (65% of the area), fronting Purcell's Cove Road.

## Chebucto Update WITH MAYOR PETER KELLY

Hello there, it's nice to be with you again.

This time, I'd like to tell you about several exciting developments happening on the "green scene" in HRM.

When someone buys a soda or a bag of chips from a vending machine, it probably never occurs to them that these machines are contributing to climate change.

It never dawned on me, either, until I read a staff report that said the average vending machine indirectly causes the same amount of greenhouse gas emissions as a car.

Most of this province's electricity comes from burning coal, which translates into each vending machine being indirectly responsible for 4 tonnes of CO2 going into the atmosphere each year. That being so, the 3,000 vending machines in HRM are indirectly responsible for the release of 12,000 tonnes of greenhouse gases annually.

Now the good news. HRM is installing a device called a VendingMiser on 30 vending machines located on our corporate property, where we pay the power bill.

The VendingMiser shuts off power intermittently to the machines without harming the product inside. Less power used means less coal burned and that's good for our environment. Our research shows use of the device leads to a 50% reduction in indirect CO2 emissions caused by refrigerated vending machines and a 30% reduction for non-refrigerated units.

If devices like the VendingMisers were fitted to each of the 3,000 vending machines around HRM, all those indirect harmful emissions would be reduced by a total of 5,200 tonnes annually.

And let's not forget the economics. Refrigerated machines use \$500-worth of electricity each year, an amount the VendingMiser cuts significantly. The savings to corporate HRM and the private sector combined would be around \$500,000 annually.

For these sensible reasons, HRM is preparing a bylaw revision to go before council, making it mandatory that all vending machines in HRM be fitted with these devices.

I'm writing to the presidents of Coke, Pepsi and other vendors, telling them of our leadership in this field and asking them to join us.

I'll let you know what they say.

Now some good news about Metro Transit's continuing initiatives to go green.

Until recently, we've been using a biodiesel mix to power a portion of our fleet. Interestingly, it's a fuel that's refined from fish oil at a plant in Mulgrave and, as far as we know, we were the first transit system in North America to use it.

Unfortunately, we recently had to stop using biodiesel – temporarily, we anticipate – due to a

market shortage of the quality our buses need.

More than half of Metro Transit's buses have been replaced during the past 5 years and we have a contract to buy 45 new articulated buses over the next three years. These "bendy" buses are very efficient; thanks to the large number of passengers they carry.

Also, we've just taken delivery of two hybrid bendy buses. They're co-funded by the Province and will go into service on a downtown route in the next month or so. In that same period, we'll be retrofitting three of our older buses with mini hybrid kits, to reduce emissions.

All our new vehicles are really green because their engines are built to 2010 emission standards. These are so stringent that the combined emissions from 100 of the new engines are the equivalent of those from one of our dwindling supply of older buses.

Additionally, all our new buses feature exterior bike racks to encourage eco-mobility and it's our intention that, eventually, the entire transit fleet will feature bike racks.

Another green initiative is Metro Transit's compliance with HRM's vehicle anti-idling policy. Essentially, any empty out-of-service bus stopped for more than three minutes is shut off.

As you can see, we're trying to make Metro Transit as "green" as possible.

And finally, if you're a fan of Monopoly, here's your chance to immortalize HRM.

Hasbro, the company that makes this

popular game, is planning a Canadian edition and wants the public to decide which places should be featured around the board.

Sixty-five major centres, including Halifax, have been pre-selected and Canadians are being invited to cast ballots for three of them. The 20 most popular will appear on the game board.

You just log onto [www.monopolyvote.ca](http://www.monopolyvote.ca) and cast your ballots for Halifax (hopefully!) and two other places.

It will be wonderful if HRM makes the cut.

As the old saying goes, vote early and vote often. (The Monopoly rules allow you to!)



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[www.meganleslie.ca](http://www.meganleslie.ca)



# Citizen's committee to provide direction for Herring Cove

By Stephen Adams,  
HRM Councillor, District 18

On Wednesday, January 18 Western Region Community Council approved a motion to form a Citizen's Committee in the community of Herring Cove. The Committee will work to help provide direction on some significant projects in the community. For example, the new fire hall has generated a sense of renewal for the recreation centre and enhancements for Latter's Lake. As well, the final phase for sewer and water services need to be addressed along with the breakwater. Finally, some issues have arisen with the Herring Cove Service and Settlement Strategy that need to be addressed. This committee, which will be comprised of seven (7) community members will in essence work to address community issues; except those related to the integration of the Sewage Treatment Plant.

If you are interested in serving, please contact me for an application. A notice will also be published in the newspaper.

This type of committee is a first for HRM and I am excited about its potential.

In order to keep you as up-to-date as possible on issues in and around our community, I will be posting information on my web site regarding items of interest, correspondence written on your behalf and other material that you may find helpful.

I will also be developing a section for community announcements such as meetings, dinners, fundraisers or any other events that are community based. Simply send me an e-mail with the details.

As this is a method with which I have very little experience, I welcome your comments and advice to make this more "user-friendly".

As we are still in the winter season, snow storms are a given. If you are having issues with snow removal, you can call our Call Centre at 490-4000, and please let me know as well. In this way, I can help to address your issues.

Our Call Centre have been very helpful for all residents and is a great resource. Please remember to have a pen and paper handy, as

you will be given a reference number.

In response to a number of phone calls received in October with regard to blowing snow near the Harrietsfield Irving, I sent a letter to the Minister of Transportation to request a snow fence be erected at this location. Upon receiving no response, I sent a follow up letter and e-mail on January 12th.

A response was received from the Department of Transportation area manager on January 19 wherein he states:

"This area is very similar to many locations along our highways with open spaces where the wind and snow blow across the road. Very few of these areas have snow fences. This location is not unique from a

safety perspective for motorists or for our plow operators and the supervisors have not identified anything out of the ordinary.

We have concluded that this area does not warrant the erection of a snow fence at this time"

It is unfortunate that it took over two to receive a response; even more discouraging is the fact that the answer was no.

## Aquatic safety – how long are your arms?

By Karen G. Bagnell, HRM Aquatic Services

The kids are crawling up the walls, there's snow on the ground and everyone is suffering from cabin fever, especially Mom. Someone suggests swimming; the frenzied search for goggles begins and in no time the van is loaded. Ten minutes later Mom is sitting upstairs, coffee in hand, book in face. Does she see when her youngest runs along the slippery deck and falls into the pool? No, but the lifeguard, who happened to be scanning that zone at just that moment does, pulls her out and saves the day.

Therein lies the problem.

"Parents have for too long been lackadaisical about supervision at our waterfronts and pools," says John Henry, HRM Aquatics Coordinator. "Our lifeguards are there to ensure that everyone is safe and dangers are eliminated, but on any given day they watch more than one child. They provide an excellent safety net for all our patrons but they certainly can't supervise each and every individual."

Though Nova Scotia Environment and Labour recommends one guard to every 50 people, HRM pools and beaches use a 1 to 25 ratio or less depending on the activities – even so it still remains a busy job just keeping track.

"It only takes seconds to drown. Parents and lifeguards working together are key to preventing drowning. It's a team effort, you can't expect lifeguards to be solely responsible for your child," explains Gordon Richardson, Nova Scotia Life Saving Society Executive Director.

Aquatic organizations recognize the need to educate patrons that lifeguards are not meant to be babysitters and that an 'arms

length' caregiver is necessary around water. In 2007 the Royal Life Saving Society of Australia launched a campaign that addressed rising concerns and trends of poor parental supervision. Their Keep Watch@Public Pools campaign was designed specially to educate and encourage adequate and active supervision of children by parents while visiting public pools.

Campaign support materials advocate that 'lifeguards are not babysitters' rather their jobs are to provide a safety role, not 'replace direct supervision by parents'. The program also identifies the three key elements of supervision as proximity (stay within arm's reach of your child), attention (always keep it on the children in your care and not on the magazine in your lap), and continuity (checking on your children on a regular basis and never leaving their presence, especially if they are under five).

It seems that parents are not paying as much attention as even they think they are when accompanying their children to a pool or waterfront. According to a 2004 survey by Safe Kids USA, whose mandate is to prevent accidental childhood injuries, 94% of parents surveyed reported that they 'always actively supervise their children while swimming'.

Sounds pretty good. Except for the fact that with deeper examination of surveyed parents and caregivers it was found that they 'participated in a variety of distracting behaviours while supervising such as talking to others, reading or talking on the phone'.

The survey also reported that one in five parents believed that when lifeguards are present, the lifeguard is the main person responsible for supervising children in the water – not an easy task given that the typical lifeguard to swimmer ratios are 1 to 25 or even 1 to 50!

Conclusions of the survey were that 'parents are overconfident about their children's safety and abilities around water' and went on to say that 'although drowning is the second leading cause of injury-related death for children ages 1 to 14, more than half of parents say that they do not worry much or at all about their child drowning'.

Among the recommendations given by Safe Kids USA were: adults must increase the quality of their supervision of children around water as nearly 9 in 10 deaths reviewed occurred while the child was being supervised; more children should be enrolled in swimming lessons taught by certified instructor; caregivers need to enforce the consistent use of personal floatation devices in potentially hazardous situations; supervisors should maintain continuous visual and auditory contact with children in or near the water; supervisors should not engage in distracting behaviours and should keep children who cannot swim within arm's reach.

Some of these recommendations can also be seen in a Manitoba Health paper titled Preventing Drowning in Manitoba. In that document fourteen organizations including the Canadian Paediatric Society, the Canadian Red Cross, Safe Kids Canada and the World Health Organization, all agreed that 'constant, arms-length adult supervision in, near and around water' was of highest importance.

So go to the pool, it's excellent exercise for you and your kids, bring your bathing suit and not your book, stay attentive and when your son yells over and over and over 'watch this Mommy' – do it!

And then keep on doing it – but within arm's reach, please.

### Stephen Adams

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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 dandoherty@eastlink.ca

**French Immersion**

There will be an information evening on February 4, 2010 for parents interested in placing their children into French Immersion this fall. The meeting will take place at Ecole Chebucto Heights School at 6:30pm and is meant for parents/guardians of children who will be starting school in the fall. For more details, please call 479-4298.

**Urban Farm Museum Society AGM**

The Urban Farm Museum society of Spryfield will hold its Annual General Meeting on Monday, February 15th at 7pm at the Capt. Wm. Spry Community Centre.

Our head gardener, Jane will answer your questions on how, when and where to plant your vegetable garden for 2010. Every Welcome! For further information please call Pat @ 477-6087 or e mail jamac@ns.sympatico.ca.

**Heritage Tea and Display**

The Mainland South Heritage Society's Annual Heritage Tea and Display will be held Saturday, February 20th from 1 pm to 4 pm at the Captain William Spry Community Centre. This year's topic is "Old Fashions", clothing and costumes worn by our ancestors from the Victorian era until World War II. Perhaps you will meet

your own ancestors as you browse the many photographs on display. Refreshments served. Admission is free, donations accepted.

**Church Dance**

Emmanuel Church Dance Feb 20th with Port and Starboard Contact Bob Jollimore 477-7870

**Basket Bingo**

John W. MacLeod Fleming Tower Home and School Association presents it's 1st Annual Basket Bingo on February 25th from 6:30 to 8:30 with the doors opening at 5:45 at the John W. MacLeod gym. There will be

basket prizes of toys, candy, movies and spa items as well as money prize specials. Our canteen will be open and serving hot dogs, drinks, pizza, and snacks. Come support the HSA and have fun at the same time!

**Legion events**

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

**Elderobics**

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.

**Auction 45 cards**

Come join us for an evening of fun every Monday at 7pm in St. James Church hall, Sambro, playing cards. Admission \$2.50. Merchandise prizes. Light lunch included. For information call Eva Mae at 346-2075

**Seeking Organist**

St. James United Church in Sambro is looking for an organist or pianist for Sunday worship. If you are interested in this paid position, please call 868-2791.

**UCW**

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!

**Support for divorced, separated and widowed individuals**

S.A.I.L. (Starting Again In Life), is a support group for divorced, separated and widowed individuals. They meet at St. Agnes Parish Hall, 6903 Mumford Rd. on the third Wednesday of the month.

## LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

**VARNER, Russell Gordon "Russ"**  
— 69. It is with great sadness that the family of Russ Varner announce that he passed away on January 11, 2010, as the result of complications from heart surgery. Born in Malagash, he was a son of the late Leah (Matthews) and Paul Varner. Russ suffered a huge loss in May 2005 when his wife and best friend, Edna Helen Varner "Dolly," passed away. Russ worked part-time in his retirement for Maphal Developments, driving the senior's bus, gardening and more recently at Melville Professional Center doing building maintenance. He was employed for the majority of his career with the Nova Scotia Liquor Corporation (NSLC) and retired as the Manager of the Spryfield Liquor Store. Russ was an avid hockey enthusiast and sold 50/50 tickets for many years at the Forum for the Halifax Lions and various teams. He also played on many bowling leagues with his wife over the years. Russ was a former member of the Horseshoe Club in Spryfield. The Varner's are a musical family and Russ was no exception. He was a member of the Barbershop singers when he was younger and enjoyed playing several instruments. He lived much of his adult life in Spryfield; he loved his community and his neighbours. Russ's neighbours were much like a second family to him; spending time together, sharing meals and looking out for him. Russ is survived by his daughter, Heidi Brooks (Kevin);

brothers, Loran (Florence), Clinton (Beverly) and Richard; sisters, Hazel Cooke (Bernie), Faye Hartlen (Ken); grandchildren, Helen, Matthew and Andrew; brother and sisters-in-law, Donna and Dennis Coolen and Allan and Pam Carpenter as well as many nieces and nephews. He was predeceased by brothers, Earl, Raymond (Muriel), Carl (Doreen) and Buddy, and sisters, Ruth Russell (Ken) and Shirley Cameron (Ed). Russ had the biggest, softest heart and will be sadly missed by his family and friends. Visitation will be Thursday, January 14, from 2-4 and 7-9 p.m. in J. Albert Walker Funeral Home, 149 Herring Cove Rd. A service will be held on Friday, January 15, in the chapel at the funeral home at 10 a.m. A reception will follow. In lieu of flowers, donations may be made to the Heart and Stroke Foundation of Nova Scotia (423-7530 ext. 3301) or the Cardiovascular ICU Fund, QEII Foundation (473-7932). Condolences may be sent to family by visiting: www.walkerfh.com. A special thank you to Dr. Hirsch and his residents; nurses, Bev Siepierski, Robert Burke, and Cardiovascular Booking, Karen Ferreira.

**BROOKS, Gordon James**

— 80, Harrietsfield, passed away peacefully on Friday, January 22, 2010, in QEII Health Sciences Centre. Born in Halifax, he was a son of the late Mr. and Mrs. Frank Brooks. Gordon worked for

the Department of Highways for many years until his retirement. He is survived by daughters, Virginia (Wayne) Brine, Brenda (Ron) Power, Heather (Craig) Findley; companion, Alice Callahan; grandchildren, Andrew and Timothy Brine, Matthew and Jennifer Power, Michael and Amanda Findley; great-grandchildren, Brianna, Haylee, Brandon, Zack and R.J.; sister, Josephine (Harry) Keating; brother, Frank Brooks. He was predeceased by his wife, Virginia; brother, William. Cremation has taken place under the care of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield, (477-5601). In keeping with Gordon's wishes, there will be no visitation. A memorial service will be held on Tuesday, January 26 at 11 a.m. in the funeral home chapel. Interment to take place at a later date. Memorial donations can be made to the Canadian Diabetes Association or Heart and Stroke Foundation of Nova Scotia. Condolences may be sent to the family by visiting: www.walkerfh.com

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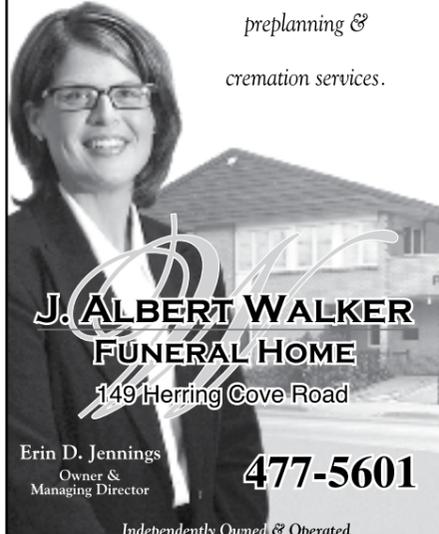
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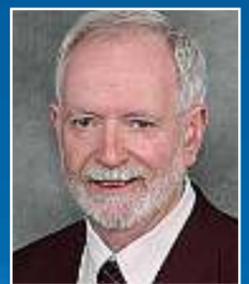
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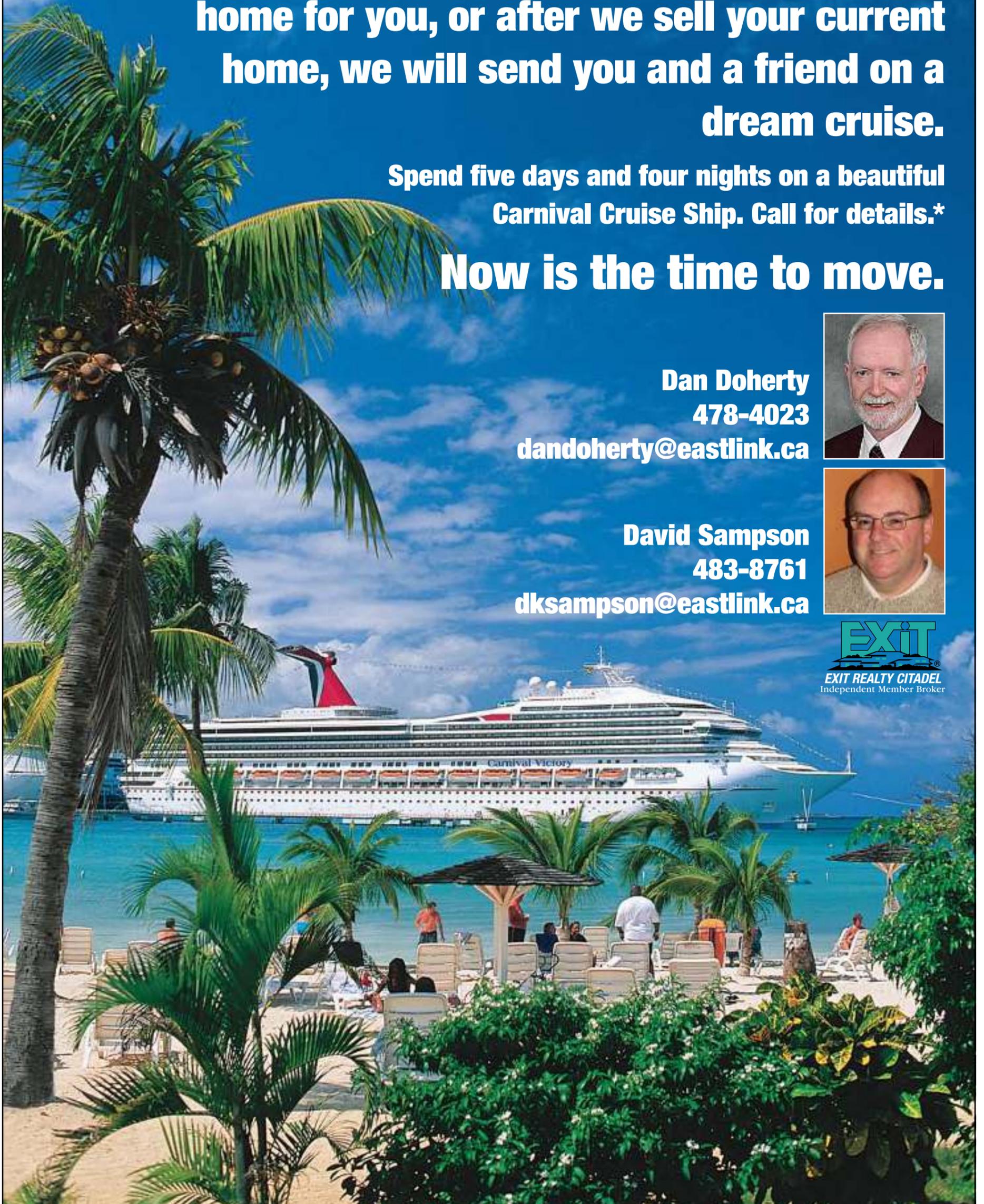
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## THEY'VE ARRIVED OUR NEW "ALLWOOD" CUSTOM VANITIES

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<p><b>NOW IN STOCK</b></p> <p><b>REALWOOD OAK SERIES</b> 24" x 18" (#VA2418OAK) <b>\$179.95</b> 30" x 18" (#VA3018OAK) <b>\$239.95</b> 36" x 18" (#VA3618OAK) <b>\$269.95</b> 48" x 18" (#VA4818OAK) <b>\$349.95</b> Linen Closet (#VC7818OAK) <b>\$499.95</b> Tank Topper (#BU2126ALOAK) <b>\$139.95</b></p>	<p><b>REALWOOD MAPLE SERIES</b> 30" x 18" (#VA3018MAPLE) <b>\$369.95</b> 36" x 18" (#VA3618MAPLE) <b>\$549.95</b> 78" X 18" Linen Closet (#VC7818MAPLE) <b>\$889.95</b></p> <p>NOTE: Countertops and faucets not included.</p>	<p><b>REALWOOD WHITE SERIES</b> 24" x 18" (#VA2418WHITE) <b>\$179.95</b> 30" x 18" (#VA3018WHITE) <b>\$249.95</b> 36" x 18" (#VA3618WHITE) <b>\$289.95</b> 48" x 18" (#VA4818WHITE) <b>\$369.95</b> 78" X 18" Linen Closet (#VC7818WHITE) <b>\$499.95</b> 21" X 26" Tank Topper (#BU2126ALWHITE) <b>\$149.95</b></p>	<p><b>REALWOOD CHERRY SERIES</b> 24" x 18" (#VA2418CHERRY) <b>\$249.95</b> 30" x 18" (#VA3018CHERRY) <b>\$349.95</b> 36" x 18" (#VA3618CHERRY) <b>\$419.95</b> 78" X 18" Linen Closet (#VC7818CHERRY) <b>\$669.95</b></p> <p>NOTE: Countertops and faucets not included.</p>
<p><b>MANCHESTER SERIES</b> 30" x 21" Vanity (#GV3021DMST) <b>\$499.95</b> 30" x 30" Matching Mirror (#GV3030MST) <b>\$269.95</b> 36" x 21" Vanity (#GV3621DMST) <b>\$599.95</b> 36" x 30" Matching Mirror (#GV3630MST) <b>\$339.95</b></p>	<p><b>WILLIAMSBURGH SERIES</b> 30" x 21" Vanity (#GV3021DWBG) <b>\$499.95</b> 30" x 30" Matching Mirror (#GV3030WBG) <b>\$269.95</b> 36" x 21" Vanity (#GV3621DWBG) <b>\$599.95</b> 36" x 30" Matching Mirror (#GV3630WBG) <b>\$339.95</b></p>	<p><b>MONET EMBASSY SERIES</b> 30" x 21" Vanity (#GV3021DESD) <b>\$499.95</b> 30" x 30" Matching Mirror (#GV3030ESD) <b>\$269.95</b> 36" x 21" Vanity (#GV3621DESD) <b>\$599.95</b> 36" x 30" Matching Mirror (#GV3630ESD) <b>\$339.95</b></p>	

<p><b>10¢ MORE GETS YOU MARBLE TOP AT 50% OFF</b> BUY VANITY, LINEN CLOSET AND TANK TOPPER 10¢ MORE GETS YOU 10% OFF THE PACKAGE + YOU STILL GET THE 10¢ MARBLE TOP 50% OFF</p>	<p><b>CULTURED MARBLE TOP WITH 19" BASIN</b> 25" x 19" (#2519) For 24" x 18" Vanity <b>\$89.99</b> 31" x 19" (#3119) For 30" x 18" Vanity <b>\$109.99</b> 37" x 19" (#3719) For 36" x 18" Vanity <b>\$139.99</b> 49" x 19" (#4919) For 48" x 18" Vanity <b>\$169.99</b></p> <p>NOTE: Faucets not included.</p>	<p><b>CULTURED MARBLE TOP WITH 22" BASIN</b> 25" x 22" (#2225) For 24" x 21" Vanity <b>\$97.88</b> 31" x 22" (#300627) For 30" x 21" Vanity <b>\$139.99</b> 37" x 22" (#300643) For 36" x 21" Vanity <b>\$169.99</b> 49" x 22" (#4922) For 48" x 21" Vanity <b>\$199.99</b></p>	<p><b>SUPER SPECIAL</b> CULTURED MARBLE TOPS Factory Blem - Slight damaged marble <b>\$88</b></p>	<p><b>COMMERCIAL VANITIES</b> OAK &amp; WHITE VANITIES Includes the top! 24" x 18" OAK (#AUO2418) <b>\$99</b> 24" x 18" WHITE (#AUW2418) <b>\$129</b> 30" x 18" OAK (#AUO3018) <b>\$99</b> 30" x 18" WHITE (#AUW3018) <b>\$129</b></p>
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**HALIFAX**  
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P: 477-6500 • F: 479-0839  
Toll-Free: 1-800-922-8204

**DARTMOUTH**  
15 Wright Ave., Burnside Park  
P: 468-7772 • F: 468-0233  
Toll-Free: 1-866-711-7772

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

Prices in effect until February 27th or while quantities last