

# Chebucto News

Vol. 11 • No. 7 • March 2010

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## Sandi Church is new Administrative Justice of the Peace

By Tangelene Ramsay

Every day, we struggle to overcome challenges. In some cases, the challenges can be as simple as unlocking the front door with an armload of groceries, or trying to make a meal with a screaming baby over your shoulder. Other challenges, however, are more monumental.

Sandi Church, soon to be the Administrative Justice of the Peace for Spryfield, has had to overcome many of the same challenges we face every day, but she has had to overcome one more. From infancy, she has been unable to use her legs. Ms. Church was born in the mid forties, when people who had obvious physical differences were often put into homes, or asylums. They

certainly weren't expected to go to school or university. Fortunately, Ms. Church wasn't one of those people. She graduated from high school, went to university and graduated with her Masters in Educational Psychology, then went on to get married, have children and run her own practice. All while wheelchair bound.

A strong advocate for the integration of physically disabled people into all facets of society, Ms. Church felt that by becoming an Administrative Justice of the Peace, she could become a role model for others; both able bodied and disabled people.

Ms. Church first thought about becoming an Administrative Justice of the Peace a couple of years ago when she saw an ad in the paper. She did some investigating and decided that the job would be a good fit for

her. When the opportunity arose in Spryfield, she immediately applied. Her interview was last spring, but she didn't know for sure that the job was hers until recently. Now, she is just waiting to find out when her training will begin. As a non-lawyer, her duties will be limited to such tasks as performing weddings, record keeping and issuing licenses. For Ms. Church, that is enough. In her opinion, the most important part of the job is just meeting with people; letting them see that a person with a physical disability can still be an integral part of the workforce.

For Ms. Church, spending her life in a wheelchair is kind of a Catch 22; on the one hand, she wants to prove that the wheelchair doesn't make a difference in her abilities, but on the other hand, she wants to see the world

get to a place where the wheelchair isn't even noticed. "It's a compliment," she says, "when my friends make plans to go out with me and forget to check if the restaurant is wheelchair accessible. It means they see me, not my chair."

"Accessibility is still a major issue facing wheelchair bound persons," she says. Although all government buildings have to be accessible, private businesses are slow to catch on. When she voices her concerns to certain inaccessible businesses, she is often told that there isn't enough call for a ramp to offset the costs of putting one in. Ms. Church doesn't agree. "Often, people won't make enough of a fuss to change things. They just take their business elsewhere."

Will having a wheelchair bound Administrative Justice of the Peace make people more aware of the challenges disabled people face every day? Will it make people talk more openly about accessibility? Will it make people more comfortable working side by side with a disabled person? Only time will tell. However, if anyone can make a difference on this front, it will be Sandi Church.



Mainland South Heritage Society members and friends dressed as their ancestors at the recent 13th Annual Heritage Tea and Display. From left to right: Sandy Wooden, Ashley Wooden, Susan Nicholson (dressed as Elizabeth Sutherland), Stephanie Wooden, Jackie Brousseau, Leslie Harnish, Pat MacLean, Kathryn Wagner, Irene Schofield, Jeanne Henneberry, Iris Shea, Gwen Christie, Peggy Davies.

## Mainland South Heritage Tea

By Iris Shea

Mainland South Heritage Society held its 13th Annual Heritage Tea and Display at the Captain William Spry Community Centre in February. This popular event, entitled "Old Fashions, Clothing and Costumes of our Ancestors" contained more than 200 photographs ranging from the 1860s to the 1940s and depicted families of the

communities from Armdale to Pennant. Close to 100 people attended the event, several of whom dressed as their ancestors. Spryfield's first school teacher, Elizabeth Sutherland, in her 1879 black outfit, was seen mingling in the crowd.

This year's Heritage Tea and Display was in memory of the society's long time archivist, Marilyn Moore, who passed away suddenly in 2009. Archivist Allan

Marryatt collected many new photographs from local families over the past few months in order to make this event successful. Society president, Leslie Harnish, would like to thank everyone who helped make this event possible. The display of photographs is currently at the Captain Spry Library and is open to the public during library hours until the middle of March.

## HRM seeks public input on council structure and polling districts

HRM's Governance and District Boundary Review Committee of Council, chaired by Mayor Peter Kelly, is reviewing the polling districts and their boundaries in HRM prior to the 2012 Municipal Elections. The Committee is seeking input through a series of seven public consultation meetings as part of the first phase of the boundary review process.

"We're inviting and encouraging the public to participate in the upcoming scheduled meetings," says Mayor Peter Kelly. "The feedback and suggestions from our residents will be very valuable as we move

see "HRM" pg. 2

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# HRM seeks public input on council structure and polling districts

continued from page 1

forward on how to best structure regional council for effective decision making.”

All meetings, which run from Monday, February 22nd through to Friday, March 12th, will start at 6:30 p.m. in conjunction with the regularly scheduled Community Council meetings. Residents can attend any meeting.

“The committee will introduce each meeting with an overview presentation followed by public participation,” continued Mayor Kelly. “Discussion points will include the role of a Councilor as your representative; the decision-making powers and the size of both Regional and Community Councils; and how Council should best work for you, our citizens of HRM.”

Once the first phase of public consultation

is complete, Council will make a decision on the governance model for HRM and, based on that decision, specific district boundaries will be adjusted or revised and residents will be consulted again in the fall. Under the HRM Charter, HRM is required to undertake a full district boundary review every eight years. The Nova Scotia Utility

and Review Board (NSUARB) allowed HRM to undertake a modified review in 2006-2007, but ordered that a full district boundary review be submitted by December 31, 2010.

Residents who cannot make one of the meetings can still have their opinions included by visiting the website: [www.halifax.ca/boundaryreview](http://www.halifax.ca/boundaryreview). You can also check this

site for more information on HRM’s District Boundary Review process and to access a detailed list of scheduled meetings.

## Cycling for juvenile diabetes research

By Katrina Campbell

Do you like to bicycle? Do you like raise money for a worthy cause? Cyclebetes is looking for you! Diabetes is the world’s fourth leading cause of death, and the leading cause of death by illness, which affects 59 000 Nova Scotians today. On Saturday, April 11, 2010, there will be an Accu-check Cyclebetes fundraiser at J.L. Ilsley High School to raise funds for the Juvenile Diabetes Research Foundation. From 8am to 8pm, fundraising teams will be biking to support JDRF. Grab some friends and colleagues, raise money and cycle away! This is a great opportunity for the community to come together to support a great cause. Being organized for the first time in the Maritimes, this is something you don’t want to miss. Please contact Roisin and Sarah Boyle at 902-405-5937 or e-mail them at [cyclebetes.halifax.2010@gmail.com](mailto:cyclebetes.halifax.2010@gmail.com) to get involved.



Students at Herring Cove Elementary School learn about Atlantic salmon and brook trout through the hands-on activity of raising salmon and trout eggs in the classroom incubation units to the fry stage. See the full story on page 7.

### Chebucto News

**Publisher:** Dan Doherty, 479-6397  
Fax to 477-NEWS (6397)

**Editor:** Tangelene Ramsay,  
[tangelene@live.com](mailto:tangelene@live.com)

**Circulation:**

12,500 copies  
Agent: Canada Post  
Printer: Advocate Printing

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

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Letters should not exceed 200 words and must include the writer’s full name and telephone number. Letters are subject to editing and are printed at the discretion of the publisher. Letters will not be returned.

Write to: “The Editor”  
P.O. Box 20141,  
Halifax, NS B3R 1V0

**Advertising / Editorial Inquiries:**

Please call (902) 479-NEWS (6397)  
Email: [dandoherty@eastlink.ca](mailto:dandoherty@eastlink.ca)

**Artwork and Layout:**

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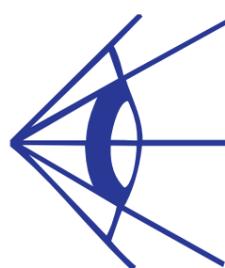
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# Tranquil moments ease stress of a fast-paced world

By Lorrie Boylen

In today's fast paced world, it is easy to let stress build up inside your body, which can cause a multitude of health problems and discomforts. Many folks are seeking alternatives to pain killers, muscle relaxants and other medications, and are opting for a more natural way to heal. At Tranquil Moments, Bobbi Jo Ferguson can relieve your tense, aching muscles and soothe your soul.

Despite her college closing down just

prior to graduation, Bobbi Jo persevered and travelled with some of her classmates to the States to write final exams. A Registered Massage Therapist since 1998, Bobbi Jo gained lots of practical experience working with a variety of salons, including Interlude, Harbour House Day Spa, Jacob Steven Salons and Lush before taking a business course and opening her own massage facility in her home at 2481 Old Sambro Road five years ago. Word has spread by personal recommendations and a Facebook page dedicated to Tranquil Moments.

Bobbi Jo has taught classes in Spa Services and Body Wraps at the Canadian College of Massage and Hydrotherapy, and has had students from Northumberland College job shadow her at salons where she has worked.

She is able to operate her business around the schedules of her husband and two children, and it is evident in the way she handles her clients that Bobbi Joe loves her work. She offers a peaceful, serene treatment room, and is discreet and respectful of her clients' personal space and boundaries. The way in which television depicts massage can feed people's fears and misapprehensions, but the reality is that a good massage therapist always ensures their client is never outside

their comfort zone.

Tranquil Moments offers massage treatments for 30, 60 and 90 minute sessions, priced at \$30, \$60 and \$90 respectively. For clients who have massage therapy coverage under their insurance plan, the cost of her services can be reimbursed through the insurance company, and she offers direct billing through Blue Cross.

In addition to body massage, she also offers cranial sacral massage, ear candling, body wraps, and even spa parties with 15, 30, and 60 minute "menus". Gift certificates are also available for any of her treatments. For more information or to book an appointment, phone 452-4038 or email [tranquilmoments@eastlink.ca](mailto:tranquilmoments@eastlink.ca).

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PHYLLIS HAYDEN

### MONTHLY MEMBER PROFILE

Phyllis McCarthy Hayden is proud to call Spryfield 'home'. Growing up on Clovis Avenue, she attended Central Spryfield School, Cunard Junior High and JL Ilesley High School. Phyllis worked in retail sales and management as well as office administration before returning to her original career plan – accounting - completing formal training with honours. Her community involvement includes terms on school advisory councils, church boards, and that of political campaign volunteer.

Having established Touchstone Bookkeeping in 2004, Phyllis is pleased to continue providing dependable, affordable bookkeeping and tax service to businesses and individuals in Spryfield and HRM.

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## DISCOVERING OUR PAST

### Wills and estate papers are often overlooked when researching family history.

By Iris V. Shea

**W**hen researching our ancestors, Court of Probate records can produce some very valuable information. At Nova Scotia Archives and Records Management on University Avenue in Halifax, check out the alphabetical indexes on microfilm in the RG 48 files for references to these records. They are often an indication of how successful the person was in his lifetime. Included here are wills and estate papers of some early settlers in this area who fished for a living.

*Estate Papers of Benjamin Purcell of Purcell Cove, 1855.* Benjamin Purcell, son of Samuel Purcell, Jr., died in Island Cove (later called Purcell's Cove) in 1855 and an extensive inventory was listed in his Estate Papers: three lots of land and a house, four outhouses and a wharf, one large and one small mackerel seine, ten mackerel nets, five herring nets, three salmon nets, 86 fathoms of rope, eight inspecting irons, one bark pot, two oil pots, two seine boats, two Flats, two anchors, two cows, one heifer, a large supply of carpentry tools, three guns, 12 chairs, one looking glass, one clock, one mahogany table, one bedstead, two tables and another 12 chairs. Benjamin bequeathed everything, following the death or remarriage of his widow, Elizabeth, to his five sons, Samuel, John, Benjamin, James and William. An amount of 10 pounds was given to each of his six daughters, namely Elizabeth, Isabell, Hannah, Mary, Sarah and Annie.

*Court of Probate Record, Richard Hanrahan, Ferguson's Cove, December 1866.* Richard Hanrahan bequeathed the following: To wife Marguerite Jane Hanrahan, all of his estate which included his homestead and 60 acres, his house, buildings, furniture, pictures, cattle, stock and all personal property; also a certain Fishing Lot adjoining Beazley's land at Ferguson's Cove bounded north on Beazley's land, together with the landing place fronting on the water. After his wife's decease, said

60 acre lot was to be divided into six equal parts: lot #1 to daughter Catherine, wife of Francis Henrion, lot #2 to son, Richard, lot #3 to son James, lot #4 to daughter Margaret, the wife of Charles McCarty, lot #5 to son William, lot #6 to son Thomas. The Fishing Lot was also to be divided into six equal shares for the above named children.

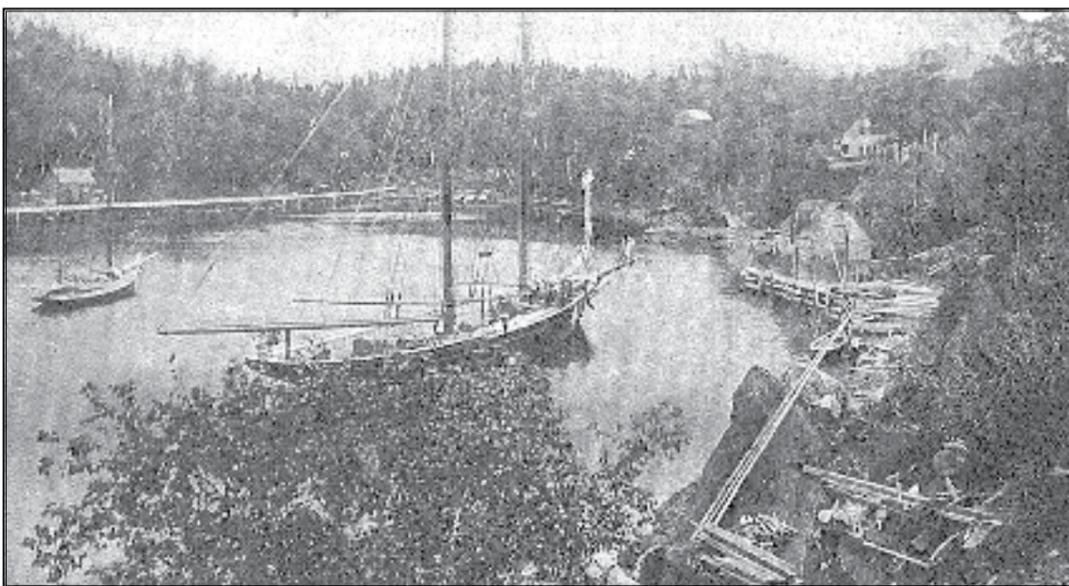
*Court of Probate Record, John Purcell of Portuguese Cove, September 1844.* John Purcell had inherited a portion of his father Samuel's 500-acre

Crown Land Grant in Portuguese Cove. In his will, John listed his surviving children as George Purcell, James Purcell, Elizabeth Bowers, wife of Edward Bowers, John Purcell, Nancy Burke, wife of John Burke, Catherine Kingston, wife of William Kingston, Sarah Purcell, Maurice Purcell, Charles Purcell and Eleanor Purcell. He instructed his sons, John and George, to look after their mother during her natural life. He bequeathed his fenced-in cleared field of 5-6 acres at Portuguese Cove and part of his 300 acres of land to his sons, George and James. To his son, James, he left his house and the parcel of land on which it stood in

Portuguese Cove. George received the house he was then building and the parcel of land on which it was situated. To his daughter, Elizabeth Bowers, he left one half acre of

land at Ketch Harbour; a fishing lot and cultivated land at Ketch Harbour with a store, house, flake, stage and barn thereon; one-half of a sailboat and gear, whale boats, seine boat, Flats, one half of three seines, 16 nets, fishing gear, household furniture and 50 pounds, total value 395 pounds.

*Estate Papers of Joseph Smith of Sambro, 1827.* When Joseph Smith of Sambro died in 1827, he left everything to his widow, Elizabeth. Upon her death, his sons Gideon and Joseph were to receive



This photograph of Purcell's Cove, taken about 1900, is part of the land purchased by Samuel Purcell, Jr. 1827, and included the island which we now call Spectacle Island.

cleared land on the east side of the road at Portuguese Cove, the field being enclosed by a stone wall. His fishing lots went to his two sons, James and George; the residue of his property was divided equally among his seven other children.

*Estate Papers of Richard Fleming of Ketch Harbour, 1859.* Richard Fleming, a fisherman, died in Ketch Harbour in 1859, leaving most of his property to his three sons, Richard, John and James, and to his son-in-law John Young. To his daughters, Ann Drummond, Sarah O'Neal, Susan Young, Margaret Murphy and Mary Murphy, he left \$10 each. His estate consisted of a lot

the bulk of his property. To his son-in-law John Thomas, he left his ox. He specifically mentioned his son-in-law, Benjamin Bears, leaving him 20 shillings "this being all I can give him in conscience." Listed in the inventory of valuables were five feather beds, one chest of drawers, one small trunk, books, pictures, tools, a bible, one looking glass, dishes and plates, "glasweir," one gun, one watch, one whipsaw, pots and kettles, knives, forks and spoons, one ox, one cow, clothes and labouring clothes, one hat and shaving materials. The estate was appraised at a value of 62 pounds by William Gray, Caleb Nickerson and Elkanah Smith.

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If you think most of the salt in your diet comes from the salt shaker, think again! Find out where the 'hidden' salt is and how to avoid it. Featured product: Bocconcini Cheese (no sodium).

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# St. James United Church brings back dinner theatre

By Lorrie Boylen

In May 2009, the cast at St. James United Church Dinner Theatre in Sambro took what was said to be their last bow, after 10 wildly successful, sold out years. Those involved felt that they had a successful run,

but most were ready for a break from the significant time commitment required during the months leading up to the performance week-ends.

It is with great pleasure and anticipation that St. James has announced the return of the dinner theatre this year, with many new

faces stepping in to share their talents.

This year's script is entitled "From The Heart" after the group of the same name, and was penned by Reverend Keltie Van Binsbergen, together with Eva Mae Gray, who was the author of the previous years' productions. The play is based on songs from the CD "From Sambro Beside The Sea." Performers range in age from 8 to 80, with some favourites from previous years as well as many fresh faces.

The production is seeking volunteers on many levels, including building props, assistants to pick up and drop off items, set up and clean up crews. Interested parties should contact the church office at 868-2791.

Performances are scheduled for April 30, May 1, 2 (matinee), 7 and 8. Tickets are \$30, which includes choice of lobster or roast beef, potatoes, vegetables, salad, cole slaw, tea, coffee, and dessert. Interested parties should call Eva Mae Gray after March 15, 2010 at (902) 346-2075 or email emg2@

eastlink.ca. All monies raised will go to support the church.

On Saturday January 30th the women of St. James and Parkhill United Churches and their friends were invited by Reverend Keltie van Binsbergen to attend an all day women's retreat held at Trinity United Church in Timberlea. Supervised child care was provided on site, as well as a delicious lunch and snacks. The ladies were treated to a day of spiritual renewal to explore their relationship with themselves, others, and God. Activities included songs, stories, scriptures, crafts, various meditations including the ancient sacred labyrinth, as well as free time for socializing. Over 20 ladies from age 32 to 92 spent the day laughing, singing, crying, sharing and enjoying one another's fellowship. Lively discussions were held regarding how the church can meet their needs. The retreat was very well received by those who attended, and plans for future gatherings are in the works.

## Recent updates from the Chebucto Communities Development Association

Chebucto Communities Development Association (CCDA) invites you to join our community development group, serving communities in eastern Chebucto Peninsula. CCDA is a group of residents that works with community members to do just about anything that improves life in the communities around the loop. We have some very successful projects and a lot of exciting growth ahead of us. So, we have decided to expand our Board of Directors to reach more communities.

We invite you to an upcoming Board meeting on Tuesday, March 16, 7:00 pm at the Captain William Spry Community Centre.

This is simply an invitation to come to a Board meeting, hear what we do, and consider becoming involved – no obligation. If you do decide to become involved, the level of commitment varies among members – many people just offer their support at the Board meeting which amounts to two to three hours per month.

We are looking for residents from around the loop, to bring a fresh perspective to CCDA. Communities include: Armdale, Ketch Harbour, Bear Cove, Portuguese Cove, Duncans Cove, Purcells Cove, Halibut Bay, Sambro, Harrietsfield, Spryfield, Herring Cove, The Pennants, Jollimore,

Williamswood, and Fergusons Cove.

Have a look at our website <http://www.chebuctoconnections.ca> and let us know if you are interested, or if you know of anyone else who may be interested. Diane LeBlanc, Chair

### Book Buddies Launch!

CCDA, with the Spryfield Area Family Support Task Force, is inviting children with their parents to the launch of Book Buddies on Saturday, March 13, 11am to 2pm at the Captain William Spry Community Centre. The launch will include facepainting, food, readings by children's authors, a variety of displays, and a puppet theatre. After the launch, bags from Book Buddies will be available on loan from local family centres, including Single Parent Centre, Edward Jost Children Centre, and St. Paul's Family Resources Institute. Each bag will contain five books, a puppet with a diary, and five activity cards for parents and children. A family will be able to check out a bag from one of the participating family centres. When that bag is returned, the family may check out another bag, and so on. The first 200 children who come to the Book Buddies launch with a parent on March 13 will receive a free book. For more information, call CCDA at 477-0964.

## Letters To The Editor

### An open letter to Linda Mosher, District 17 Councillor

Ms. Mosher,

I'd like to know why you voted against municipal tax reform last night. I'd like to know why you apparently think many of your constituents should continue to carry a tax burden that is grossly disproportionate to the municipal services we receive?

In a letter you authored for the January 2006 edition of The Chebucto News it seemed you understood that property tax needed reform. As you may recall, you

wrote that "we have to ... find a new way to tax properties." Several times in 2006 you wrote that "property taxation is regressive". And now, in 2010, you vote against the tax reform proposal it's taken so many years to get before Council. Were your words in 2006 merely a salve to the issue of the day?

The tax system is seriously flawed and needs change. What are you doing about it?  
*Sincerely,*  
Layton Dorey,  
President, Halifax Liberal Association

### Michelle Raymond is a disgrace to our community

At a time when her NDP government is telling Nova Scotians we must accept austerity measures including tax hikes and service cuts, she's been gorging at the trough of our tax dollars. Our MLA, Michelle Raymond, had far more "double dip" claims - totalling more than \$3,000.00 - than any other MLA. In total, she was identified as having almost \$7,000.00 in other questionable or excessive claims. I want to know what happened to all those duplicate payments. Did she pocket them to pad her already generous compensation? Is that why I must bear the highest income taxes in Canada? Is that why my property taxes have almost doubled?

Smugly, she and her other pigs at the trough think we'll all forget by the time the next general election comes around. I won't and I will do everything in my power to remind my neighbours how Michelle of the "care for the down and out" NDP stuck her hands in my pockets and took as much as she thought she could until it all came out in the open.

In fact, I call on her to resign as an MLA. If she wants to ask for forgiveness let her do so as a candidate for re-election.

Though I dare say she should never show her face at my door again.  
*Sincerely,*  
Layton Dorey  
President, Halifax Liberal Association

### Check your facts

I was wondering how an article in your paper can be written without being checked for accuracy. The article written in your February issue regarding Chimo Taekwondo was obviously not checked. One thing is the fact that Mr. Large was quoted as being "Master Large" is wrong, you have to have a 5th degree black belt to be considered Master, he has a 4th degree. Not to say that the kids don't work hard however for an instructor to allow the kids to misrepresent themselves in a tournament is unethical. Four of those kids listed competed as red belts when in fact they are black belts

thus making the competition unfair to their opponents. Mr. Large's reasoning for this is because they only just received their black belts a month before the tournament and felt they weren't ready to compete as black belts, well if they weren't ready then why are they black belts? Yes there are taekwondo clubs that allow their members to misrepresent themselves, however there are also plenty of clubs that teach their students to be fair and honest. Which values do you want taught to your children?

L. Oakey

### Allan Marryatt's inspired work

To Whom It May Concern;

Yesterday we attended the Heritage Tea at the William Spry Centre, hosted by the Mainland South Heritage Society, we truly enjoyed the event. The exhibit at the centre brought great nostalgia to those young and old in attendance. Much time must have been spent to produce the wonderful photography depicting examples of clothing worn in days gone by, some dating back to the late 1800's. I made inquiries as to who produced the wonderful display of photos of their ancestors and I was informed it was Allan Marryatt. They offered several years of photographs, in period clothing of their ancestors from the 1800's to 1945.

Therefore, we do need to sing Allan Marryatt's praises for all of his dedication of hours collecting, scanning and printing off the display pictures. Some of these photos depicted the school years and several photos of the ancestors of the members of Mainland South. Also there were the wonderful

costumes on display. I understand some were on loan from Loyalist Arms and some from members and friends. I am sure a lot of hard and dedicated work went into this event.

I would like to express our heartfelt gratitude to many individuals who have given so generously of their time and talents. There were young children who attended the event in period dress as well. I am sure it was quite an eye opener and educational for these young folks, about nine and fourteen years of age.

I feel truly inspired by all of the work that Allan Marryatt has accomplished with these photos and perhaps now I will begin to take more care in archiving my ancestors' photos.

Thank you to Mainland South Heritage Society members; "especially archivist Allan Marryatt." for bringing this to us, we truly appreciated your efforts and talents for a fine collaboration.

*Sincerely,*  
Irene Schofield

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# *Chebucto* **SuperMoms** *Contest*

## **Make it a Mother's Day to Remember**

### *Chebucto SuperMoms Contest*

Moms are very important people. It seems sometimes as though they are capable of doing the impossible. Cooking, cleaning, working, making costumes and running a teen taxi service are just some of the things Moms do in the run of a day.

Some of our local businesses have gotten together and created a package to honour one of these "SuperMoms". The Blooming Café, Blooming Flowers, Overall Limo Service, Moments for a Lifetime, and Heppy's Pies are all offering something special for your extra-special Mother.

The Blooming Café will provide a mouth watering meal for the family on Mother's Day, with luxurious transportation to and from provided by Overall Limo Service and beautiful flowers by Blooming Flowers. Heppy's Pies are offering

Mom time away from the kitchen with a \$25 gift certificate good for any of their scrumptious pies, and Moments for a Lifetime wants to give "SuperMom" a portrait of her and her wonderful family.

But, before we can give this special woman a Mother's Day to Remember, we need to know who she is. So, in 200 words or less, tell us why your Mom is the best Mom on the Chebucto Peninsula.

Entries must be received no later than April 15th, with the winner being contacted on the 20th. The top five entries will be published in the May 2010 issue of the Chebucto News. The winning contestant and family will also get to have their picture on the front page of the May issue.

Please email your submissions to [tangelene@live.com](mailto:tangelene@live.com)

# ***Chebucto News***

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# Students get hands-on lessons about sustaining salmon in McIntosh Run

By Anthony Heggelin

This is the third consecutive year that grade four students from Herring Cove Elementary School are participating in the Atlantic Salmon Federation's Fish Friends education program. This program introduces children to Atlantic salmon and brook trout by means of activities described in Atlantic Salmon Federation's curriculum guide, and through the hands-on activity of raising salmon and trout eggs in the classroom incubation units to the fry stage. The students learn about habitat, life cycles, freshwater ecology, and sustainability.

The temperature controlled aquarium was set up and approximately 300 fertilized brook trout eggs were delivered to the school early in February. The aquarium needs to be able to

simulate the natural temperatures that brook trout experience through each stage of their lives while they are in captivity. Brook trout need cold water to survive and prefer water temperatures under 20°C. The eggs at William King start out in 2°C water. The eggs are placed in a single layer of sparsely placed gravel to imitate their natural habitat. The eggs will hatch in April and be in water approximately 8-10°C; at this stage they are called fry.

It's not hard to tell that the students are very excited about this program. When I was setting up the aquarium almost every student that walked by had a comment, a question, or just wanted to chat. The students are really interested and their enthusiasm is inspiring. The McIntosh Run Watershed Association (MRWA) supplies the temperature controlled

cooler and I deliver an introductory presentation of the program to the students. The presentation is set up in a way that I ask the students a lot of questions, and they learn by answering; they really like participating. For example, I will show them two pictures; the first is of a river that runs by a pavement parking lot and has no trees or native plants along the riverside, the second is of a river that meanders through a forest with large trees and lots of native vegetation on and near the riverbank. I simply ask the students which one is ideal for trout or Atlantic salmon. I don't tell them which one is better, they figure out why with a few hints here and there. Of course the latter example is better for trout. The water stays cooler in the shade provided by the trees; precipitation is held up by the vegetation and seeps into the ground before entering the stream (cooling it and removing pollutants); and the vegetation holds silt and sediment on the river bank preventing it from entering the stream.

The Fish Friends program in Herring

Cove is delivered by volunteers at the school and by the MRWA. Grade four teacher Maurina Fougere teaches the lessons and guides the students in nurturing the fish until their release in late May/ early June. It is a collaborative effort in which all participants gain a new appreciation for the importance of healthy rivers and fish populations; an understanding of the threats to survival of all aquatic life; and what action must be taken to overcome the threats.

Part of the mandate for the MRWA is to develop awareness of the beauty and sensitivity of the McIntosh Run watershed and the Fish Friends education program is an excellent way to do that. To learn more about the MRWA go to [www.mcintoshrun.ca](http://www.mcintoshrun.ca).

*Anthony Heggelin is a volunteer with the McIntosh Run Watershed Association and is employed with the Nova Scotia Department of Fisheries and Aquaculture, Inland Fisheries Division. For more information email [heggelaj@gov.ns.ca](mailto:heggelaj@gov.ns.ca)*

## Water Falls

community art project

The creation of a collaborative sculpture for Captain William Spry Community Recreation Centre will celebrate the spirit of our surrounding communities.

Working in partnership with Arts Express, Youth on the Radar and public schools in the local community.

Artwork will be constructed of 100's of unique water drop shapes made from recycled plastic, by people in the community.

Participants create art with artist Miro Davis in workshops which will be set up in different locations in Spryfield.

Symbolism of this artwork is water, as Spryfield lives amongst the MacIntosh Run, many lakes and the ocean.

Contact Karen 479-4485  
email [loweryk@halifax.ca](mailto:loweryk@halifax.ca)



The Atlantic Salmon Federation's Fish Friends is delivered by volunteers at the school and by the McIntosh Run Watershed Association.

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# SDBC networking event a huge success!

Bruce Holland, Executive Director of the Spryfield and District Business Commission is to be commended for his efforts in organising and co-ordinating a very successful networking event held February 25 at the new Salvation Army facility on Herring Cove Road. Local Councillors Linda Mosher and Steve Adams, NDP MP Meghan Leslie, retired Senator John Buchanan as well as featured guests area MLA Michele Raymond, PC Party interim leader Karen Casey and Liberal Leader Stephen MacNeil all spent quite a bit of time mingling and chatting with those in attendance before the luncheon. In his opening remarks to the fifty plus attendees Dominic Gniewek, SDBC Chair man and the

owner and operator of Shoppers Drugmart on Herring Cove Road, restated to the gathering the Mission Statement of the commission to "Advocate The Interests Of Local Business In Building A Stronger Community". He then introduced and called upon each of the featured guests to make an opening statement to the gathering and afterwards moderated questions put to the guests from the floor. After the question and answer session was over the flower centerpieces on all of the tables were drawn for as well as a beautiful flower arrangement all supplied by Stephen Bonnar, who owns and operates Blooming Flowers on Herring Cove Road. The SDBC is currently working to update

its database of local businesses and hope that this spring when they hold their Annual General Meeting there will be even more local businesses in attendance. If you operate a small business on the Chebucto Peninsula and were not contacted about this event

chances are you are not on the commission's mailing list. To be added to the list and to be included on the web site [www.spryfield.ca](http://www.spryfield.ca) please contact the SDBC Executive Director Bruce Holland at 452-7472 or e-mail [sdbc@eastlink.ca](mailto:sdbc@eastlink.ca).

# Innovative J.L. Ilsley Youth Health Center sets example for other HRM Schools

By Alexandra MacDonald,

High school can be a challenge, both mentally and physically. But at J. L. Ilsley High School there is a place where students can go for help and support on their way to graduation. This is the Youth Health Centre (YHC).

The YHC at J.L. was one of the flagships in what has grown to be an HRM-wide program. In every high school these Centres exist, providing accurate information and confidential services to students. Each centre is staffed by a Public Health Nurse who offers support and guidance relating to sexuality; relationships; drug and alcohol support; depression; issues at home; and anything else that a teen may want to talk about. YHCs also offer free condoms, pregnancy tests, and personal hygiene products.

At J. L., the Youth Health Centre is run by Public Health Nurse Marie-Rose Lespérance, and is home to several student organizations, including the Gay-Straight Alliance (GSA).

Very active and vocal in the school community, the GSA strives to create a safe, welcoming, tolerant school environment for all students, regardless of sexual orientation or gender identity. They are part social club, part support group, and host events throughout the year to promote equality, acceptance and safe sexual practices. Some of these events include this month's Sexual Health Day, and

May's annual Pride Week. Held May 10th to 14th, Pride Week consists of daily events to raise awareness in the school of gay, lesbian and transgendered issues. This year's events will include selling Gay Pride ribbons; cross-dressing day; an open GSA meeting; and a screening of the film Milk, about openly gay politician Harvey Milk.

If you talk to the students at J. L. Ilsley the value of the YHC is clear. When asked the most important part, Sam Bebbington, a grade 12 student, said "the sense of community. Everyone here is friends; it's like we are all family. It's the sense of belonging." For Thomas Gilkie, a new member of the GSA in grade 11, the feeling is mutual. "I joined this year, and I felt so welcomed. Right away we were all just hanging out." Alyssa Olhausen, grade 12, described the YHC as "a no-boundaries place where you can come and unload your baggage. It's non-judgmental." Alyssa also called it "a place to be creative", something this reporter witnessed first-hand when, during the interview, a spontaneous plan to paint the Youth Health Centre logo onto the wall was concocted. Immediate wall-sketching ensued.

In the end, whether you think you might be pregnant or you'd like to quit smoking; are having issues at home or boyfriend-issues; need some condoms, tampons or just someone to talk to, the Youth Health Centre at J. L. Ilsley High School is definitely the place to go.



SDBC Chairman Dominic Gniewek introduces the special guests.



Local business people and politicians network before the luncheon.



Salvation Army's new facility.

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**Two 16" pizza/garlic fingers (four toppings between them) - \$22.99**

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# March Break offers parents and kids lots of options for family fun

By Tangelene Ramsay

March is the most dreaded month of the year for many parents. Not only are the kids home for a week, but the weather is so unpredictable that travelling can be difficult at best and dangerous at worst. Here are some options to keep everyone happy and close to home.

The Capt. William Spry Library is offering a variety of free programs for all ages. For those aged 5 to 10, they have planned Cindy & Carrie's Wild & Wacky Hullabaloo; Big Body Craft; Adventures in Wonderland; and the Nearly Normal Norman Show. For teens, the library staff has put together the Teen Survival Skillz Crash Course. With titles like "Get Yer YaYas Out!" and "Money & You", it sounds like a week of fun and learning. The library is also hosting a variety of other programs, so check them out at [www.halifaxpubliclibraries.ca](http://www.halifaxpubliclibraries.ca). Of course, you can always check out a movie for a "family movie night" or books to curl up with when the weather is bad. If you don't have a library card yet, now is the perfect time to get one!

The Bowlarama will, once again, be sending home coupons through the schools. These coupons are good for their Pizza Bowl. If you haven't been to a Pizza Bowl before, you are in for a treat! For \$10.00 you can bowl for 2 hours and eat all the pizza you want. Plus, \$1.00 from each coupon goes right back to the school the student comes from. If you don't have a coupon, fear not; you can still take advantage of Pizza Bowl and your school will still receive the donation. Pizza Bowls run from Monday to Friday 11am to 1pm and again from 4pm to 6pm. If you are more of a night owl, the Bowlarama is also offering \$1.00 a string from 9pm to close all week long.

Claytime Pottery in Bedford is going North this March Break with Club Penguin. It is a week-long morning camp for school aged children. The cost is \$125.00 and children will be painting their own table setting (plate, mug, and bowl) as well as a penguin and igloo. Other crafts will help round out the activities for the week and Friday will be their party day with hot dogs for lunch. Claytime will also be open for drop-ins all week, but if you want to be sure

to get a table, reservations are recommended. For more information, or to make a reservation please call 443-6300.

The Putting Edge in Bayer's Lake will be celebrating March Break with trivia contests; lobby games and entertainment; and face painting. If you plan to go, don't forget to wear white or neon colors, as their entire course is lit with black-lights. It is also highly recommended

you make a reservation by calling 450-0029.

The Harrietsfield and Williamswood Community Centre is offering a weeklong day camp for children in grades primary through six. Camp opens at 7am and runs until 6pm. For more information, or to register, please call 446-4847

The Spryfield Wave Pool is offering two daytime wave swims Monday thru Friday. The

first swim will be from 2pm to 3:30pm and the second will be from 4pm to 5:30pm. Please remember to keep your children within arm's reach at all times, and have fun!

So, whether you are working and need a fun place to drop your children off each day, or will be home and are looking to have some fun with them, there are lots of alternatives in the HRM to keep everyone happy this March Break.

## Society promotes the venerable Dahlia

Dahlias have become one of the most popular flowers in the world over the past decade, mainly due to the development of new and better varieties. No other garden flower provides the array of colour, flower forms and size of flowers that dahlias provide in the late summer and fall garden.

After your perennials and annuals begin to look tattered, the dahlias in your garden will be turning into a mass display of beautiful colours. Dahlias are native to the mountainous regions of Mexico but through centuries of breeding have become one of the most beautiful and popular flowers in the world. Although many people consider dahlias as bulbs, they are in fact tubers like the potato, and the clumps of dahlia tubers dug up in the fall need to be stored over the winter and then broken apart and replanted the following spring. Dahlias start to bloom in late July and continue to bloom until a killing frost usually in October. Nova Scotia has one of the best climates in all of North America for growing dahlias and our moderate temperatures really bring out the bright colours.

Many people remember dahlias from their youth; parents planting bulbs handed down to them from grandparents; those old red, pink or yellow flowers that always seemed to have weak stems so the blooms hung down, but now the newer varieties produce a wider range of colour, size of bloom and also many different shapes of flowers and on stronger stems so the bloom is held up for better viewing. The Dahlia Society is made up of a group of amateur gardeners who love to grow and promote the growing of this wonderful flower and raise its visibility to all the

gardening community. As well as the standard three to four foot dahlia bushes many dahlia growers are planting the low or bedding dahlias as well. The dahlias are excellent when used as a mass planting or mixed in with other plants as specimens, or grow the dwarf bedding types as edging on walks or flower beds and also in planters on patios and decks.

The Dahlia Society of Nova Scotia will be holding monthly meetings in the Kidston

Activity Room at the Captain William Spry Center every 2nd Wednesday of the month at 7:00pm. All are welcome.

The society will be hosting a special get acquainted meeting on April 14th for all gardening enthusiasts in the area with a wonderful slide show of all the varied flower forms of dahlias, refreshments, and prizes. Come and meet other dahlia lovers and have all your questions answered on how to grow dahlias.



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# Stella Maris Meeting: Suggestions for Saving the Chapel

By Tangelene Ramsay

On May 28, 1846, the cornerstone was laid for the Stella Maris Chapel. Almost 150 years later, on August 31, 1994, it was designated a Municipal Heritage Resource. Now, its future hangs in the balance. The Catholic Church feels they can't afford the upkeep on the building, but the people of Ferguson's Cove/Falklands Village don't want to see the Chapel demolished.

A meeting was held on January 21, 2010 to discuss the future of the building and was well attended with over 50 people from Purcell's Cove, Herring Cove, and Ferguson's Cove. Due to the proximity of the chapel in relation to the Fort at York Redoubt, a representative from Parks Canada was in attendance. Father Rob Arsenault was there as a representative of the RCEC. The meeting was held café style in order to promote open conversation. After the meeting, comments and notes were compiled, but no decisions were made.

The general consensus at the meeting was that under no circumstances did the community want to see the building demolished. A big concern seemed to be possible uses for the property if the chapel was no longer there. Because the building is essentially part of the Fort at York Redoubt, people are concerned about what kind of building or residence may replace the Stella Maris.

Everyone seemed to have their own ideas about future uses for the building. The most common suggestions were to use it as a community center, an historical interpretation center, or as a religious center. Some people were more creative in their thinking with suggestions ranging from a tea house, to a performing arts studio, to a day care center.

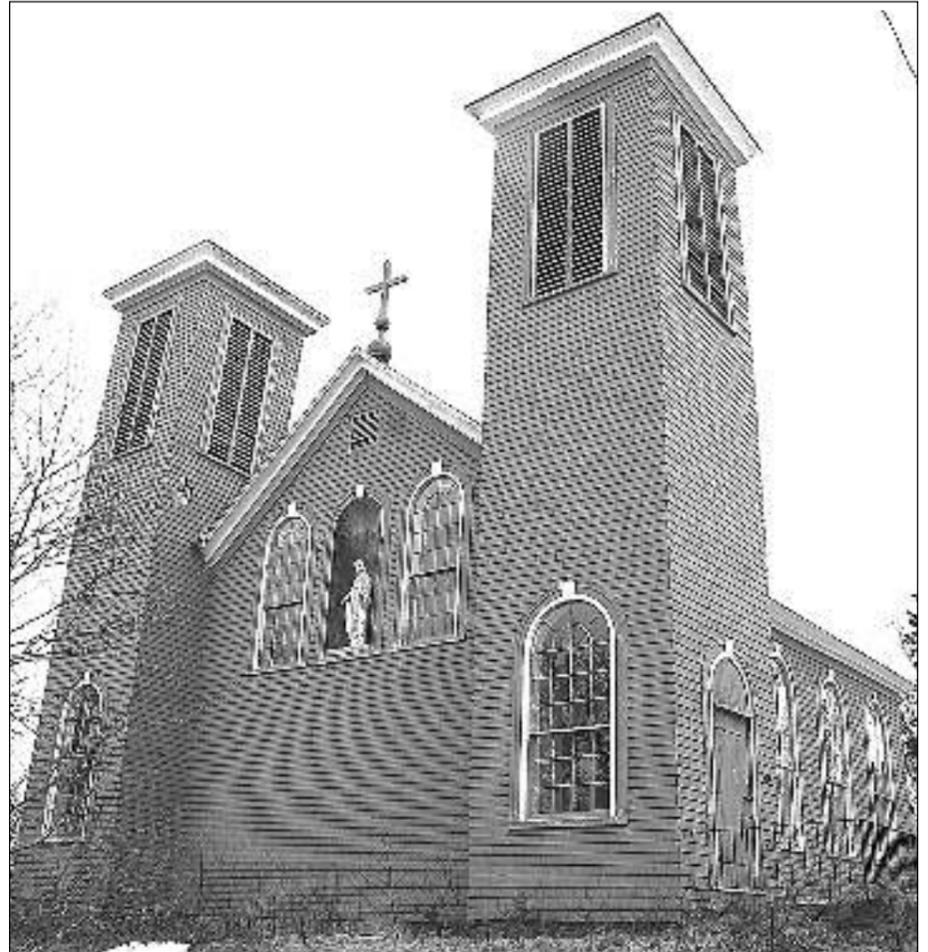
The RCEC has established ownership of the building and the ground it is on, as well as the boundaries of the neighbouring properties; however, there is one piece of land whose

ownership has not been established. The piece of land on the east side that falls away toward the water appears to have no owner. This means a court settlement may be required to finalize any future land uses on the site.

The other big discussion of the night was focused on the cost of maintaining the building, should it remain where it is. Rental fees could offset the cost of heating the building. Fundraising, through both government and public/private venues, could help offset the costs of maintenance, but

volunteers would probably still be needed to do the actual maintenance work.

Keeping the building may be a more daunting task than most people realize. There are no bathroom facilities; the building has been the subject of vandalism; due to a lack of use, the wood is beginning to rot; and there is very little parking. This hasn't deterred those in attendance at the meeting, however. They feel that any obstacle can be overcome if enough hands and minds come together. And, who knows, maybe they're right.



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# Fair and equitable tax system elusive but achievable

By Linda Mosher,  
HRM Councillor, District 17

HRM has spent years reviewing the taxation system, to determine one that the majority of residents will agree is fair and equitable. Some people think we have only started tax reform recently, but in fact HRM created its Tax Structure in 1997. In 1999 there was a forum calling for a "fair, stable and predictable" system and in 2000 a Tax Structure Committee was established. The process has been on-going since that time; the search for the elusive dream.

In 2006 I wrote several articles regarding rapidly escalating property assessments in my desire to find a fairer way for property taxation. My research found that many municipalities only reassess properties when they are sold and other properties are only allowed to be increased by a factor, such as inflation or 2% a year. I stated that this is a much fairer way to assess properties; the process is cheaper, and it would be easier for those on a fixed income. In absence of any alternatives to address the increases, in late 2006, Councillor Gloria McClusky and I presented to the provincial Law Amendments Committee. We requested an extension of the CAP. Our News Release stated, "because assessment is based on market value of homes, the sale of new or newer homes in existing neighbourhoods is bringing up the assessed value of the older home in a neighbourhood. That is why keeping the CAP Program is so important and at least provides some predictability for those property owners".

The system we have now can be considered regressive and is not absolutely fair, but despite attempts, we have not yet found one that is. There are property owners who are currently paying more than their share of municipal taxes and some are paying less.

The alternatives we recently had before Council would have left us with the same result – some property owners would have been paying more and some less. In the opinion of a number of people who were familiar with the alternatives before Council, the "extra" burden would have shifted from the owners of the higher valued homes to the owners of the middle or lower value homes. While it is not an exact science, generally speaking, the owners of the higher valued homes have a greater income and a higher net worth than those that own and live in mid-lower range homes. The majority of Council voted to prevent the owners of mid-value homes from having to pay a higher percentage of the tax revenue HRM needs to provide the services it provides. I am proud to have been part of that.

In addition, 25% of our property tax bill is actually collected on behalf of the province and goes directly to fund the services they provide, like education, corrections, and housing. We need the province to accept the principles of fairness and equity and allow us to fully utilize our main source of revenue, which could be used to enhance services or lower property taxes. We also need them to continue with the CAP to eliminate the concerns of dramatically increasing assessments and provide predictability for residents.

The whole idea behind tax reform was to make the system fair; our residents deserve that. This round of discussions did not find a perfect or better solution and our current

tax structure remains the same for the next year. There are other options that I would like considered in the future, including but not limited to: options to deal with condos and waterfront properties; non-resident

land ownership tax; different tax based on zoning and solutions such as California's Proposition 13 which fixes assessed property values and only increases them by a fixed percentage each year unless a property is

sold. We can adapt the best practises from other municipalities and work towards a fair taxation system. The quest is not over and I will continue to work for fair and equitable property tax.

## Chebucto Update WITH MAYOR PETER KELLY

By Mayor Peter Kelly

Hello again; I'm glad you could join me.

With the excitement of the Vancouver Winter Olympics still buzzing in the air, this is a good time to mention that the countdown has begun for our own big sporting occasion – the 2011 Canada Winter Games.

Not only is it our first time as host, this is also the largest sporting event we've ever staged. Eleven months from now, we'll be welcoming more than 3,600 athletes, coaches and members of the media from across Canada, as well as thousands of visitors.

The Games ([www.canadagames2011.ca](http://www.canadagames2011.ca)) take place Feb. 11-27 at various venues in and around metro, including the new Canada Games Centre in Clayton Park. This evolving structure will stage three of the events: badminton, artistic gymnastics and synchronized swimming. (To get an idea what it looks like inside, go to [www.halifax.ca/CanadaGamesCentre](http://www.halifax.ca/CanadaGamesCentre) for an exciting virtual tour.)

Now, let me ask you a question: How would you like to be part of all this excitement?

We need volunteers to make the 2011 Games the best ever. In fact, we're seeking lots of volunteers. How many? Try 5,000!

We'll be needing people for a variety of responsibilities; everything from helping with the technical side of things to accounting, accreditation, transportation, translation, mascot support and assisting at the Athlete's Village.

If you'd like to be part of this history-making event, there are several ways to apply. You can write to: Human Resources and Volunteer Division/ 2011 Canada Games Host Society/ P.O. Box 1749/ Halifax, N.S./B3J 3A5 or you can phone (902) 490-2011 or fax (902) 490-5730.

You can also contact us at [careers2011@canadagames2011.ca](mailto:careers2011@canadagames2011.ca) or through [volunteer@canadagames2011.ca](mailto:volunteer@canadagames2011.ca).

I do hope you'll step forward so HRM can put on a show next winter that the rest of the country will never forget.

If you take the bus, you may not be aware that Metro Transit has teamed up with Google Transit to offer special trip planners for riders. This free service integrates local transit routes, bus stops and schedules with Google maps.

The service is available in 12 languages, which just goes to show how cosmopolitan HRM has become.

To use it, just go to <http://www.halifax.ca/> and click on the Metro Transit link, then follow the instructions.

A friendly word of caution: the experience is really fascinating and you may get so involved, you just might miss your bus!

Good news for everyone who uses the Captain William Spry Centre: the extensive renovations are finished on the inside and

should be complete on the outside by summer.

Refurbishing of the 22-year-old centre has created more space for recreational activities, the library, youth areas and meeting places. In addition, items of new furniture and program equipment have been purchased.

Outside the centre, you'll see two striking additions: a 100-foot bridge over MacIntosh Run and a 6,000-sq.ft skateboard/bike park.

What remains to be done outside are improvements to the lighting and landscaping, plus the widening of the Sussex Drive entrance.

Something that will soon catch your eye is a piece of community art work titled "Water Falls," being coordinated by respected artist Miro Davis.

Miro has been holding workshops at which she encourages participants to create clay sculptures using water droplets as inspiration. Using her vision and skills, she will cast all the contributed sculptures into one finished piece, to be displayed in the centre's lobby for all to enjoy.

A separate piece of public art is earmarked for the new skateboard/bike park. It will be a mosaic done in stone and glass and it, too, will have input from the public.

These two exciting projects are examples of how HRM's Public Art Policy not only supports local artists; it also fosters a sense of community and stimulates social interaction.

If you'd like to learn more about all the improvements, please go to HRM's main web page ([www.halifax.ca](http://www.halifax.ca)) and enter the Captain William Spry Centre in the search box on the left. I think you'll be very impressed.

And finally, I'm pleased to report that HRM will once again be at the centre of the world stage.

Development ministers of the G8 nations will gather in Halifax April 26-28 to prepare for a forthcoming leaders' summit, to be held in Ontario. In June, Canada will host the heads of France, Germany, Italy, Japan, Russia, the U.K. and the United States.

Halifax welcomed the G7 world leaders in 1995.

Among the items on the agenda for Halifax this time are proposals aimed at improving the health of women and children in the world's most-vulnerable regions. This international initiative will include immunization programs, access to clean water and better nutrition.

Our municipality is honoured and proud to host officials who are laying the groundwork for such vital global work.

I'd welcome your input on these and any other HRM items of interest. Reach me here at City Hall at [kellyp@halifax.ca](mailto:kellyp@halifax.ca) or by phoning 490-4010.



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# These leaders of tomorrow deserve praise today – Leslie

By Megan Leslie,  
MP, Halifax

The future of this riding lies in developing our community by creating safe spaces for learning and sharing, where people feel welcomed and supported. Community development is essential for a person's emotional and physical health, and each time there is an opportunity for folks to come together to share ideas, break bread or be entertained, the riding of Halifax benefits. To that end, I had the pleasure of attending the J.L. Ilesley Scholarship Committee Buffet Dinner fundraiser on February 11th. It was a wonderful evening involving food prepared by Chef Matt Pennell from the Prince George Hotel along with the culinary students in the O2 program at J.L. Ilesley High School, and without doubt it created an environment of excitement and of pride in student achievement.

As H.E. Luccock said, "No one can whistle a symphony. It takes a whole orchestra to play it," and the evening's events put that idea to test with great success. It was wonderful to see each person play their part, whether it was young people putting their newly acquired cooking skills to practice, the cooking instructors and school staff giving their time and experience, or the family and friends whose presence and energy made the evening special. Each person played a part in creating not just a sense or feeling of community, but an actual community of shared interests, goals and futures.

Without a doubt, the evening was a microcosm of all the strengths of this region: dedicated leaders, vibrant youth and the resounding maritime resolve to come together for the betterment of all. Along with celebrating cooking and J.L. Ilesley's talented students, proceeds from this fundraiser went to the Spryfield Single Parent Centre and the J.L. Ilesley Scholarship Committee, both of which are deserving recipients for the roles they play in

supporting our community's youth and our community's future.

Please join me in congratulating and supporting all those who are engaged in

our community and particularly, those who support youth by creating opportunities for the next generation to become leaders in their own lives. If we teach youth about the

importance of community development, of the importance of bringing people together to laugh and learn, we assure each of us a more vibrant, caring future.

## Lots of opportunity for public participation

By Stephen Adams,  
HRM Councillor, District 18

Over the next several months, HRM will be seeking your input with regard to the size of the Regional Council. Presentations will be made at various Community Council meetings looking at numerous options. Unfortunately, by the time you read this article, our presentations will have passed. However, you are more than welcome to attend another Community Council meeting in HRM. If this is not convenient, you may visit our website to view the presentation. As well, you may offer your comments on line.

Once this information is compiled, our Boundaries Review Committee, with the help of our staff, will prepare a recommendation. This recommendation will then be presented to the public for additional comment.

When the HRM component of this process has been completed, a recommendation will be made to the Utilities and Review Board. The UARB also allows for public participation and submissions. Once they have all their information, they will render a decision. This decision is final and will apply to the 2012 Municipal Elections.

Our Herring Cove Steering Committee has now been selected and formally ratified by Western Region Community Council. As you may recall, this Committee was formed to address, and deal with, issues in Herring Cove; except those addressing the integration of the sewage treatment plant. These responsibilities still lie with the CLC.

You may recall that our original Terms

of Reference called for seven members to serve; however, there were eight applicants. As such, I asked that our Community Council amend the Terms of Reference so that all who applied could be part of this committee; a first of its kind in HRM.

Regional Council has also approved a Municipal Plan Amendment and rezoning for a thirteen unit town house development on Mayor Avenue. The original plan was for a small apartment building. However, local residents were not happy with the proposal. Mr. Rhandawa and former Alderman Rick Grant, who worked on his behalf, came back with this proposal. This is a great example of residents and

a developer working toward a mutually acceptable solution.

We also have a public hearing scheduled on April 12th to consider changes to allow for the expansion of Jost Children's Daycare on Mont Street. If approved, these changes will allow for an expansion of the facility, allowing for an increase in the number of daycare spaces.

I would also like to remind you to visit my website, to keep up with local events and meetings. I will also be posting notices for upcoming public hearings. As I am still in the preliminary stages of using this website, your input to enhance it would be appreciated.

## J.L. Ilesley fundraising loves Valentines Day

By Katrina Campbell

On Valentines Day, the best idea is to take your sweetheart out for a fancy and romantic supper. What could be better than taking your loved one out and supporting both the Single Parent Center and the J.L. Ilesley Scholarship Fund? A number of people in the community would argue that not much could compare. On Thursday, February 11th, the cafeteria of J.L. Ilesley was packed with toddlers and adults alike enjoying a gourmet buffet dinner prepared by Chef Matt Pennell from the Prince George Hotel and the culinary students in J.L. Ilesley's O2 program.

The atmosphere was relaxed and comfortable as the conversations from different tables wafted over the beautiful piano accompaniment played by Kristen Wells. Valentines Day decorations hung from the ceiling and each table sported charming centerpieces while the students served the food they'd spent all day preparing. "It has been really fun working with Matt and Dave. They know everything, it's crazy," said Dylan Sellers, grade 11 culinary student at J.L.

Ilesley. "We've been going from 11:30 this morning until now. Everything came together really well."

The meal started with two different kinds of salad; romaine with parmesan cheese, and shaved fennel and arugula with pomegranate, before moving on to the main course which included bacon wrapped pork loin; marinated vegetables and goat cheese strudel; and leek and mushroom stuffed chicken breast. By the end of the night, there wasn't much room left for the delicious cupcakes prepared for dessert. There were no complaints as everything on the menu was fantastic. Guests included parents of J.L. students, teachers, the staff of the Single Parent Center, MLA Michelle Raymond and HRM Councillors Steven Adams and Linda Mosher.

A special thank you goes out to Chef Matt Pennell, the culinary students and everyone who supported this great event. There were 98 tickets sold, meaning 2450 dollars was raised for the Single Parent Centre located at 3 Spryfield Avenue, and the J.L. Ilesley Scholarship Fund which supports graduating students after high school.

### Stephen Adams

HRM Councillor, District 18

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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

**Used Books and More!**  
St. James United Church in Sambro will be holding a sale of gently used books, CD's and videos on Saturday, March 6th from 10am to noon

**Urban Farm Museum**  
The Urban Farm Museum Society of Spryfield will meet on Monday, March 8th, 2010, 7pm at the Capt. Wm. Spry Community Centre. Volunteers and new members welcome. For further information please contact Pat @ 477-6087 or e mail jamac@ns.sympatico.ca.

**Early Spring Tea**  
Saturday, March 27, 2010. From 1:00 to 3:00 p.m. for \$7.00 at Emmanuel Church Hall, 322 Herring Cove Road, Spryfield. For info: call Sarah at 477-7304.

**Dinner Theatre**  
Sambro Dinner Theatre presents "From the Heart" Apr. 30 and May 1 at 6:30 pm, May 2 at 4:30 pm, May 7 and 8

at 6:30 pm. at St. James Church Hall in Sambro. Lobster or roast beef dinner. Tickets on sale Mar. 15. Please call Eva Mae at 346-2075 or email: emg2@eastlink.ca

**Spryfield 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.

mation call Susan Theriault at 423-9622 Ext.253.

**Harrietsfield Williamswood Community Centre Association AGM**  
The annual general meeting (AGM) of the Harrietsfield Williamswood Community Centre Association will be held at the centre (1138 Old Sambro Road) at 7 PM on Thursday April 15th. All area property owners and residents are invited to attend. The last year at the centre will be reviewed and the upcoming years plans and programs will be discussed. Election of the board of directors will also be held. Anyone wishing to participate as a director or needing more information should contact Larry Sinclair at 477-8749.

**S.A.I.L.**  
S.A.I.L., a support group for Divorced, Separated and Widowed individuals meets at 7:30pm on the third Wed. of the month at St. Agnes Parish Hall. The theme for March is Tellcare Program-people who live alone and who are at risk. Guest speaker will be Jack Jones. For more information please contact Marilyn Marcon at 469-3839.

**Drop-in Play Group**  
Parkhill United Church, at the corner of Kirk and Parkhill Roads in Jollimore, is having a drop in play group Friday mornings from 10:30am to noon for parents and children from 0-5. Come join us!

**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

**Socialize and Help Others**  
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!

**ESL Classes**  
Captain William Spry Library (10 Kidston Road, Spryfield) urgently needs adult tutors for its English Language Learning Program! Tutors work with adult immigrants to help them with reading, writing, listening and speaking skills. Focus is on English Conversation. Sessions take place Wednesdays 10-12. For more information, please call Rachel 490-5715.

**Lenten Bible Study**  
St. James United Church in Sambro is pleased to offer a Lenten Bible study on Tuesday evenings at 7:30 p.m. at the church. The study will focus on Faith Basics and all are welcome to attend.

## LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

**RICHARDS, Ronald Edward "Ronnie" "Taz"**  
— 55, Halifax, passed away at home with his family by his side on February 7, 2010. He was a son of the late Bill and Thelma (Green) Richards. Ronnie was a longshoreman at the Halifax Waterfront. Ronnie was an all around handyman and swore "if it wasn't broken, he couldn't fix it". He will be remembered as a people-person. He enjoyed camping and loved music. Throughout his illness, Ronnie was cared for at home by his loving wife, Rachel; his daughter, Darlene, and sister, Darlene. Ronnie is survived by his wife, Rachel (McCoul); sons, Shaun, Brett, and Ronnie, all of Halifax; his daughter, Darlene, Halifax; his siblings, Ralph (Cathy), Ricky (Carol), Michael (Bea), Gary (Betty), Lisa (Hank), and Shelly, all of Halifax, and Darlene (Shaun), Greenwood, as well as five grandchildren and his many, many friends. He was predeceased by his parents, Bill and Thelma, and a brother, Bobby Richards. The family wishes to thank the Palliative Care Home Team for all of the care and compassion given to Ronnie during his illness. Cremation has taken place under the care of J.A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Halifax, NS (477-5601), where visitation will be held on Wednesday from 2-4 and 6-8 p.m. A memorial service will be held from the funeral home chapel on Thursday, February 11 at 3 p.m. with Rev. Jeanne Manning Stright officiating. Remembrances may be made to the Canadian Cancer Society. Words of comfort may be sent to the family by visiting: www.walkerfh.com

vice will be held from the funeral home chapel on Thursday, February 11 at 3 p.m. with Rev. Jeanne Manning Stright officiating. Remembrances may be made to the Canadian Cancer Society. Words of comfort may be sent to the family by visiting: www.walkerfh.com

**SCHNARE, Marie Winnifred:** 74, Halifax, passed away on Wednesday, February 10, 2010 at the QEII Health Sciences Centre, Halifax, NS. Born in Halifax, she was a daughter of the late Milton and Doris (Adams) Slaunwhite. Marie loved to play bingo and enjoyed playing cards. She is survived by her sons, Gary, Donnie (Fran), Barry, and Kevin (Shelly), daughters, Deborah Majcan, Gail Schnare, and Heather Vallis (Ross), as well as her brothers, Bobby, Mick, and Wayne, several grandchildren, and several great-grandchildren. She was predeceased by her parents, and her husband of 54 years, Raymond "Hon" Schnare. Cremation has taken place under the care of JA Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax, NS (477.5601), where a memorial service will be held on Saturday, February 13, 2010 at 10 AM from the funeral home chapel with Rev. Russell Saulnier as officiant. Donations in memory of Marie may be made to the Canadian Cancer Society. Words of comfort may be sent to the family by visiting www.walkerfh.com

made to the Canadian Cancer Society. Words of comfort may be sent to the family by visiting www.walkerfh.com

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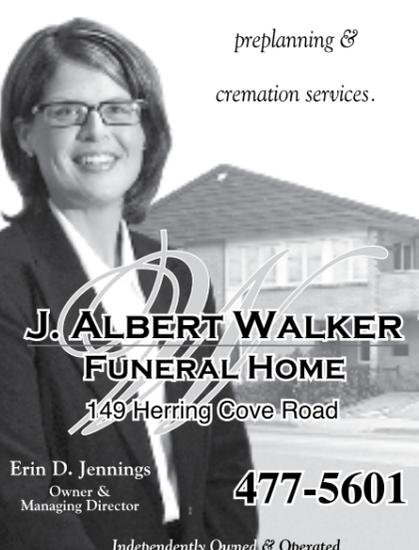
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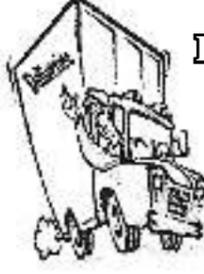
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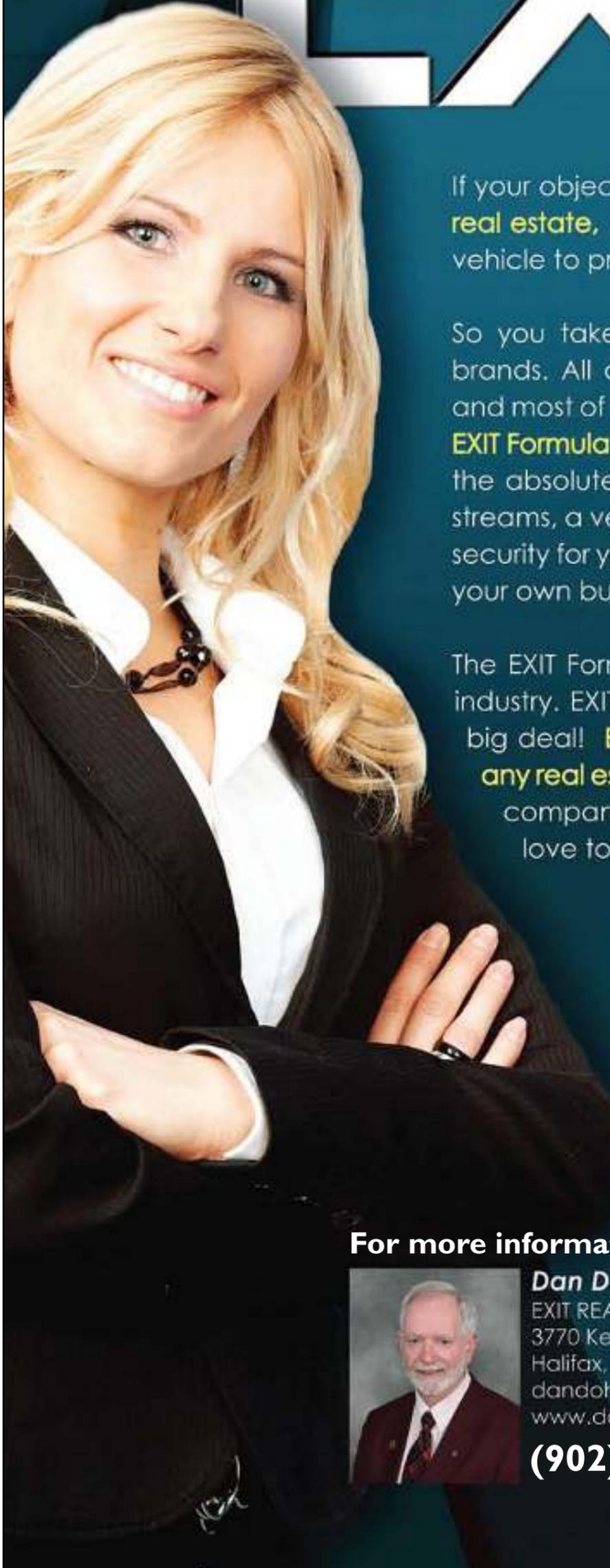


**Spryfield Denture Clinic**  
Service direct to the public  
Melville Professional Centre  
15 Shoreham Lane  
479-2453

**CAT'S MEOW RESIDENTIAL CLEANING SERVICES**  
10 Years of experience. References available.  
Call Sharon at 475-1406.



# why EXIT?



If your objective is to **build a rewarding and lifetime career in real estate**, you're interested in the best company, the best vehicle to provide you with that great career.

So you take a look at all the major real estate franchise brands. All are unique, providing some interesting benefits and most of what you need, but then someone shows you **the EXIT Formula. WOW, now that's completely different!** You get the absolute best training in the industry, additional income streams, a vested interest in building the company, retirement security for you and your family, while having more fun owning your own business-within-a-business, **Now that's innovative!**

The EXIT Formula is the latest of the great innovations in our industry. EXIT Realty is truly re-inventing real estate and it's a big deal! **EXIT Realty offers the opportunity of a lifetime for any real estate professional** and offers benefits that no other company in the industry has, or more importantly, would love to have.

SO WHY EXIT?  
BECAUSE  
WE  
HELP  
YOU!

Are you thinking about a career in Real Estate? If so Please give Dan a call to explore the possibility of a personally and financially rewarding new career with the fastest growing Real Estate company in North America.”

**For more information contact**



**Dan Doherty**  
EXIT REALTY CITADEL  
3770 Kempl Road, Unit #3  
Halifax, NS B3K 4X8  
dandoherty@eastlink.ca  
www.dandoherty.ca

**(902) 478-4023**



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24 hours a day

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# LUMBER MARI HOME IMPROVEMENT LIQUIDATION WAREHOUSE

## PRE-SPRING BUY OUTS... while they last!!

### VANITIES Individual or sets

Promo Vanities... To Clear!



24" w x 18" d

**\$99**

(#AUW2418) or (#AUO2418)

30" w x 18" d

**\$117**

(#AUW3018) or (#AUO3018)

**BONUS**  
Cultured Marble Top Included!

**YOUR CHOICE**  
White or Oak

### FREE STUFF

24 HOURS A DAY

www.lumbermart.ca



### FREE DRYWALL?

We knew that would get your attention. While we can't give it away free, we can be almost there with our lowest "cash 'n carry" price all year.

NOW.....

**\$8.88**

PER 4' X 8' SHEET



### "HeatSmart™" ELECTRIC FURNACE

✓ Heats up to 1000 sq. ft. for about \$2 a day

✓ Remote control

✓ Oak cabinet

SAVE ON REFURBS

EXPERIENCED/REFURBS. FULL WARRANTY. NO BOX WORKS GREAT

**\$388**

BRAND NEW 3-YEAR WARRANTY NEW IN THE BOX

**\$488**

### NEW

## INSTOCK VANITY PROGRAM

No chipboard, pressed wood, melamine, mdf or glued sawdust...just 100% real wood!

### NOW IN STOCK



#### REALWOOD OAK SERIES

24" x 18" (#VA2418OAK) **\$179.95**  
30" x 18" (#VA3018DLOAK) **\$239.95**  
36" x 18" (#VA3618DLOAK) **\$269.95**  
48" x 18" (#VA4818DLOAK) **\$349.95**

#### REALWOOD WHITE SERIES

24" x 18" (#VA2418WHITE) **\$179.95**  
30" x 18" (#VA3018DLWHITE) **\$249.95**  
36" x 18" (#VA3618DLWHITE) **\$289.95**  
48" x 18" (#VA4818DLWHITE) **\$369.95**

NOTE: Countertops and faucets not included.

78" x 18" Linen Closet (#VLC7818OAK) or (#VLC7818WHITE) **\$388**

ADD A LINEN CLOSET OR TANK TOPPER

21" x 26" Tank Topper (#BU2126ALOAK) or (#BU2126ALWHITE) **\$99**



#### REALWOOD MAPLE SERIES

24" x 18" (#VA2418LMAPLE) **\$269.95**  
30" x 18" (#VA3018DLMAPLE) **\$349.95**  
36" x 18" (#VA3618DLMAPLE) **\$449.95**



#### REALWOOD CHERRY SERIES

24" x 18" (#VA2418HCERRY) **\$249.95**  
30" x 18" (#VA3018DHCERRY) **\$349.95**  
36" x 18" (#VA3618DHCERRY) **\$449.95**

NOTE: Countertops and faucets not included.

78" x 18" Linen Closet (#VLC7818CGM) or (#VLC7818HCERRY) **\$588**

ADD A LINEN CLOSET OR TANK TOPPER

21" x 26" Tank Topper (#BV2126HC) **\$177**



#### MANCHESTER SERIES

30" x 21" Vanity (#GV3021DMST) **\$499.95**  
30" x 30" Matching Mirror (#GV3030MST) **\$269.95**  
36" x 21" Vanity (#GV3621DMST) **\$599.95**  
36" x 30" Matching Mirror (#GV3630MST) **\$339.95**



#### WILLIAMSBURGH SERIES

30" x 21" Vanity (#GV3021DWBG) **\$499.95**  
30" x 30" Matching Mirror (#GV3030WBG) **\$269.95**  
36" x 21" Vanity (#GV3621DWBG) **\$599.95**  
36" x 30" Matching Mirror (#GV3630WBG) **\$339.95**



#### MONET EMBASSY SERIES

30" x 21" Vanity (#GV3021DESD) **\$499.95**  
30" x 30" Matching Mirror (#GV3030ESD) **\$269.95**  
36" x 21" Vanity (#GV3621DESD) **\$599.95**  
36" x 30" Matching Mirror (#GV3630ESD) **\$339.95**

### BEST DEAL IN THE CITY ON VANITIES & MARBLE TOPS!



**NEED A MARBLE TOP TOO?**  
19" BASIN  
25" x 19" (#2519) For 24" x 18" Vanity **\$89**  
31" x 19" (#3119) For 30" x 18" Vanity **\$109**  
37" x 19" (#3719) For 36" x 18" Vanity **\$129**  
49" x 19" (#4919) For 48" x 18" Vanity **\$149**

NOTE: Faucets not included.

**DARTMOUTH ONLY**  
12 ONLY FACTORY PRICES  
JUST ARRIVED  
**ACRYLIC TUBS**  
1-PIECE ACRYLIC TUB 3-PIECE ACRYLIC TUB  
**\$588 \$688**

**SUPER SPECIAL**  
1-PIECE TUB SURROUND WALL 60" w x 79" h  
Compare at \$206  
**OUR PRICE... \$144**

## 50% OFF PRIMER & MORE

If it's in a gallon can and you brush it on, get 50% off 2nd can...everyday...every product

**Solignum 2000 Kitchen & Bath**  
Kitchen & Bath Finish 1 litre size **\$14.88**  
3.78 litre **\$44.88**

**Imagination Series INTERIOR PAINT**  
Eggshell Flat Finish (35LINE) **\$34.88**  
Pearl Satin Finish (32LINE) **\$37.88**  
Semi-gloss Finish (32LINE) **\$37.88**

100's of custom colours + free colour match computer service!!  
**YOUR CHOICE... \$37.88** 3.78 litre

**Painter's Choice Premium Solignum Pro Series**  
Primer (22LINE) NOW... **\$28.88** 3.78 litre  
Casting Whites (22LINE) NOW... **\$22.88** 3.78 litre  
Super Satin Finish (22LINE) **\$29.88**  
Pure Pearl Finish (22LINE) **\$29.88**  
Semi-Gloss Finish (22LINE) **\$29.88**

100's of custom colours + free colour match computer service!!  
All priced right at 50% off 2nd can (gallons and quarts only)

**Yes! We Have A Promo Line Too!**  
Sealer (7554) 18.74 litre size **\$49.88**  
16.88  
Int./Ext. Flat (7254) 18.74 litre size **\$59.88**  
17.88  
100's of popular pastel colours to choose from... 50% OFF second can on these 3.78 litres too!  
Int. Pearl (3224) 18.74 litre size **\$79.88**  
Int. Semi-Gloss (3214) 18.74 litre size **\$22.88**

**BUYING PAINT?... YOU'LL NEED ACCESSORIES TOO!**  
Every brush, roller, tray sets, drop cloths gets an extra... **15% OFF** with any paint purchase

**FLOOR & CONCRETE COATINGS**  
ALKYD-Frost Grey (#873) **\$34.88**  
ALKYD-Sand (#874) **\$34.88**  
ALKYD-Med. Grey (#875) **\$34.88**  
ALKYD-Tile Red (#876) **\$34.88**  
NON-SLP-Med. Grey (#875) **\$37.88**

Buy any 1 or 3.78 litre paint and receive 2nd can of equal or lesser value at 50% off. Mix and match to save.

**CONTRACTOR SERIES ALKYD FLOOR PAINT**  
Medium Grey or Light Grey **\$19.88**

Buy get 2nd at 50% off

**MELAMINE**  
A premium product to refinish cabinets, countertops, furniture and more.  
**\$16.88 \$49.88**

**URETHANE**  
Gloss Oil (#8800) **\$13.88**  
Satin Oil (#8800) **\$16.88**  
Gloss Acrylic (#8800) **\$34.88**  
Satin Acrylic (#8800) **\$42.88**

**OVER 300 SURPLUS DOORS** **YOUR CHOICE... \$10** **SPRYSFIELD ONLY!**  
HOLLOW CORE • SOLID WOOD • FRENCH • PRIMED

## INTERIOR DOORS

**Colonist Interior Primed White DOORS**  
MOST SIZES **YOUR CHOICE... \$33.77** ea.  
Door only no frame  
Compare at up to \$49.95 elsewhere

**PRE-HUNG TOO!**  
MOST SIZES **YOUR CHOICE... \$64.77** ea.  
Primed door and frame  
Compare at up to \$84.95 elsewhere

## Spring is just around the corner...time to book now!

### GARAGE PACKAGES

SIZE	Value Package	Regular Package	Sided Package	Deluxe Package
16x16	\$2697	\$2997	\$3997	\$5197
16x20	\$2997	\$3497	\$4497	\$5697
20x20	\$3297	\$3897	\$4994	\$6497
20x24	\$3697	\$4297	\$5497	\$6897
24x24	\$4197	\$4897	\$5997	\$7997
24x30	\$4597	\$5497	\$6697	\$8997
30x30	\$5797	\$6597	\$7997	\$10,697
30x36	\$6197	\$7197	\$8797	\$11,797
30x40	\$6597	\$7597	\$9297	\$12,497

**BOOK BEFORE MARCH 1st**  
Receive a \$1000 Gift Card on any Installed Garage Package 24' x 24' or larger.

### SPRING 2010 BOOKING

- No extra charge custom sizes
- 3 week custom size delivery
- 6 month no payments
- Expert, factory-trained staff
- Guaranteed installation

**ALL WEATHER WINDOWS**

**OUR SPECIALTY**

- Custom insert windows
- New home construction
- Renovation Specials

**BOOK YOUR NEW WINDOW INSTALLATION BEFORE MARCH 15th**  
Receive 10% off or FREE low-e/Argon

### SHEDS

SIZE	ECONO		REGULAR		DELUXE		SIDED	
	BARN	GABLE	BARN	GABLE	BARN	GABLE	BARN	GABLE
8X8	\$399	\$499	\$529	\$599	\$639	\$699	\$699	\$819
8X10	\$509	\$599	\$679	\$689	\$779	\$829	\$849	\$979
8X12	\$569	\$659	\$749	\$769	\$849	\$919	\$949	\$1,099
8X14	\$659	\$749	\$879	\$889	\$999	\$1,099	\$1,109	\$1,319
8X16	\$689	\$819	\$909	\$959	\$1,099	\$1,139	\$1,139	\$1,409
10X8	\$609	\$609	\$679	\$699	\$779	\$839	\$859	\$999
10X10	\$609	\$719	\$909	\$939	\$929	\$999	\$1,019	\$1,159
10X12	\$669	\$819	\$899	\$839	\$999	\$1,099	\$1,109	\$1,229
10X14	\$729	\$929	\$1,019	\$1,079	\$1,149	\$1,269	\$1,199	\$1,449
10X16	\$789	\$989	\$1,109	\$1,139	\$1,249	\$1,339	\$1,289	\$1,619
12X8	\$669	\$739	\$729	\$839	\$849	\$959	\$979	\$1,139
12X10	\$669	\$869	\$879	\$979	\$1,009	\$1,129	\$1,159	\$1,219
12X12	\$759	\$929	\$999	\$1,079	\$1,149	\$1,299	\$1,239	\$1,499
12X14	\$859	\$1,089	\$1,139	\$1,239	\$1,289	\$1,479	\$1,449	\$1,699
12X16	\$1,029	\$1,179	\$1,249	\$1,329	\$1,389	\$1,559	\$1,539	\$1,829

**BOOK YOUR NEW SHED TO BE BUILT BEFORE MARCH 15th**  
Receive a FREE vinyl window for your shed

**HALIFAX**  
751 Herring Cove Rd, Spryfield, NS  
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 March 31st or while quantities last