

Chebucto News

Vol. 11 • No. 9 • May 2010

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'Boundless Playground' allows all to fly, climb, have freedom and fun

By Tangelene Ramsay

For most children, playgrounds are a part of life. From an early age they learn how to fly on a swing, climb to new heights on ladders, and race down slides; all the while laughing at the feeling of freedom associated with these activities. They take playgrounds for granted; and rightly so. Every child deserves the opportunity to experience these thrills. Unfortunately, most playgrounds are not accessible unless the child is fully able-bodied. If the child is disabled in any way, that feeling of freedom is nothing more than a dream. Elizabeth Sutherland School is hoping to change that.

The Rockingstone Road school is in need of a new playground, which means that this is a great time to think about the changing needs of the students. Because the Elizabeth Sutherland School is a single level facility, it easily accommodates students with physical challenges. Unfortunately, these students are unable to play with their peers during the 1 1/2 hour lunch break because the playground is not accessible to them. A very caring group of parents is hoping to change this with the installation of what is commonly known as a Boundless Playground. These unique playgrounds are designed to encourage people of all abilities to explore, learn and grow. Using adaptations such as ramps that allow

wheelchair access at all levels; swings with back support; solid ground covering; and handrails for guidance, no one is left out of the play.

This freedom does not come cheaply, though, with Elizabeth Sutherland School expecting this new playground to cost approximately \$250,000.00 to build. Fundraising began in January and is expected to continue for two years. The playground committee is hoping corporate sponsors will come forward with tax deductible donations of \$1000.00 or more, and they have arranged for a Sponsorship Plaque to be erected at the playground site. Councilor Stephen Adams has generously committed a total of \$35,000.00 over the next two years be allocated from his capital funds to assist with the building of this playground, but this still leaves the committee with over \$200,000.00 left to raise.

With this daunting task ahead of them, the committee has come up with a series of events to help raise money and awareness.

They include such things as the Spring Fair; Pizza Day at school; and, most recently, a cookbook full of recipes from around the Chebucto Peninsula.

With Mother's Day right around the corner, bridal season just beginning, and students preparing to head off to university, these cookbooks, at \$15.00 each, are a great gift idea. They are being sold through a number of retailers in the area including: Danielsons, Stone Gallery, Uncle Bucks, The Head Shoppe, New Wing Wah, Mrs. P's, Jessy's Pizza, Creative Textile Solutions Ltd, Louis Tailor Shop, Ready to Rumba, Touchstone Bookkeeping, Heppy's, Sunations, and Beaver Enviro Depot. Each of these retailers is also an advertising sponsor for the cookbooks, along with Clyde A. Paul and Associates, and Best Price Tree Cutting.

For more information on purchasing one of the cookbooks, or to find out how you can help make this Boundless Playground a reality, you can contact the Elizabeth Sutherland School at 479-4427.



Our Mother's Day contest winners – Mike, Ellen, Robyn, Devin, and Jeremy. Photo by Jason Doherty.

Mother's Day Contest winner

Congratulations to Ellen Hall on winning our Mother's Day contest. We at the Chebucto News hope that you and your family enjoy all the treats we have in store for you. We would like to thank the Blooming Cafe for providing you with a great meal; Bloominflowrs for

your bouquet; Overall Limo Service for your transportation; Heppy's for the wonderful pies; and Moments For a Lifetime for capturing your lovely family in a portrait.

The winning letter:

My Mom is one of the hardest working people I know. She cooks wonderful food for Dad and my two brothers (not to mention all our friends) She washes the laundry, does all the dishes, and drives me wherever I need to go.

Mom runs around all day thinking only about others. Not only does she do all the work around the house, but she is also my teacher (in every subject). My Mom chose to teach us at home because she loves us, and wants the best for us.

A few months ago Mom injured herself, putting me in charge. I always knew Mom worked hard, but I never really gave her too much credit for it. After filling her shoes for a few days I now know just how hard she works!

I love my Mom so much. She is my best friend. She's always been there for me when I need her. She takes care of me when I'm sick, cheers me up when I'm down, loves me even if I make mistakes, and helps hold my heart

see "Pathways" pg. 5

see "Letters" pg. 2

Pathways program creates new possibilities for youth

By Kevin Young, Program Director, CCDA

People proudly call Spryfield home, and for good reason. It is a safe place with tremendous potential. Caring residents and a spirit of volunteerism make it a better place to live each day. But there is an issue in Spryfield that limits its future. Nearly 50% of youth from the Spryfield area do not graduate high school. This trend has persisted, in spite of the efforts of schools and other groups that are filled with competent, caring and hard working professionals, and the dramatic impact on individuals, families, and the community remains. Employers warn that the vast majority of future job opportunities will require at least high school education, and so chronic dropout rates will have a greater effect on continued poverty and costs to the health and justice systems. The research of

the Chebucto Communities Development Association (CCDA), clearly suggests the view that reducing dropout rates is a priority issue. As one person told us, "The dropout rate is the worst I have ever seen."

A very positive article entitled "Paving students' Pathways to Education" recently appeared in the Chronicle Herald, and correctly noted efforts are underway to bring the Pathways program to the Spryfield area. We need to clarify, however, that the program has yet to be approved and that necessary funding has not been secured. The CCDA certainly believes this program can dramatically increase the number of Spryfield youth who graduate high school and are better prepared for meaningful employment or entry to post-secondary education, and much preliminary work has been done. The community has been engaged, partnerships

are being developed to provide Spryfield area youth with learning and mentorship opportunities, and a Report outlining the case for bringing Pathways to the Spryfield area has been submitted to the Pathways' Board of Directors. If we obtain program approval, much more work will need to happen with a lot of support from the community. We must raise the money needed to operate a program that is cost free for students. We will need to enrol students in the program, recruit and train volunteer tutors and mentors, and continue to reach out to Spryfield area youth and residents.

Why Pathways? Well, the program has achieved amazing results for over 2500 youth in communities with challenges similar to those in Spryfield. Originating

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Letters from Chebucto Supermoms Contest winners

continued from page 1

together when it gets broken. In my books my Mom is my hero. She's a Super Mom!
By Robyn Hall

Hi, my name is Makayla Coleman and my mother has lived in Cowie Hill for 30 years.

I would like to give my mother Amanda Coleman the chance to win a great Mother's day with all the trimmings. She would be so excited as she does for everyone else except herself.

There are three children in our family; I am twelve, Emily is six and Mirandah is five. She also minds children for extra money. Besides taking us to school she helps out on the PTA if they need her.

My mother has had three bake sales for our classes to raise money for different activities for each homeroom at Chebucto Heights Elementary School. Besides that she has been taking me to dance classes for nine years in Kearney Lake two nights a week for five hours and also on Saturday mornings for two hours and Saturday in the afternoons in Bedford for an hour and a half. She also takes Emily to cheerleading and Mirandah to soccer.

Mom is also taking care of our fifteen year old cat that is sick. She does his dressings and everything he needs. She is a Jill of all trades my Nanny says all the time.

We love her very much and this year my Dad is laid-off from his job so we will not have a lot to give her.

By Makayla Coleman

She is hard-working. She likes to have fun. She is amazing. She is my mom!

Mothers play a crucial part when it comes to big families like ours. Her belly got stretched four times to bring my siblings and me into the world! She is the one who helped us learn to walk and talk.

She drives us all over the province for my brothers' hockey tournaments and all over the city for our lessons and events! Mom comes to our sports games, our music concerts, and she is often the loudest one cheering! She works part time for my dad. She cleans, cooks, and goes grocery shopping for six people! She is a top-notch bargain hunter, and probably the best shopper around.

She listens when we have something to say, and will give advice if you ask for it. Despite all the work that Mom does, at the end of the day, she still likes to have fun! She jumps on trampolines, hula-hoops, and bakes delicious cookies.

My mother never stops doing things for her loving husband and energetic kids- and this is why she is the best mom around.
By Emma McGuire

Hi my name is Madiynn Toppie I have a younger sister her name is Autumn and she is in grade Primary and I am in grade six.

My Mom's name is Florence Toppie and she quit her full time manager position to stay home and teach Autumn and I.

Here are the reasons that make my Mom a SUPER Mom like I said she quit her full time job as a manager. Mom babysits a little boy and we help him get ready for school. Mom also organized so that the family could do flyers and spend time together as a family.

Mom is part of the church that we go to she is one of the elder's as a treasurer. Mom always has supper made when my father comes home, even if Mom is sick she still does everything that has to be done in a day, that includes house work, cooking, and cleaning.

At the end of the day Mom my be tired but

she still has time when we need her the most. That's why I think my Mom is a SUPER Mom
Sincerely Madiynn Toppie

Hi my name is Terri Toppie, I have two younger sister's Madiynn, and Autumn, I see them every week.

My Stepmom's name is Florence Toppie I met my Stepmom in Prospect when I was just a kid growing up. My Stepmom is the second best mom in my life. because there is no one in the world like her my Stepmom is always here for me when I need her the most.

At Christmastime I get to visit with her and every week I come and spend most of it with her and my younger sisters. My Stepmom Ms. Florence Toppie has a very cool sports car Ferro. My Stepmom took me for a ride once.

My Stepmom is a warm and wonderful down-home Canadian house-mom because sometimes when I stay she makes us old-fashioned pancakes for our breakfast. My Stepmom is the best because of everything she does in a day.

My Stepmom is really cool to because of every thing she does for me she bought me Easter gifts and my favourite was the candy apple covered with caramel and Smarties.

My Stepmom does everything she can do to help me and any other thing I need her for.



Sambro lobster fisherman Victor Gray getting ready to set traps after a long winter of cold water and rough seas. Most fisherman in Sambro now have their gear back in the water. The season wraps up at the end of May. Photo by Chris Mills.

That's why my Stepmom, Florence Toppie, is the best Stepmom ever!
Sincerely, Terri Toppie

Chebucto News

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

Editor: Tangelene Ramsay,
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

Letters to the Editor:

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

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

Advertising / Editorial Inquiries:

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

Artwork and Layout:

THE LAYOUT DEPARTMENT

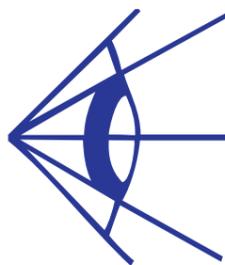
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Crowds flock to Seedy Saturday experts' presentations

By Jason Doherty

The Urban Farm Museum Society of Spryfield held its annual Seedy Saturday fundraiser at the Captain William Spry Centre on April 17th and, despite the chilly weather outside, the turnout this year was the better than last year.

With 12 tables loaded with plants of all types and colorful displays, there was plenty for the green-thumb in all of us to see and learn. Walking around the tables one could hear the advice and sharing of successful techniques all around.

Owen Bridge of Annapolis Seeds drove up from Middleton again this year with a wide variety of open pollinated seeds. As Mr. Bridge explained, plants grown from open-pollinated seeds will themselves provide viable seeds for the next year. Among the varieties on display were Yugoslavian

potatoes and Lazy Housewife Snap peas. The Lazy Housewife Snap pea has the honour of being the first stringless bean and traces its ancestry back to 1810 (happy centennial!).

Dorothee Conrad was selling seeds for the heritage society as well as giving lots of advice. In addition to the seeds for sale, Dorothee also generously handed out packs of Hollyhock seeds to all who visited. In my case, I'm afraid, the seeds fell into inept hands.

A colourful diorama was set up with seed planting activities for children, which seemed to be quite a hit. This was possibly due to the main ingredient in the lives of both plants and children: Dirt.

Pumpkin Moon Organic Herbals (based near Wolfville) had a well stocked display of certified organic locally grown herbs, teas and skin care products. Herbalists and gardeners, the group at Pumpkin Moon grow and process all of their products on-site.



Alexis in the corn.



Lieutenant Governor Mayann Francis at the Urban Farm's picnic.



Dorothee and scarecrows at the Urban Farm.



Celebration party, September 2009.



Deer mama and baby at the Urban Farm.



Halifax Independent School visit the Urban Farm.

Come *grow* with us

Urban Farm invites anyone who wants to learn about and grow food in the city to join our groups. Adults, kids and families learn gardening skills, grow food and share the crop. We have two programs, one at the Urban Farm off Rockingstone Road which has weekly gatherings starting May 18th at 6 PM. Our other garden is Urban Farm Greystone Garden within the Greystone community, near the basketball courts. Weekly gatherings begin there on May 18th at 3 PM. Both groups continue each Tuesday throughout June, July and August. Call Heather at 877-7765 for more details.

Drop-in Gardening

Tuesday evenings from 6 pm to 8 pm and Thursday mornings from 9:30 AM to noon are set aside for anyone wishing to drop in to our Urban Farm garden. You may wish to help with weeding and planting or just to observe and learn more about gardening. Fresh produce may be available during these times and on Saturdays from 10 am to noon.



Events for Everyone at Urban Farm



Dates to mark on your calendar

Plant Sale, Saturday, May 30th from 10 AM until 12 Noon at Captain William Spry Community Centre. Donations of plants are appreciated and are received Friday evening, May 29th, from 7 PM to 8 PM.

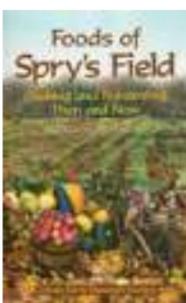
Natal Day Kick-off, Thursday, July 29th from 7 PM to 9 PM at Captain William Spry Community Centre. Enjoy the music of the *Philae Temple Smoothies* under the direction of Graham Bowser.

Evening in the Garden, Thursday, August 12th from 6:30 PM to 8 PM at the Urban Farm Field, featuring an evening with local authors.

Harvest Fair, Saturday September 11th (rain date Sunday the 12th) from 2 PM to 4 PM.

Thanks to United Way of Halifax and Chebucto West Community Health Board for providing funding for so many of our programs.

Cookbooks available at Urban Farm and at Sobeys in Spryfield, \$15



Urban Farm Museum Society ~ of Spryfield ~

For information call Pat at 477-6087

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DISCOVERING OUR PAST

Presence of Mi'kmaq in our communities well documented

By Iris Shea
Mainland South Heritage Society

The presence of Mi'kmaq in this area has been explored by many historians. We know that arrowheads were discovered at Coot Cove by students from J.L. Ilesley when they did an archeology 'dig' there several years ago. It's possible the Mi'kmaq had a settlement there or travelled through that area at one time.

Trapping, hunting and fishing were a way of life for the men. The women were talented in the art of beadwork and in the use of porcupine quills for decorating clothing and other practical items. Basket weaving was another Mi'kmaq art form carried out by both men and women.

Harry Piers, curator of the Provincial Museum of Nova Scotia (now Nova Scotia Museum) from 1899 until 1940, had a great interest in the Mi'kmaq and collected information about them from various sources. One major contributor to Piers' documentation of their presence in this area was Jerry Lonecloud (born Jeremy Bartlett in 1854). Piers first met Lonecloud in 1910 and, until Lonecloud's death in 1930, the two met and corresponded many times. Lonecloud's stories were told to him by his elders or came from his own experiences. Among the stories that relate to this area was one written in a letter, dated 3 June 1919, by Lonecloud to the Department of Indian Affairs: "Sir, There is at Sambro, Halifax Co., N.S., an old camping-ground said to belong to the Micmac Indians. Mr. F. H. Trueman of Sambro, N.S., has approached us, saying that he would like to have the Dept. of Indian Affairs informed that he would be glad to either lease or buy this land, as it adjoins land of his own. Yours respectfully, Jerry Lonecloud".

Another excerpt from Piers' Papers, dated 9 February 1920, was this: "Pygmy Sperm Whale, Specimen Taken at Herring Cove, Halifax County, N.S. On 17th January, 1920, when Jeremiah Gray and other men were

cutting out ice to prevent it carrying away the wharves, in case of storm, in Herring Cove...they chanced to come upon the body of a small-sized whale. The animal was eight and a half feet long, and it was lying dead just beneath the ice...On showing the head

of this whale to a very well-informed Micmac Indian, Jeremiah Lonecloud (alias Bartlett), he examined it carefully and stated that he had never seen the species before, but from descriptions given him by two very old Indians, Noel Jeddore, who is now dead, and Soolian (William) Bill, he felt sure it must be what was known by the Indian name Ded-men-ak-paj-jet (temnaqajit), a name which means "Blunt-head" fish".

In 1927, Piers wrote about a woman by the name of Isabel who lived at Chain Lake: "Isabel Dodo (Ku'ku'kwes, owl) was the full name of Isabel the Indian who was a doctress and lived near Chain Lakes, Northwest Arm, Halifax County...a well-known old Micmac Indian "doctor" woman (skilled in use of herbs and other remedies)".

Much has been written about a Mi'kmaq by the name of Christianne Morris who moved from Dartmouth to the head of the Northwest Arm, near Chocolate Lake, in about 1855. The 1871 North West Arm census recorded several "Indians" living in the vicinity of Chocolate Lake in two separate households. Marey Thomas, a widow, aged 67 years, lived alone in her house. Next door

was 59 year old Christianne with 25 year old Joseph, and 16 year old Sarah, all with the same surname, spelled "Moris" by the census taker. Three more "Indian" families, Francis Thomas and his wife, Marey; Philip Gregory, his wife, Marey, and daughter, Marey; Peter

quills to decorate moccasins, dresses and other articles. Her work won prizes at Provincial Exhibitions. Only two of her creations have survived...a wooden cradle decorated with colourful porcupine quill panels, now located at the Desbrisay Museum in Bridgewater, Nova Scotia, and a pair of snowshoes which are now at the Nova Scotia Museum on Summer Street in Halifax. More information about the life of Christianne Morris may be found on the internet at [http://www.danielnpaul.com/MaryChristiannePaul\(Morris\).html](http://www.danielnpaul.com/MaryChristiannePaul(Morris).html)

People living in Jollimore during the 1930s and 1940s will recall seeing groups of Mi'kmaq camping at Indian Path, a clearing near the brook which flows out of Frog Pond. (The path is now called the Overland Ice Trail). Over a period of one or two weeks, the Mi'kmaq collected bark from specific trees which they would weave into baskets and later sell, door to door, in Jollimore and Spryfield. I always thought they were

collecting bark from the birch trees, but was told years later that they probably used the bark and twigs from the Ash trees. It was not only baskets that they sold door to door. Small woven chairs and cradles were among the items that are still in possession of some of the local residents.

The Mainland South Heritage Society is interested in collecting stories of Mi'kmaq in our communities. If you have any memories of them in your area, please write them down and leave them at the Captain William Spry Community Centre main desk with "Mainland South Heritage Society" on the envelope, or email me at ishea@eastlink.ca.



Wooden cradle decorated with colourful porcupine quill panels, created by Mary Christianne Paul. This cradle now located at the Desbrisay Museum in Bridgewater.

James, his wife Susan, and seven year-old daughter Rachel, all lived in the same household with Christianne. The spelling of 'Marey' is that of the census taker. All three men were listed as 'hunters'.

Born Mary Christianne Paul, as a young girl she married a Mi'kmaq from McNab's Island by the name of Tom Morris who was much older and an invalid for most of their married life. They had no children, but the young man, Joseph, living with Christianne in the 1871 census, was their adopted son. By 1881, Christianne Morris was living in Dartmouth and died in 1889. She was a talented artist, using beads and porcupine

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Pathways program creates new possibilities for youth

continued from page 1

in Toronto's Regent Park neighbourhood, the Pathways program has changed the community and the lives of youth. Since 2001, dropout rates were reduced from a staggering 56% to 10%. The proportion of grade 11 students academically at risk was slashed by 64%. Chronic absenteeism, long bewildering educational policy makers, has also declined by 46% for grade 10 students. Remarkably, the percentage of Pathways students attending post-secondary institutions has risen to 81% from the pre-Pathways 20%. More kids are going to school more often, and more are graduating and moving on to post-secondary education. Not surprisingly, a significant decline in crime rates has occurred since Pathways became part of

the community fabric. Community leaders throughout Toronto and Ontario quickly caught on to the benefit of the Pathways approach, and similar results are now pouring in from six other communities.

If consistent results were not enough, the world-renown Boston Consulting Group reports a \$25.00 return for every dollar invested into the Pathways program (www.pathwaystoeducation.ca). No wonder provincial and federal governments, and business leaders, have taken notice and supported Pathways through significant funding!

These results are no fluke. The program is comprehensive and grounded in effective learning research. Students and families are supported by professionals who build bridges between schools and youth, and

help families and schools monitor student performance. Students must attend weekly tutoring sessions that develop competent learners, and consistent mentoring activities provide role models and connections to future job and education opportunities. Weekly financial incentives are also provided to students, and for each of the four years (grades 9 – 12) students are in the program they receive \$1000.00 toward post-secondary costs. Beyond these important "pillars", Pathways "stays with" students throughout high school, and reaps the benefit of being a community-based program that targets every student living within a neighbourhood.

Enrolment also brings expectations and as a past Pathways student noted, "... it's a great opportunity for you. They are both a coach and a referee for us."

The Pathways program does not attempt to sub-plant the efforts of those already servicing youth in critical ways. It just helps to bring the resources of a community together to achieve one common goal: provide youth with the education they deserve and need. Yes, there may be a way to change the future of Spryfield. As one parent said of the Pathways approach, "That would be huge. It shows they (students) have a chance."

Letters To The Editor

Access Nova Scotia Becomes Inaccessible

Recently I read with great frustration that Access Nova Scotia is to relocate from its current location on Mumford Road to the Bayer's Lake Industrial Park. Service Nova Scotia Minister Ramona Jennex, claims there was no space on the peninsula, so the agency has to move to the business park. She also said that "... it is on public transit ...". Clearly the Minister has never tried to take public transit to "the BLIP". Nor, apparently, has she ever tried to even drive there.

Public transit links to "the BLIP" for residents of our neighbourhoods – from Armdale to Sambro – will involve at least two transfers where once they could get a direct route to the West End Mall. Drivers will have to endure the endless frustration of "the BLIP's" terrible traffic patterns.

As if this wasn't bad enough, we must suffer the insult to our intelligence that the NDP government would have us believe there was no other space available in a more central or more convenient location. Of the roughly 200 acres of land within Halifax's

downtown core, approximately 50 acres is vacant, unbuild land. Barrington Street is a ghost town with countless unoccupied spaces, and Scotia Square is losing retail level tenants on a seemingly weekly basis. And this is but one central location.

With its recent budget, the NDP showed they were unwilling to make any tough decisions, and have instead decided to lean on the crutch of increased taxes – breaking a promise they made during last year's election campaign. With Minister Jennex's decision to relocate Access Nova Scotia to an inconvenient and anti-urban location we see further evidence of the NDP's reliance on easy options and their abject poverty with respect to creative, effective decision making.

The next election can't come soon enough.

Sincerely,

Layton Dorey
President, Halifax Liberal Association

From The Editor's Desk

Welcome to the May issue of the Chebucto News. First of all, I would like to wish my Mom, Linda Doherty, a Happy Mother's Day. Unfortunately, she was ineligible for the contest, but she is still a SuperMom in my books!

Secondly, the Chebucto News is looking to expand our staff. If you have a passion for writing, and pride in your community, then you may be the right person for this volunteer position. Interested persons may email me with a sample of their writing style.

Finally, I would like to welcome my brother to our staff. Jason Doherty is a 'Jack of all trades' and lucky for us, that includes photography and writing. He is an avid outdoorsman and will be contributing articles monthly, highlighting the various 'natural gems' around the Chebucto Peninsula.

Remember, if you have any questions, comments or concerns about anything you read in the Chebucto News, you can always email me at tangelene@live.com.

Volunteers needed at UFMS

The Urban Farm Museum Society of Spryfield owes its success to our dedicated volunteers but we are always in need of new volunteers to help keep things going. If you can offer us some of

your valuable time, no expertise required, to help with one of our programs or events, we would love to have you in our organization. Call Pat at 477-6087 for more information.

Tips for staging your home

I do not expect that you would do everything on this list! It is only meant to point you in the right direction as shown by client's reactions to other homes that have been staged. Spend as little money as possible, focus on

cleaning, de-cluttering and eye appeal!!

The buzzword today with residential real estate agents is Staging. Staging a home can change a homes atmosphere so that it appeals to more potential homebuyers. Staging may or may not bring a higher price BUT it is proven to reduce market time if the house is priced right. By adding small decorative touches, rearranging or deleting furniture or creating vignettes, a home can look like a professional stager was hired. Here are some do's and don'ts, acquired from a number of sources and personal experience, for home sellers that want to try to stage their home.

Do – pick-up recent home decorating magazines. If you're not up to speed on current decorating trends it will help familiarize yourself with how interior design is being marketed. Tab pages with low-cost ideas that which will make your home say today.

Do – invite a friend or real estate agent over. A second or third pair of eyes will help you accent the best and edit the worst in your home. Be prepared for some constructive criticism. You want to hear it before you put your home on market, not as feedback from prospective buyers. Go room-by-room with a worksheet so you can take notes. Depending on how much time you have available for an update or a makeover, you will need to prioritize and figure out what will give you the biggest return.

Do – stage a home office if you don't have one. They're not a trend; they're required for homebuyers in 2009. Many homebuyers today work from home part or full-time or want a space where they can organize their life and park a computer. Find an extra bedroom, walk-in closet or an unused corner and convert into a home office. Make sure there is a convenient electric, telephone and cable supply.

Do – focus on living spaces. These areas are where the majority of homebuyers will spend their time. Place a side table and a floor lamp next to a comfortable chair as a reading corner. Float sofas and coffee tables away from walls for a designer look. Use area rugs to anchor furniture groupings on bare tile and wood floors. Living spaces must have matching table lamps. Streamline family photos and place green plants in room. Fireplaces should always be operable and on in season. Place groupings of candles and clear glass bowls filled with natural potpourri on side and coffee tables. Substantial wicker baskets can organize magazines, remote controls and toys. Limit knick-knacks to make room for staging materials.

Do – give attention to Kitchens. Put

Spryfield Physiotherapy

Your Community Clinic

We are a full service wellness centre.

No doctor referral required, even for work-related injuries.

We are approved to treat car accident injuries but require a medical referral.

Direct billing available for many private plans.

Hours
Monday to Thursday, 8 to 8
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New patients welcome.

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Day and evening appointments available.



- physiotherapy
- chiropractic
- massage therapy
- psychology
- ergonomics
- fitness training
- exercise training
- acupuncture

Supporting Your Community

ROYAL CANADIAN LEGION

Earl Francis
Spryfield Memorial
Branch 152



WE CARE

18th annual event yields a love of fishing as a family sport

The Halifax Wildlife Association is having its 18th annual Trout-A-Rama. It originally started on Prince Albert Lake in Dartmouth and then moved to Red Ridge Pond, also in Dartmouth. In 2001 it moved to Cunard Pond on Williams Lake Road in

Halifax, where it continues to be held each year.

This family event is always held on the first weekend in June, which is the Nova Scotia Sports Fishing Weekend, when a fishing license is not required by adults.



18th annual Trout-A-Rama will be held at Cunard Pond on Williams Lake Road on Saturday, June 5th. Children aged three to 16 are eligible to register for trophies and prizes.

The objective of this event is to introduce children up to 16 years of age and their parents or guardians to fishing as a family sport. The event also highlights the need for catch limits, the importance of leaving the area clean, and the necessity of sustaining our Natural Resources.

Halifax Wildlife Association arrange for the Trout to be supplied by the Department of Fisheries & Aquaculture, which is part of their regular stocking program. H.W.A. also provide the fishing rods and bait as well as trophies, prizes and a free lunch of hot dogs and a drink.

Children aged three to 16 are eligible to register for trophies and prizes. Children under 12 years of age must be accompanied

by an adult.

This is a great community event and a fun day for children and their families as well as our organization and volunteers. There is no charge for the event due to the generosity of our sponsors: Spryfield Canadian Tire, Walmart (Mumford Rd.), Fishing Fever, Scotsburn Dairy and Halifax Wildlife Association.

This year's event will be held on Saturday, June 5, 2010 at Cunard Pond on Williams Lake Road (Behind Cunard Junior High School, Jollimore) from 9AM to 2PM.

Registration starts at 8 a.m. and continues until 11p.m. For any additional information please contact Bob Blom at 477-0178.

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Mayor

Halifax Regional Municipality

(902) 490-4010
kellyp@halifax.ca

P.O. Box 1749, Halifax, Nova Scotia B3J 3A5



Captain Spry Fitness Club

Spry for Life

Come Ride the Fitness Wave

Captain Spry Fitness Centre May Special

**10% off memberships
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Day passes only \$8.
10 and 20 visit passes available.

**Cpt Wm Spry Community Centre
Info at Front Desk or call
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Located in the Captain William Spry Community Centre
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Spryfield Business Breakfast Club

Your Buy Local Specialists

Christine Bennett	Bennett's Cleaning	406-5064
Roy Gillis	RBC Mortgage Specialist	830-4098
David Watts	Baldwin Insurance	441-2300
Linda MacLaggan	Spryfield Physiotherapy	479-7500
Fred O'Hearn	Lumbermart	477-6500
Dan Doherty	Exit Realty	478-4023
Phyllis Hayden	Touchstone Bookkeeping	407-3117
Gerry Mendelson	Mendelson Financial	479-7000
Wendell Conrod	Overall Glass	471-2812
Ryan Brennan, LLB	Clyde Paul & Associates	477-2518
Angela Welsh	Welsh's Travel Services	475-1939
Sandy Martin	Cuts of Class	477-7351
Donnie MacLeod	MacLeods Auto	477-4682
Dave Hickey	D.R.H. Canvas & Marine	475-3295
Angela Dupris, CMA	Add it Up	499-8076
Natasha Poirier	Photographer	293-7427
Stephen Bonnar	Blooming Flowers	477-2564



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 Ilsley 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.

PHYLLIS HAYDEN

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.



Remember: Community Shopping Equals Community Jobs And Community Jobs Translate Into The Improved Health Of Our Community !

Remembering the war

By Edison Yeadon

In October 1941 I was walking along Water Street in Halifax when I was approached by a man and asked if I wanted a job. I followed him to the Norwegian Consul's Office where I signed on the Norwegian freighter SS Aust.

I went home to pack and to break the news to my mother that I had a job and was leaving home. I left mother in tears as I headed for the ship. On the way I met my father and told him my news. He asked if I had my mother's approval and I told him, yes. After the war, I discovered my parents had

sent my four brothers to the docks to find me and bring me home. I was only a few weeks past my 17th birthday. Then next morning we sailed alone out of Halifax harbour to Sydney for coal and to meet up with a convoy of about 50 ships bound for Scotland. We made the crossing without losing a single ship and remained in British ports unloading and undergoing repairs until January.

A return convoy took us to New York. We were sailing along nicely at five knots in the area just south of Newfoundland when we heard the sound of depth charges. Suddenly a bright flare lit up the sky; the signal to scatter. The engine room crew came running up the ladder. We had been hit by something and it rattled along the bottom of the ship. We figured it was a dud torpedo. Upon arrival in New York we went into dry dock to check for damages. I spoke to a dock worker who confirmed that we had been hit by something. We had been very lucky.

At New York we took on a cargo of military equipment and sailed alone for India. We went into Brazil for coal and 10 days after leaving Brazil, just south of the equator, the German raider Thor caught up with us. It was Good Friday, April 3, 1942.

Out of the sky came a sea plane equipped with a hook to cut our wireless aerial preventing us from sending a message to say we were under attack. The sea plane machine-gunned our decks and the raider Thor shelled us from a distance until we took to the life boats. As the raider approached us the fear that they would gun us down crossed our minds. However, we were taken aboard, searched, stripped, washed down and supplied with hammocks. They placed us in a compartment three decks down. Each day for half an hour we were allowed on deck. When the raider went into action we were locked below in the hold.

After a few months in the Indian Ocean we were transferred to the German supply ship, Regensburg, and taken to Yokohama, Japan. There we were transferred to another German supply ship, Ramses. We remained sitting at dockside for three weeks. While we were there, a Japanese dentist came on board

to pull teeth; no fillings or fixing, just pulling. He pulled five of mine. I never experienced such pain. The Japanese finally decided to accept us as prisoners of war. We were lined up on the dock and ordered to bow to the Japanese officer. Then we were loaded into open air trucks and driven around Tokyo and Yokohama to show us off. Our next stop was at Kawasaki Camp 1B where we were photographed and assigned a number. Mine was 138.

At first we numbered approximately 150. Then they brought in soldiers from Hong Kong and Americans from Guam. We were outfitted with army clothes taken from Hong Kong. Our home became a two-storey building divided into small rooms that each held eight prisoners. Our beds, made of compressed straw with canvas pillows filled with sawdust, were perfect havens for the bedbugs that overran the place. My last summer there they were so bad we slept outside. We crawled with lice as well.

My job was at a railroad lifting bags of cement from the floor and carrying them to a truck. After work we received a cup of rice and watered soup. Once a week, for a while, they gave us a bun.

One day when I was walking along the railroad platform I stuck my hand in a straw bag and pulled out a pair of white Japanese army gloves. I thought my friend would like them so I walked over and gave them to him. We were spotted by a guard I thought was friendly. I returned to my job and immediately two army guards came up to me. They knocked me down and put the boots and rifle butts to me until I was black and blue all over. The camp commander arrived, had a good look at me and apparently decided I had been punished enough and left.

After this ordeal I became ill and wasn't able to eat. Some of the men stole oranges for me. By the end of my illness my weight had dropped to approximately 75 pounds. As I was too weak for the work at the railroad I spent the remainder of my time working in the cookhouse.

The atom bomb saved our lives. The Japanese planned to kill us if the Americans

invaded the mainland of Japan. The surrender was a great day for us. A B29 dropped food and clothing and we received word that General Douglas MacArthur wanted all prisoners of war sent to the breaches. This was the start of the long journey home. I celebrated my 21st birthday in the middle of the Pacific. After leaving the ship in San Francisco we travelled by train to Victoria where once again we were given a medical. I was lined up with the boys from Hong Kong for a medal presentation and then was told there was no medal for me as I was a merchant seaman. At this point I was just pleased to be on Canadian soil and alive. I was wearing an American uniform so they gave me a Canadian one.

On board the train to Halifax a man, I think was from the Red Cross, approached me and asked if there was anything he could do for me. I told him I would like some civilian clothes. He told me he would take me off the train in Winnipeg and find some for me. That turned out to be a big mistake. He put me up in the YMCA in one of their 50 cent beds and gave me a free breakfast. That was a good thing as I didn't have any money. I was taken downtown to a secondhand clothing store to pick out some clothes. I was a little shocked when I saw the clothes they were offering me.

When I arrived home in Halifax I had been away almost four years. I borrowed some money from my dad (my wages stopped the day my ship went down), and just enjoyed the freedom of being alive. Needing a job, I returned to sea as a merchant seaman.

In 1995 I was on a pilgrimage with the government to the Far East lay to wreaths and remember our fallen comrades. As I visited the cemeteries, I was shocked at the young ages of the men who had died in the Japanese prison camps. In the Tokyo area alone there must be a thousand grave markers at the Yakahama cemetery. I have often wondered if better medical care would have prevented so many deaths in the camps.

Permission to Copy; Credit..Edison Yeadon and ACTION STATION news letter of THE CANADIAN NAVAL MEMORIAL TRUST.



Edison Yeadon

PICTURE IT SOLD BY DAN!



Dan Doherty
478-4023
dandoherty@eastlink.ca



Mainland South Heritage Society to show Lear family photographs and paintings

By Iris Shea,
Mainland South Heritage Society

Every so often, someone will call us to say they have old photographs and ask if we would like to see them and, perhaps, copy them for our collection. In the past few months, our archivist, Allan Marryatt, has received many such calls and never misses an opportunity to follow up on them. Our collection has grown considerably and Allan has been busy trying to scan and label all of these old photographs. We appreciate the willingness of everyone to share their old photographs and it is our intention to eventually make these copies available for public viewing in our binders at the Captain William Spry Library.

One of our most recent acquisitions was an album of photographs owned by the Lear family, in addition to the loan of some of the beautiful watercolour paintings

which Allan was able to photograph. These photographs and paintings are of the Northwest Arm and the communities nearby, and of the family – Mrs. Lear and her three daughters, Isabel, Kate and Gwendoline. In last month's "Discovering Our Past" article, the photograph of the old Cunard School in Jollimore, dated 1902, was from that Lear family album. We have the Read family of Armdale to thank for saving all of these photographs and paintings from the garbage when the Lear homestead, Fairmount, was being demolished.

On Thursday, May 27th at the Captain William Spry Community Centre, following our brief Annual General Meeting, we will have a slide show of photographs from the Lear album and of their beautiful paintings. The meeting will begin at 7PM, and the slide show will begin at 7:30 PM. Everyone is welcome to attend and it's free! (We do accept donations).

Introducing the new 'Reg Horner Sports Page'

Reg Horner was a huge advocate of youth sports. In that tradition, we would like to create a sports page dedicated to the athletes of today and the stars of tomorrow. We would like to include the standings of

local teams, upcoming games and fundraisers, and anything else that highlights our active youth. If you are interested in adding your team to our list, please contact the editor at tangelene@live.com.



A watercolour painting from the Lear family collection.



Rewards for Mom on
all my stuff?
I'm a Sugar Baby, baby.

Shoppers Optimum Bonus Points®

Exclusive offers

Important information about your baby's development



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Rewards for a very
important baby and you.™

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315 Herring Cove Rd.

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**SHOPPERS
DRUG MART**





Pull Out Menu

**Spryfield . Bay Rd
477-3663 (FOOD)**

Personal Deals Only \$4.99 Each

- 2 Cheeseburgers + Fries
- 2 Diced Chickenburgers + Fries
- Double Cheeseburger + Fries
- Bacon Cheeseburger + Fries
- 4pc Chicken Nuggets + Fries

Party Deals

- 5 x 16" - \$59.99
- 1 Topping or Garlic Fingers
- 5 x 16" Any Pizza - \$69.99

Eat In - Take Out

Delivery - Open To Close • Debit at The Door \$1.00

Uncle Buck's "FAMILY OF GOOD FOOD"

SPECIALS

COMBO DEALS

- 2 - X-Treme 6" Subs or Wraps and a Med Salad - 12.99
- 2 - 1/4lb Greek Donairs and a Med Salad - 12.99
- 2 - Lasagna and 2 Garlic Bread - 12.99
- 3 - X-Treme 6" Subs or Wraps or 3 - 1/4lb Greek Donais (or mix) - 12.99
- 9" 3 Topping Pizza & 9" Garlic Fingers or a Med Salad - 12.99

FAMILY DEALS

- 16" 1 Topping Pizza & 12" 3 Topping Pizza or 12" Garlic Fingers - 19.99
- 16" Pepperoni Pizza "LOTS of Pepperoni" - 12.99
- 16" House Works Pizza - 16.99
- Any 16" Pizza, Any Family Salad, 10 Wings - 26.99
- Any 16" Pizza & Sampler Box - 26.99
- Two 16" Pizzas/Garlic Fingers (4 Toppings Between Them) - 22.99

Beverages

- 2 L Pepsi Products 3.95
- 591ml Pepsi 2.00
- 355ml Pepsi 1.50
- Milk (White or Choc) 2.00
- V-8 Juice Can 2.00
- Apple/Orange Juice 1.50
- 591ml Water 1.75

Sides

- Any sauce 4oz 0.75
- Coleslaw 4oz 0.75
- Gravy 4oz 0.75
- On Order 0.50
- Poutine it 1.99
- Any Order





Uncle Buck's "FAMILY OF GOOD FOOD"



CREATE YOUR OWN

	9"	12"	16"	18"
Cheese	7.40	9.49	12.49	15.99
Regular Toppings	0.75	1.00	1.25	1.90
Regular 1/2 Toppings	0.40	0.50	0.70	0.95
*Premium Toppings	1.50	2.00	2.50	2.99
Extra Cheese (Mozza, Cheddar, Feta)	1.50	2.00	2.50	2.99

Regular Toppings - Pepperoni, Salami, Bacon, Ground Beef, Chunky Ham, Mushrooms, Green Pepper, Hot Banana Peppers, Tomatoes, Red Onion, Pineapple, Green Olives, Black Olives, Broccoli

Free Toppings - Basil, Roasted Garlic

***Premium Toppings** - Derby Steak, Brother's Pepperoni, Zesty Chicken, Chopped Chicken Fingers, Greek Donair Meat, Italian Sausage

SPECIALTY PIZZAS

	9"	12"	16"	18"
1 Pizza	9.99	12.99	18.99	21.99
2 Pizzas	15.99	19.99	29.99	37.99

YOUR CHOICE

	9"	12"	16"	18"
House Works	Pepperoni, Ground Beef, Bacon, Salami, Onion, Mushrooms, Green Pepper, Mozzarella, Pizza Sauce			
Super Works	Pepperoni, Ground Beef, Bacon, Salami, Ham, Onion, Mushrooms, Green Pepper, Pineapple, Mozzarella, Pizza Sauce			
Canadian Classic	Pepperoni x 2, Mushrooms x 2, Bacon x 2, Mozzarella, Pizza Sauce			
Triple Pepperoni	...if you like pepperoni that is.....3 x the Pepperoni, Mozzarella, Pizza Sauce			
Halifax BBQ Chicken	Tender Grilled Chicken, A Blend of Sauces, Tomatoes, Red Onions, Mozzarella, Pizza Sauce			
Hawaiian	Chunks of Ham x 2, Italian Sausage x 2, Pine Apple x 2, Mozzarella, Pizza Sauce			
Buck's Mexican	Grilled Chicken, Salsa, Red Onion, Hot Pepper, Cheddar, Mozzarella, Pizza Sauce			
Chicken Breast Caesar	Garlic Butter Crust, Chicken Breast, Cheddar, Mozzarella, Onion, Tomato, Topped w/ Caesar Dressing			
5 Pack Meat Lovers	Ground Beef, Bacon, Brother's Pepperoni, Italian Sausage, Donair Meat, Mozzarella, Pizza Sauce			
Donair	Greek Donair Meat, Mozzarella, Onion, Tomatoes, Donair Sauce on the side			
Original Veggie	Mushrooms, Red Onion, Green Olive, Green Pepper, Tomatoes, Mozzarella, Pizza Sauce			
Greek	Tomato Sauce, Mozzarella, Feta Cheese, Kalaroato Olives, Green Onion, Tomatoes, Basil			



ALL NEW

Mediterranean	Mozzarella, Feta Cheese, Red Onion, Green Pepper, Tomatoes, Black Olives, Pizza Sauce
Cheese Lovers	Mozzarella, Cheddar, Feta, Parmesean Cheeses, Pizza Sauce
Bubba Donair	Garlic Spread, Greek Donair Meat, Mozzarella, Cheddar, Red Onion, Tomatoes, Donair Sauce on the Side
Bacon Doublecheeseburger	Ground Beef, Bacon Topping, Mozzarella, Cheddar, Red Onion, Tomatoes, Pizza Sauce
Taco Pizza	Hot Wing Sauce, Taco Spice, Taco Ground Beef, Cheddar, Mozzarella, Tomatoes, Red Onion
Derby Steak Pizza	Sauce (Either BBQ or Garlic Spread), Chopped Derby Rib Eye Steak, Cheddar, Mozzarella, Red Onion, Green Pepper, Mushrooms
Poutine Pizza	Gravy, Fries, Ground Beef, Bacon Topping, Mozzarella
Turkey Dinner Pizza	Gravy, Chopped Fresh Turkey, Stuffing, Cheddar Cheese, Mozzarella, Red Onion, Tomatoes
Brother's Hot Pepperoni	LOTS of Brother's Hot Pepperoni, Mozzarella, Pizza Sauce

Pizza Pockets (Oven Baked or Deep Fried)

Fingers

Create your Own	5.99		9"	12"	16"	18"	
Cheese/Sauce Inc.	0.50	Per Topping	Garlic	7.99	9.99	12.99	14.99
	0.75	Per Premium	Pizza	7.99	9.99	12.99	14.99
Any Specialty only	7.99		w/Bac&Ched	9.99	11.99	14.99	17.99
			Donair Sauce/cup	1	1	2	3

Add any Regular or Premium Topping From Above as Priced

Buck's Appetizers

- Baked Nachos** 7.99
Nachos with Tomato, Onion, Ground Beef, Salsa, Cheddar, Mozzarella and sour cream
- Baked Crispy Wedges** 7.99
Deep fried Potato Wedges with Bacon, Onion Tomato, Cheddar, Mozzarella, and Sour Cream
- Deep Fried Pepperoni** 7.99
1lb of Brother's Pepperoni sliced and deep fried Served with Honey Mustard Sauce
- Moza Sticks & Fries** 7.99
8 pieces deep fried & crispy. Sour Cream included
- Spicy Garlic Knots** 7.99
Deep fried Spicy Dough, drizzled with Garlic Butter and served with Donair Sauce for dipping
- Sampler Box** 11.99
5 Wings, 5 Moza Sticks, 5 Nuggets, 1/2lb of deep fried Pepperoni, Honey Mustard & Sour Cream



Donairs

- Donairs 100% Fresh Beef** 1/4lb. 1/2lb 1lb
- Greek** 4.99 6.49 8.49
Greek style meat cooked to perfection wrapped in a fresh grilled pita, topped with fresh red onion, tomato and Uncle Bucks sweet donair sauce!
- Super Donair** 5.99 7.99 9.99
Just as good as our Greek donair, but with moza and pepperoni. YUMMY!
- Donair Plate** 7" Dish Full 8.99
Our Greek donair meat, french fries, onion, tomato, moza, oven baked and topped with fresh sauce
- Zesty Chicken Pita** 7.99 9.99
Just like our Greek donair but BETTER. Grilled chicken wrapped in a fresh pita, onion, tomato, sweet donair sauce
- Just Meat 1 lb** 8.99
Our Donair meat fully cooked "Hot" or "Cold" 1 Cup sauce

Deep Fried

- | | | | | |
|----------------------|----------|------|------|------|
| | | Sm | Med | Lg |
| French Fries | Spicy or | 1.99 | 2.99 | 3.99 |
| Onion Rings | Regular | 2.99 | 3.99 | 4.99 |
| Crispy Wedges | | 2.99 | 3.99 | 4.99 |
| - Gravy on top | | 0.50 | Side | 0.75 |

Halifax Poutines

- Poutine** Med Lg 4.99 6.99
Fries, Moza, Gravy
- Newfietine** 5.99 7.99
Fries, Moza, Ground Beef, Gravy
- Wedgetine** 5.99 7.99
Crispy Wedge Fries, Moza, Gravy
- Workstine** 6.49 8.49
Fries, Moza, Cheddar, Bacon, Spice, Gravy
- Turkeytine** 6.99 8.99
Fries, White Turkey, Stuffing, Moza, Gravy
- Chicken Fingertine** 6.99 8.99
Fries, Chopped Chicken Fingers, Moza, Gravy
- Derby Steaktine** 6.99 8.99
Fries, Chopped Derby Steak, Moza, Gravy
- Zesty Chickentine** 6.99 8.99
Fries, Zesty Chicken, Moza, Gravy



X-Treme Subs'N Wraps

Have it toasted, cold or microwaved. All are toasted unless requested diferent. Any 6" only 4.99 / Any Two 6" for 8.99

- BBQ Chicken** - Zesty Chicken, BBQ Sauce, Lettuce, Red Onion, Hot Peppers, Cheddar
- Honey Mustard Club** - Bacon, Ham Chunks, Red Onion, Lettuce, Tomato, Honey Mustard Sauce, Cheddar
- Canadian Cold Cut** - Pepperoni, Salami, Ham, Tomato, Lettuce, Onion, Salt/Pepper, Mayo, Mozzarella
- Turkey Bacon** - Fresh Turkey, Bacon Slices, Lettuce, Tomato, Cheddar
- Chicken Breast** - Deep Fried Chicken Breast chopped with fresh Tomato, Red Onion, Lettuce, Mayo, Mozzarella
- Donair** - Greek Donair Meat, Onions, Tomato, Mozzarella, Donair Sauce
- Pizza** - Pepperoni, Ground Beef, Mushrooms, Onions, Green Peppers, Pizza Sauce, Mozzarella
- Club House** - Fresh Turkey, Bacon, Lettuce, Tomato, Cheddar, Mayo
- Hawaiian** - Chunks of Ham, Italian Sausage, Pine Apple, Mozzarella, Cheddar, Pizza Sauce
- Mexican** - Grilled Zesty Chicken, Salsa, Red Onion, Hot Peppers, Cheddar, Mozzarella, Pizza Sauce
- Chicken Breast Caesar** - Garlic Butter Crust, Caesar Dressing, Chicken Finger Chunks, Cheddar, Mozzarella, Onion, Tomatoe, Bacon
- Meat Lovers** - Bacon Slices, Brother's Pepperoni, Donair Meat, Pepperoni, Mozzarella, Pizza Sauce
- Greek** - Mozzarella, Feta, Green Olive, Green Onions, Tomatoes, Basil, Pizza Sauce
- Chicken Parmasean** - Garlic Butter Base, Chopped Chicken Fingers, Spaghetti Meat Sauce, Topped with Mozzarella, Cheddar, Fresh Lettuce and are Oven Baked.
- Derby Rib Eye Steak** - Garlic Butter, Chopped Derby Steak, Mushrooms, Onions, Green Peppers. Topped with Mozzarella, Cheddar, and are Oven Baked.
- Philly Cheese Steak** - Cheesewhiz base, Chopped Spicy Steak, Onions, Green Pepper, Mushrooms and are Oven Baked.

Salads

- | | | | |
|--|------------|--------|--------|
| | Individual | Medium | Family |
| | 3.99 | 5.99 | 7.99 |
- Caesar Salad (NEW)**
Fresh romaine, shredded parmasean cheese, real bacon, seasoned croutons, caesar dressing
 - Greek Salad**
Fresh romaine, zesty dressing, black olives, feta cheese, red onion, tomato
 - House Salad**
Fresh lettuce, mushroom, red onion, green pepper, cheddar cheese, tomato. 4oz of Ranch, Caesar or Italian dressing
 - Add ons** Individual 1.00 (1oz) Med. 2.00 (2oz) Fam. 3.00 (3oz)
 - Derby Steak, Zesty Chicken, Chicken Breast, Chopped Chicken Fingers**

Tacos

- Tacos - Hard Shell or 6" Wrap**
- 2 - Taco Beef Mix** 3.99
- 2 - Zesty Chicken** 5.99
- 2 - Derby Steak** 5.99
- 2 - Chopped Chicken Finger** 5.99
- All topped with Cheddar, Tomato, Lettuce, Salsa. Sour cream on the side.

1/4lb Fresh Burgers

- | | |
|--|-----------------|
| | 100% Fresh Beef |
| | Burger Platter |
| 1/4lb Hamburger | 3.99 5.99 |
| 1/4lb Cheeseburger | 4.49 6.49 |
| Add 1/4 patty (extra) | 0.99 |
| Add 2 Pc. Of Bacon | 0.99 |
| 1/4lb Moza Mushroom burger | 4.49 6.49 |
| 1/2lb Big Buck's burger | 5.99 7.99 |
| 2 strips of bacon, cheddar, lettuce, mayo, special sauce | |



Breads

- | | | | | |
|-------------------------|------|---------|------|------|
| Bruschetta Bread | 1pc | 3.99 | 2pc | 5.99 |
| 12" Garlic Bread | 2.49 | w/Mozza | 2.99 | |
| 12" Pizza Bread | 2.49 | w/Mozza | 2.99 | |



Uncle Buck's

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The Fisherman

The Pieces are Twice the Size Now

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2 Pc Fish'n'Chips	8.49
3 Pc Fish'n'Chips	9.99
1 Pc Fish Only	2.99

9 pc Family Pack

Fries, Coleslaw, Gravy

14 Pc Family Pack

Fries, Coleslaw, Gravy

4oz Fresh Haddock Bruger

Lightly battered, Cheese, Tartar Sauce

With Fries & Coleslaw

Chicken

Chicken'n'chips with Coleslaw

2 Pc	6.99
3 Pc	7.99

Family Pack

8 Pc	21.99
12 Pc	28.99

Chicken Fingers with Fries

3 Pc	6.99
5 Pc	8.99

Chicken Nuggets with Fries

4 Pc	4.99
8 Pc	7.99

20pc Chicken Fries + 3 sauces

16 Piece Chicken Nuggets & Sauce

Chicken Burgers

Chicken Breast Burger

Lettuce, Tomato, Mayo, Mozzarella

Chicken Parmesean Burger

Chicken Breast, Marinara, Mozza

Spicy Mozza Breast Burger

Coated in hot sauce, Mozza, Oven Baked

Chunky Turkey Burger

Chopped Turkey Meat, Stuffing with Mayo or Gravy

Burger Platter

4.99 6.99

4.99 6.99

4.99 6.99

4.99 6.99

Classic Favorites

Clubhouse & Fries w/ Coleslaw

Fresh Turkey, Bacon, Cheese, Lettuce, Tomato, Mayo

8.99

Hot Hamburger & Fries w/Coleslaw

6 oz Fresh Ground Beef w/ Gravy

7.99

Hot Turkey & Fries w/Coleslaw

6 oz Fresh Turkey w/Gravy

7.99

Big House & Fries w/Coleslaw

Fresh 1/4lb Beef, Bacon, Cheese, Lettuce, Tomato, Mayo
(Same as Club House)

8.99

Derby Ribeye Steak Dinner

6 oz Steak, Fries, Coleslaw

1 Steak

7.99

2 Steaks

12.99

Baked Lasagna & Garlic Bread

Fresh Noodles, Meaty Sauce, Mozza

7.99

Chicken Wings

Hot, Mild, Honey Garlic

6 Wings'n'Fries

6.99

10 Pc

6.99

20 Pc

13.99

40 Pc

24.99

100 Pc

56.99

Discover Frog Pond – a local Purcells Cove treasure

By Jason Doherty

As the temperature rises, so does the urge to get outside. There are many

places throughout HRM to go for a walk, jog, or even sight see. However we would like to focus on the hidden treasures in our own backyard.



Frog Pond. Photo by Jason Doherty.

Our first site will be the Frog pond, located on the Purcell's Cove Rd. In 1905 Sir Sandford Fleming donated 95 acres of land to the city of Halifax. The Pond Trail is part of the system of trails in Fleming Park.

The Frog Pond is a wonderful walking path for walkers and hikers of all ages. The parking lot is clean and well kept. From the parking lot the trail begins its meandering course of about 1.5 km. The trail is gravel, well maintained and litter free. It is also stroller friendly for the mom on the go.

As you walk the trail you enter an intersection where you can either go left down towards the Dingle, straight around the pond, or right to a nice bench located in a clearing on the shore. And you may get lucky and spot a beaver at the lodge to the left.

If you choose to take the left fork, the trail carries on over gentle hills until you reach the Dingle, where other paths await the adventurous.

Sitting by the pond, you will be treated

to a wide variety of wildlife. On my last walk through I saw a heron, a couple of turtles sunning themselves on the rocks, frogs, and various birds. So a camera and binoculars are always good to keep close at hand.

Although the trail sees a lot of feet, passersby are friendly and you often get tidbits of information on wildlife seen, or scenic spots to check out. The trail is a common place for dogs and joggers to stretch their legs, and the dogs are friendly as well. My girlfriend carries dog treats with her, even though we do not own a dog, just in case we meet a four legged friend.

Whether you are looking to take a leisurely stroll, walk the dog, or watch the birds, the Frog Pond may be one of this community's best kept secrets. Brochures with maps can be found at the Captain William Spry Community Centre located at 10 Kidston Road.

Every month we will showcase one of these hidden treasures and if any reader has a suggestion, please feel free to let us know.



The trail carries on over gentle hills until you reach the Dingle. Photo by Jason Doherty.



A camera and binoculars are always good to keep close at hand. Photo by Jason Doherty.



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Open house every Sunday 2-4 P.M.

Government is done by people – it is not done to them

By Michèle Raymond,
MLA for Halifax Atlantic

Anyone who knows me, or who has read my columns in these pages previously, has heard me railing against being described as a 'politician', and insisting that we are all in the NS House of Assembly as 'representatives'. These last few weeks have made that distinction seem all the more pointed, and the more essential to make.

Every one of the 52 seats in the NS Legislature is occupied by someone who has been chosen by most of the people in one geographic area, to represent them. That person is both a spokesman, and a portrait of the average of that community. The person may have lived abroad, speak several languages and hold several postgraduate degrees, or may have had little formal education and rarely left their community before coming to Halifax. The person may be male or female, senior citizen or barely out of school; speak English as their first language, or not, and may have skin of any colour along the spectrum of human skintone. But, on the polling day, most of the people who voted have selected that person as the one who, in the words of Robert Stanfield "may not be the best, but ... the best you've got."

It is a long journey which brings each of us to the tall double doors that lead into the Chamber of the historic NS House of Assembly. It is a journey which few are privileged to make, and which none undertakes lightly.

In today's complex, varied and connected world, most jurisdictions have found it necessary for likeminded people to band together as political parties, and for each party to choose and put forward a candidate to carry the banner of their beliefs in each district. That process alone is a challenge; first as parties define their beliefs, and then as constituency associations seek the local person most representative of the party's beliefs in the local context. It is only the party whose beliefs and candidate speak to most of the community which will find itself represented in the Legislature.

Inside the Assembly, the challenge sharpens. There, the parties manifest as caucuses, each group made up of people speaking to broadly similar beliefs, but from different areas of the province. All have pledged to work with the same general principles, but each has pledged to represent his or her community. Because these commitments can seem unrelated, or even contradictory, it can be a long and arduous process to agree on a course of action, or even to come to a point everyone finds acceptable.

Just as in families, some disagreements may change shape over and over again, recurring in different forms, until finally resolved. The extended and intensive cooperation needed to resolve these issues demands great trust among the caucus members. Persistence is rewarded with new understandings, and in the end, only decisions leave the room.

When those distilled decisions reach the House, they are already a potent blend. Each caucus member has, by speech or silence, played a part in creating it, and the drive to defend a party position can be overwhelming. Because of this, the House has rules to keep that drive in check, so that

safe and sane debate can produce the best possible public policy.

When the doors of the Chamber close, and the Sergeant at Arms has placed the ceremonial mace in its cradle, a self-contained world is created. It is a place where we, as individuals, do not exist. Having taken our seats, we are there to fill the role of representative. The Government and the Opposition parties sit across from each other, with a referee and president in the form of the Speaker, elected by the whole Assembly, seated above and between them. Representatives speak not to each other, but to the Speaker; this too keeps a certain distance between the debaters, and depersonalizes the debate.

Safe and sane debate requires that individuals are safe while filling their roles. The Speaker is to ensure that there is no physical confrontation, no personal insults, or aspersions cast on representatives as human beings. The Speaker holds the 'talking stick'

(today, the microphone system), controlling the order of debate and ensuring that only one person at a time is acknowledged and heard. His rulings are final, although based on centuries of tradition in the House.

The seats on the floor of the Chamber may be reserved for the representatives and the functionaries of the House, but the arc of white wooden benches high above the floor is there for the people of Nova Scotia, and their guests. Today, television and online transcripts of the debates expand public access to the public debate.

All of this costs money, but it's important to ensure public assets are used in the fairest way possible. Public assets may be Crown land, tax revenue, open highway, school buildings, art in galleries, or any one of a variety of traditional public rights, but they belong to all Nova Scotians, and shouldn't be appropriated to individuals; selectively and without public agreement.

In recent weeks, there's been fierce

criticism of NS politicians' habits of use of public assets. A lot of that criticism has focused on the politicians as individuals, and many people are feeling they want nothing to do with "politics". But willing or not, by participation or by silence, every Nova Scotian is affected by "politics". We all own our public assets, and we are all represented here by elected officials.

They say you can't make an omelet without breaking some eggs. A lot of eggs are getting broken to make this omelet, but I believe in the end it will be worth it—a new relationship between Nova Scotians and government.

I personally will be happy if, when I leave the Assembly, the people of Nova Scotia understand that the seats in the House are occupied by representatives, not by an alien class of politicians, and that government is something done by the people, not done to them. That's not just democratic, but healthy. It will be good for all of us.

Chebucto Update WITH MAYOR PETER KELLY

By Mayor Peter Kelly,
Halifax Regional Municipality

Hello again. I hope you are enjoying these fine spring days.

And speaking of spring, I'm reminded that it was just one year ago that residents of the Spryfield area experienced that terrible forest fire.

By the time the blaze was under control, more than 1,000 people had been forced to flee while eight homes lay in ruins with as many again damaged.

We all owe a huge debt of gratitude to all our firefighters as well to the countless volunteers who stepped up to comfort and care for the evacuees.

Obviously, we should be careful with fire at any time but especially now, with the brush and other vegetation still tinder-dry from our mild winter.

To learn more about the dangers of fire and how to protect your home and property from it, go to www.halifax.ca/FirePrevention.

While you're there, check out some facts and myths about grass burning, such as how it supposedly controls weeds – believe it or not, it doesn't!

If we all exercise a little care, we will avoid a repeat of last spring's fiery crisis.



I'm sure you'll agree with me that the greatest investment any community can ever make is in its young people.

I echo the words of American author/activist Helen Keller who once observed: "It is not possible for civilization to flow backwards while there is youth in the world."

HRM considers the young to be our most priceless asset and warmly endorses National Youth Week, which takes place the first week of May.

A few days ago, I was privileged to attend a special awards ceremony to launch this annual salute to the contribution youth makes to every community. I also got to meet all those who assist with HRM camps and programs for youth.

I came away inspired by the ongoing activities which are organized by our staff and community groups to engage and encourage youth.

You'll see what I mean if you go to www.hrmyouth.ca and check out "Events and Programs."

I mentioned earlier how fortunate we are that so many of our residents are willing to donate their time and energy to make life better for the rest of us.

I'll give you another example. HRM's call for 5,000 volunteers to help make next February's Canada Winter Games a success is being answered.

I'm pleased to report that, by the end of April, we were half-way to our target.

If you'd like to help make these Games the best ever, you'll find the details at www.canadagames2011.ca/volunteer or by calling 490-4000.

Recently, as part of National Volunteer Week, HRM held a recognition ceremony at which 90 citizens, including 16 young people, were recognized for helping make us a better, stronger community. Also honoured were representatives of the 21 Community Neighbourhood Facility Boards which operate HRM-owned facilities.

see "Chebucto" pg. 18



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Council decision may not affect placement of cell tower

By Linda Mosher
HRM Councillor, District 17

Early this year, surveying and tree removal was noted in Purcell's Cove. Residents contacted me to find out what was taking place. When I checked, we had no applications for this property. Residents then learned from site workers that there may be a cell tower installed. Again, I contacted HRM and there were still no applications. This work ceased and then further down the road from this site, the clear cutting started again.

Subsequently, I received a call from an HRM Planner requesting that I waive the normal requirement to hold a public information meeting as a cell phone provider desperately required the site and had no time to find another location. She stated it was a serious issue that could result in lack of cell phone coverage. Fortunately, as residents had alerted me to this possibility, I had email and telephone records dating back at least two months. Therefore, I refused her request as the applicant was aware of this for months and should have applied earlier.

The public information meeting was well attended. The Rogers Communications representative told us their cell antennas were being 'kicked off' of Fenwick Towers. In order to continue to provide cell coverage to the South End and to Purcell's Cove, they required a new cell tower to be placed on a different building downtown and another, free standing, 133 foot galvanized steel tower in Purcell's Cove. The Rogers representative continually stressed that it was urgent. They claimed the owner of Fenwick Towers was the catalyst, forcing them to move and there was nowhere else to go. Residents raised many excellent concerns and also submitted a petition to me in opposition to the tower.

Coincidentally, the Regional Council agenda for the next evening included the re-development of Fenwick Towers. During this meeting I presented the petition and also asked the mover and seconder of the development motion for Fenwick Towers to amend the motion to ask the owner of Fenwick Towers, Templeton Properties, to consider allowing Rogers to keep their equipment on the tower during the redevelopment phase that would take years to develop. Council agreed to this and to my request for the Mayor to write a letter to Industry Canada and the federal Minister responsible for this department. These letters and a copy of the petition have already been sent.

After council that evening, I did an interview with CBC TV on-site. When it was broadcasted, part of the news segment showed Fenwick Towers. The next day I received a call from the VP Operations, Templeton Properties as he saw the newscast. He indicated that Rogers was not being forced to leave. He stated verbally, and later in writing, that there would not be any work done on the tower for 48-60 months and in the meantime they would welcome Rogers Communication to continue their lease for that period of time. In addition, after five years, they would be happy to discuss their option to stay at the existing location, but that Rogers had to make it more esthetically pleasing.

In addition to speaking with Templeton Properties, I also met with the owner of the Purcell's Cove lands. He understands

the community concerns and although he cannot break his existing agreement, it is my understanding that he will not consider any changes that Rogers may be seeking to the agreement. We also urged our MP to contact the Minister of Industry asking him not to allow the tower in Purcell's Cove. My next step is to continue following up with the Minister of Industry and see if we can have this application turned down.

The frustrating aspect of cell tower placements is that municipalities have little say and no authority. Industry Canada

makes the ruling as to whether to approve or not approve the cell tower location application. The role of HRM is to hold an information meeting and municipal staff write a recommendation report. This report is on the siting aspect only, i.e. how it fits into the community. Then community Council votes on the application but it is not binding. Industry Canada has the final determination and there is no appeal of their decision.

On an unrelated note, recently there have been statements in the media regarding alleged comments by Council affecting

HRM employee morale. Council considers HRM employees as a valuable and critical resource. In my opinion, Council did not refer to staff cuts or make disrespectful comments. Our discussion was relating to efficiencies, and possible cost savings like reduction to overtime and voluntary early retirement.

I would like to thank the Chain of Lakes Trail committee volunteers, HRM staff and the public for coming out to the trail public meetings. We had great turnouts and excellent comments and suggestions for this new active transportation corridor.

Literacy an issue we need to tackle as a community

By Megan Leslie, MLA, Halifax

I'm proud that our community continues to invest in young people. An earlier contribution of mine to the Chebucto News talked about the impact that the innovative O2 program has had on our youth at JL Ilsley. Today, I'd like to highlight another community building event, this time for children: the second annual Book Bonanza that took place in Spryfield on April 17, at the William Spry Community Centre.

I was thrilled to have been asked to talk a little bit about the importance of literacy, and to read a book to children at this outstanding event. The event was lots of fun and had something for everyone: there were free books for all ages, as well as book readings and meet-and-greets with authors and illustrators. The most avid readers could even have their books repaired by a "book MD" to reverse the wear-and-tear from years of enjoyment. Kids had the opportunity to write and illustrate their own books, comparing plot lines with their friends and deciding what makes a great cover design (sparkles!).

Literacy is something we take for granted in Canada. Basic literacy is not an issue of the past, and it is certainly not a given. In my past work as a Community Legal Worker, I met a startling number of people from our community with low levels of literacy. It's an issue we need to tackle as a community.

Helping children learn how to read at a young age is crucial, because it sets a tone and a level of competence that will be an asset for the rest of their lives. The better that a child's understanding of language is the more they are advantaged in every aspect of life, be it education, reasoning, negotiation or safety.

Children enjoy the power that the ability to read brings to them because they understand the world around them better. And the opportunity to think creatively and delve into the world of fiction...well that's what childhood is made of!

We adults benefit too, since reading is an excellent way to maintain brain health, and even the most serious of adults could use an escape into worlds filled with spies, aliens and dragons. Maintaining literacy levels is crucial for adults in the workplace. Book clubs and libraries are places where community is fostered, and isolation is combated, something at which the Book Bonanza aimed. It's important to share ideas and passions, and coming together around books is a great way to do it.

What role does literacy play in the NDP Federal Platform? Well, New Democrats

see literacy programming as a way to help families make ends meet both by expanding skill sets as well as allowing cost-efficient ways to have fun as a family. Literacy programs should be designed to reach out to children living in poverty, because extra-curricular learning opportunities can be limited for lower income families.

Literacy is at the centre of Canada's productivity capacity and New Democrats propose increasing financial support for the settlement process for new Canadians to assist with literacy, community integration and

orientation, with programs being provided via newcomer resource service centres. We want new Canadians to feel empowered and literacy is the number one way to give people the tools they need to navigate within their new home.

I would like to congratulate the organizers of the Book Bonanza for again showing the community spirit and initiative that is alive and well in Spryfield! By working together, each of us can make this region a more creative, better educated and fun place to live for all.

Roads and public transport remain high priority in Council

By Stephen Adams,
HRM Councillor, District 18

On Monday, April 12, Chebucto Community Council held a public hearing to discuss a proposal by Edward Jost Children's Centre to allow for the expansion of their daycare.

This process began last year with a public information meeting held at the centre. Kathleen Couture, Executive Director, along with her staff had done a wonderful job to ensure the immediate community was well informed. The issues that were brought forward dealt with traffic and drainage issues. No one was concerned with the expansion.

The intersection at Mont Street and Herring Cove Road has been an issue for a number of years. Although the traffic increase will be minimal if at all this was a good forum to bring these concerns forward. I have forwarded this issue along with the general condition of Mont Street to our Traffic Engineering Department for comment.

I am pleased to announce that Chebucto Community Council unanimously approved this application.

I also met with our staff to discuss additional improvement to Herring Cove Road between Old Sambro Road and Dentith Road. I will state from the onset that these improvements are contingent upon budget approval and with input from community members; especially those that have businesses directly abutting the proposed area.

The business district of Spryfield has many painted medians and a very wide travelled way. The first improvement will

be to dig up selected areas in the middle of Herring Cove Road and plant trees and/or grass. These medians will be strategically placed so that they will not obstruct any entry or exit from driveways, side streets or business entrances.

Another improvement will be bike lanes in this area. I have been assured that, although this will reduce the lanes of traffic, this will not significantly delay vehicular traffic.

As the project unfolds, I will look at all options. I would encourage your input, should you have any suggestions. By the time of the writing of this article, the Business Commission will have met with our staff to discuss the details of the plan.

These improvements will help enhance the look of our community, and will complement our other initiatives.

As I reported in my last column, we are looking at our operating budget for efficiencies and sustainable savings. Given the situation, all departments, including Transit, have had to bring forward suggestions.

All transit routes are under review including our new Sambro transit service. Research by staff suggests there are peak periods in the morning and later afternoon that have the most ridership; however, service during the day is used on a minimal basis. Staff will be recommending to Council a reduction to our service along with others throughout HRM.

This reduction will still serve many of the residents that are now taking the bus on a regular basis. Our transit committee will be discussing this issue with transit staff in the near future to look at how best to maximize service to everyone.

Megan Leslie, MP

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Ideas and tips for staging your home for a quick sale

continued from page 5

away in a handy drawer all dish towels and rags. Reduce recipe boxes, barrels of cooking utensils, excess-cooking machines, and cookbooks by two-thirds to open up counter spaces. For a quick update put new hardware on cabinets. Find an out-of-the-way place for a portable dishwasher. Clean off everything on the refrigerator door (except for one of my calendar fridge magnets!). Omit throw rugs scattered around the kitchen. Clean off windowsills to open up exterior views. Organize cabinets with clear containers. If you can't see the back wall of a cabinet, buyers will think you don't have enough storage space. Ditto closets. Budget to keep a variety of fresh fruit in a glass bowl on the counter. Edit family bulletin boards. Remove old curtains and install new wood blinds on windows.

Do – spend time on sleeping and bathing spaces. Often overlooked in the frenzy to

get a home on market, these spaces can make or break a home. Buy a set that consists of a matching bed skirt, bed spread, pillow covers and blinds to match. Buy a new shower curtain and separate liner. Wash the liner often if mold develops. Add complete sets of towels that coordinate with your new shower curtain. Clear all cosmetics etc. off vanity. If you have an over-the-toilet cabinet consider removing and place a piece of artwork in its place. Remember to keep items in the “too much information” category, out of view. If you have a king-size bed in a small room, you'll pay to have buyers over come this negative, so get rid of it now. Clear off dresser and nightstands of excess. Make sure the bedroom receives the maximum natural light. Install closet organizers in closets. Eliminate wall and door hooks for clothes. People might look under your bed, no surprises please.

Do – remember first impressions in entries. A simple consol table with mirror over makes

a nice entranceway. Make sure this space is well lit day or night. Place adhesive under rugs so buyers don't trip or slide.

Don't – use inexpensive silk flowers. Nothing distracts buyers more than silk flowers that are past their time, inappropriate for the season or thrown together. Throw them out, now.

Don't – use scented candles or air fresheners. So many people today are sensitive or allergic to these products that use of them may limit the number of people who will view your property. I have personally had potential buyers take one step inside of a house and turn around and leave without viewing the property because of the smells they encountered.

Don't – overlook window coverings. Buyers today think less is more in window fashion. They want the most light and the least embellishment on windows. And no layered treatments with sheer panels if possible.

Don't – use low wattage light bulbs. Dark,

dim rooms are unappealing to homebuyers. They want to see what they might buy. Replace bulbs with manufacture recommended wattages and especially the burned out ones. The newer low-energy bulbs, while environmentally friendly, don't cast a home or people in flattering light.

Don't – think that everyone loves wallpaper. No two people have the same taste in this instant decorator finish. If it's more than three years old, take it down and paint in a neutral color. And wallpaper borders are out.

Don't – paint with commitment colors. If you've determined that you need to paint, stay away from bold or as I call them commitment colors. Commitment colors are those buyers either love or hate. It can be difficult for buyers to overlay their style on them. As one client said to me “I don't live in a magazine.”

Don't – use these do-it-yourself tips to place your home on the stage of your local home sale theatre.

LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

SMITH, Marion Edith — 83, Sambro Creek, passed away peacefully on Monday, March 15, 2010, in the QEII Health Sciences Centre. Born in Sambro Creek, she was a daughter of the late Percy and Sarah (Findley). Marion was the last surviving member of her immediate family. She is survived by her son, Douglas (Theresa Dailpay), Sambro Creek. She was predeceased by brothers, James and Stanley; sisters, Carrie and Eva. Arrangements are under the care of J. A. Walker Funeral Home (2005) Ltd. In keeping with Marion's wishes there will be no visitation. A graveside service will be held on Tuesday, March 23, at 3 p.m. in East Pennant Cemetery. In lieu of flowers, donations in Marion's memory can be made to the Alzheimer Society of Nova Scotia or East Pennant Cemetery.

Arsenault, Ronald “Junior” — 74, Halifax, passed away March 29, 2010 in Melville Lodge. Born in Halifax, he was a son of the late Camille and Cecilia (Duggan) Arsenault. Junior is survived by loving wife, Evelyn (Oakley) Arsenault; son, Ronnie (Donna), Halifax; daughters, Donna Walters (Freeman), Halifax; Gwen Smith (Percy), Lower Sackville; Dale Cameron (Everett), Pictou County; step children, George, Kelly, Marilyn, Cheryl, Donna, Darlene, Lottie, Robert (Emberleah), Donald; sister, Aldonna Clark, Halifax; several grandchildren and great-grandchildren; many nieces and nephews; and close friend, Helen Bowser. He will be missed by his beloved dog Star. He was predeceased by his first wife, Doris Hillier; second wife, Marion Morrison; daughter, Beatrice Jennings; brother, Camille and stepson, David. Cremation has taken place under the care of J. A. Walker Funeral Home (2005) Ltd. (477-5601) 149 Herring Cove Rd. where visitation will be held Wednesday 2-4 and 7-9 p.m., with memorial service Thursday 10 a.m., reception to follow. Interment to take place in Oakridge Memory Gardens, Lower Sackville. Donations in memory may be made to the Alzheimer Society of Nova Scotia or Canadian Cancer Society. The family would like to extend a special and heartfelt thanks to Palliative Care, Glades Nursing Home, Northwood Homecare workers, Melville Lodge and Dartmouth General Emergency Department for all the care they had given Junior.

CHAMBERLAIN, Allan Howard — 78, Spryfield, passed away peacefully on Saturday, March 27, 2010, in QEII Health Sciences Centre. Born in Ingersoll, Ont., he was a son of the late Edwin and Margaret (Levis) Chamberlain. Affectionately known as “Iki”, he served in the Navy for 25 years. Following this time he worked for Canada Post for 20 years. Allan was a Cub and Scout leader for over 40 years and was awarded the Queens Medal for his volunteering with Scout's Canada. He will be lovingly remembered and never forgotten by his wife of 53 years, Adele (Bernard); sons, Howard (Janice) and Glen; daughter, Linda (Glen Hunt); grandson, Allan Chamberlain, all of Spryfield. He was predeceased by son, Daniel “Danny”. Arrangements are under the care and direction of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield (477-5601), where visitation will be held on Tuesday, March 30, from 2-4 and 6-8 p.m. A Service of Remembrance will be held on Wednesday, March 31, at 2 p.m. in Salvation Army Spryfield Church, 328 Herring Cove Road, with a reception to follow in the church hall; with a private family burial to take place. In lieu of flowers, donations in Allan's memory may be made to the Salvation Army Spryfield Citadel or

Parkinson Society of Canada, Maritime Region. Words of comfort may be sent to the family by visiting: www.walkerfh.com

Dempsey, Frances — 76, Herring Cove, wife of Gerald and beloved mother of Phil, Lorne, Stuart, Brenda, Gregory and Peggy died at home in the care and company of her family on March 22, 2010. A retired member of the Federal Civil Service, she was the devoted daughter of her mother, Dora, and proud grandmother of nine grandchildren Jason, Adam, Sara, Emily, Kyle, Meghan, Miranda and Kate; and her three great grandchildren Aniela, Cohen and Grace. She is also survived by her sisters Brenda Hayes and Margaret Chase. She was predeceased by brothers James, Bob, Bruce and sisters Clare Frances, Lucy Melrose, Clare Therese and Dorothy Slaunwhite. A life long member of Saint Paul's Parish in Herring Cove, she will be celebrated in the parish church at a Funeral Mass on Thursday, March 25, 2010 at 10:00 AM. Cremation to follow. No visitation. In lieu of flowers, a donation to the hungry and homeless children of the world would be much appreciated by Frances and her family. Arrangements are under the care of J.A. Walker Funeral Home (2005) Ltd. 149 Herring Cove Rd.(477-5601).

DAVAGE, Elizabeth Lillian “Betty” — 77, of Spryfield for the past 55 years, passed away peacefully on Saturday, April 17, 2010, at home, surrounded by her loving family. Born in Bell Island, N.L., she was a daughter of the late Obadiah and Elizabeth (Verge) Butler. Betty began working as a school teacher in Belleoram, N.L. After arriving in Halifax, she worked briefly for Simpson-Sears and then for 22 years at KFC in Spryfield, until her retirement. Her favorite pastimes were playing cards with her friends, putting puzzles together with her daughter and granddaughter and knitting mitts and scarves for anyone she met. A long-time member of Emmanuel Anglican Church, Betty will be tremendously missed by all who knew her as she had an enormous heart and always gave, never looking to receive. She was a loving mother and homemaker and raised her family of four. “Mom” will be lovingly remembered and never forgotten by her children, Barb, Winnie (Andrew Holley), Bill (Eileen) and Jerry Herchak; grandchildren, John (Doranda), Jackie and Madeleine “Maddie”; sister, Violet Smith; sister-in-law, Sarah. She was predeceased by her husband, Thomas, and daughter, Darlene. The family would like to extend their heartfelt thanks to Glenna Thornhill of Palliative Care for her support. Arrangements are under the care of J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Spryfield (477-5601). In keeping with Betty's wishes, there will be no visitation. A funeral service will be held on Tuesday, April 20 at 2 p.m. in Emmanuel Anglican Church, with Rev Dianna Frye officiating. Interment will follow in Fairview Lawn Cemetery. In lieu of flowers, donations in Betty's memory can be made to the Canadian Cancer Society or the Victorian Order of Nurses.

MARRYATT, Kenneth Sylvester — 80, Halifax, passed away on April 3, 2010, in Glades Lodge after a courageous battle with Lewy Body Disease. Born in West Pennant, he was a son of the late Edward Stanley and Ella May (Findley) Marryatt. Ken was employed by the Nova Scotia Light and Power Company and then as shift supervisor for the Power Corporation in the thermal plant on Water Street, where he retired after 30 years. Prior to his employment

on land, he was a fisherman and also sailed on the Imperial Oil Tankers. He received his 50 year jewel pin from the Athole Lodge No. 15 and was a long-time member of Brunswick Street United Church, being married there in 1958. Ken was loved by all who knew him and touched the lives of many with his kindness and ability to lend a helping hand to anyone in need. He enjoyed many years at his cottage in West Pennant/Long Cove, sharing his passion for the outdoors. Surviving are his beloved wife, Gladys (Sweet) Marryatt; cherished daughter, Pearl Flemings (Andrew); granddaughter, Kendra, whom he truly adored; sisters, Gladys Smith, Halifax; Kathleen Caspersen (Carl), Holbrook, Mass.; brothers, Clifford (Eileen), Halifax; Harold (Joan), Lower Sackville; several nieces and nephews. He was predeceased by brothers, George, Fred, Robe, Roy, Reg and Everett; sisters, Bertha Lyons, Helen Coffey, Hilda Velcoff, Ida Batten and Guida Tough. Cremation has taken place under the direction of J. A. Walker Funeral Home (2005) Ltd. (477-5601). In keeping with Ken's wishes there will be no visitation. A graveside service will be held at a later date in East Pennant Cemetery with Terry Paul Choice officiating. Family flowers only. We are forever grateful and thankful to all the Red Cross home support workers, paramedics, doctors, QEII emergency, staff at Glades Lodge and our devoted family, friends and neighbors.

MURPHY, Scott Douglas — 46, Halifax. It is with such deep sadness we announce the sudden passing of Scott Douglas Murphy on Friday, April 16th, 2010. Born July 4, 1963 in Rivers Manitoba, Scott spent most of his adolescence and early adult life in St. Bruno, Quebec. He was the son of the late James and Jessie (Smith) Murphy, both of Montreal, Quebec. Scott was a draftsman by day, singer/songwriter/actor and a great and loving friend always. He met, fell in love, and married Susan Goyette of St. Bruno, and together they created two absolutely AMAZING children, Ryan & Robyn. He loved his children more than life itself, and would want them to know that there's no Dad out there that could have been more proud of his children. This gentle giant was SUCH a bright and considerate light in this world, very loving and compassionate to everyone he met. Those that were fortunate enough to form friendships with him will be forever changed for knowing this incredible human being. He started his acting career quite by accident when he was approached in the school hallway at Richelieu Valley Regional High School. Before he knew it, he was on stage playing Jesus in Jesus Christ Superstar. The acting bug never let go of him after that. He could be seen in many, many shows both at St. Matthew's United Church as well as the Theatre Arts Guild at the Pond Playhouse in Halifax. Musically, he shone his light on many bands, including Heart's Intent, Plan B, and the many garage bands we threw together during a Saturday night jam session. Scott loved his big family, and always wished they were closer in proximity, but they were inseparable in their hearts. He and Sue parted ways amicably and continued to have a loving and respectful relationship. He met Michele Ryall in 2002, and was embraced by her large, loving family. He and Michele married on July 4, 2009 in front of their families and friends. It was THE HAPPIEST DAY of their lives, not just for marrying each other, but also his induction into the Brother-in-law's Club. Tragically, their life together was cut short, but they are thankful for the time they had together. Scott was predeceased by his parents, James and Jessie (Smith) Murphy.

He is survived by his children, Ryan (Krysta Sero) and Robyn (Catlin Smith) Halifax, his wife Michele (Ryall), Halifax, his brothers James, Toronto ON, Terry (Gill), Montreal PQ, his sisters Wendy (Jack) Burt, Brandon MB, Susan (Jimmy) Flanagan, Victoria BC, his former spouse Susan Goyette (Peter Munro), Halifax, and all the Ryall in-laws he inherited. They all miss him terribly. Arrangements have been entrusted to J. A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd, Halifax, where visitation with family and friends will be held on Thursday, April 22, 2010 from 2-4pm. A memorial service and celebration of life will follow at 6:30 pm at St. Matthew's United Church of Canada, 1479 Barrington Street, Halifax, Rev. Betsy Hogan officiating. Family flowers only. Donations in Scott's name to the Theatre Arts Guild (registered charity #889270773RR0001) would be greatly appreciated. Goodbye m'love, my reluctant superhero. I'll miss your incredible hugs. Ryan and Robyn want you to know that they choose D.

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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

Dinner Theatre
Sambro Dinner Theatre presents "From the Heart". April 30 and May 1 at 6:30 pm, May 2 at 4:30 pm, May 7 & 8 at 6:30 pm. St. James United Church Hall in Sambro. Lobster or Roast Beef Dinner. Tickets go on sale March 15, 2010. Please call Eva Mae at 346-2075 or email: emg2@eastlink.ca

Mother's Day Tea and Sale
At Emmanuel Church Hall on Saturday, May 8, 2010. From 2:00 to 4:00 PM. 322 Herring Cove Road, Spryfield. \$5.00. For info, call 477-4456.

Urban Farm Museum meeting
The Urban Farm Museum Society of Spryfield will meet on Monday, May 10th, 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.

Dahlias from around the world
The Dahlia Society of Nova Scotia will meet on May 12th at 7pm at the Captain William Spry Center, Spryfield. On the program: "Tuber Auction of New and hard to get Introductions from Around the World."

Lunch will be provided. Everyone is welcome.

Plant and Pantry Sale
Plants for your garden and baked goods and jams for your pantry along with jewellery, tea and coffee. At Parkhill United Church, Jollimore, 5 Kirk Road (corner of Parkhill and Kirk Roads) on Saturday, 15 May, 9am to noon.

Aladdin Jr., The Musical
Presented by the students of Elizabeth Sutherland School, Wednesday, May 19 at 1:45 and 7 pm, and Thursday, May 20 at 7 pm. 66 Rockingstone Road, Halifax. For information, call 479-4427.

Lear Family of Fairmount
The AGM of Mainland South Heritage Society will take place Thursday, May 27th at 7 PM, Captain William Spry Community Centre, Spryfield. Our special visual presentation will be "The Lear Family of Fairmount", documented through the 19th and 20th century Lear album of photographs and from water colour paintings done by the Lear sisters. All welcome.

Urban Farm Plant Sale
Annual Plant Sale, sponsored by Urban Farm Museum Society of Spryfield, will take place Saturday, May 29th at Captain William Spry Community Centre, 10 AM to 12 Noon. Donations of plants gratefully accepted on Friday evening, May 28th, between 7 and 8 PM, at the Community Centre.

Chebucto Communities Development Association
The Chebucto Communities Development Association (CCDA) is looking for community minded people who live in the area from Armdale right around the Sambro Loop and might be interested in joining our board. We meet the third Tuesday of each month at 7:00 pm. CCDA works on helping to connect neighbours to neighbours, residents to community groups and partnering with community groups, agencies, businesses, institutions and governments to improve the quality of our community.

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

Volunteer Coordinator wanted
CCDA is seeking a dynamic, part-time Volunteer Coordinator to engage residents in offering and receiving help among neighbours and groups through volunteering, to strengthen neighbourhoods in the Spryfield area.

Interventions Coordinator wanted
CCDA is seeking a dynamic, part-time Interventions Coordinator to engage youths in school and community life, to increase their opportunities for succeeding at school and in life.

S.A.I.L.
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. May's topic will be *Lawyer's help for your Questions and Information*, with guest Pat Cassidy.

Katimavik Volunteers
Spryfield has benefitted enormously from having Katimavik Volunteers contributing their skills to groups over the last two years. In order for them to return to Spryfield in September for another year, they need to find another house to live in.

Seeking House for Rent
Do you know of a 4 to 5 bedroom house, with a kitchen, dining room and living room, in Spryfield, that would be available for rent? If so, please reply to Eva George at egeorge@katimavik-atl.org.

Volunteers Needed
The Urban Farm Museum Society of Spryfield owes its success to our dedicated volunteers but we are always in need of new volunteers to help keep things going. If you can offer us some of your valuable time, no expertise required, to help with one of our programs or events, we would love to have you in our organization. Call Pat at 477-6087 for more information.

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

Elderobics
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

Spryfield Legion Events
LEGION: Bingo every Sunday at 1P.M. Mini Bingo at 6 P.M. and Superstat Bingo at 7 P.M.

Chebucto News Business Directory
Community businesses serving community needs.



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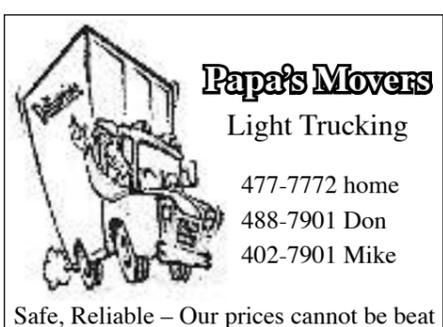
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The miracle of compost – getting gardens ready to grow

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

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

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

There is no need to apply compost where you are going to plant nitrogen-fixing plants such as peas and beans. Save the compost for fruiting plants such as tomatoes, peppers, eggplants, cucumbers, squash, pumpkins and zucchini, and for heavy feeders such as corn. In autumn, if desired, spread 1 inch or less of rough, unfinished compost over the bed. Dig it into the soil and plant a cover crop.

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

When dealing with perennial flowers, trees and shrubs, there is no need to apply compost if the old leaves are left on the ground each winter. In spring, dead stems can be cut up and left in the bed as summer mulch. If you still want to apply compost, spread 1 inch on the soil surface, without touching the crowns or stems of plants. To avoid root damage, do not mix compost into the soil. When planting trees, shrubs or perennials (or lifting and dividing perennials)

mix a spadeful or two of finished compost into the soil in the planting hole. Mulch trees and shrubs with corrugated cardboard topped with shredded bark, leaves, or straw. This prevents weeds and grass from growing.

Contrary to popular practice, it is best to leave grass clippings on the lawn, so that organic matter is returned to the soil. To top-dress a lawn in autumn, mix fine, finished compost in equal parts with good soil, or use compost alone. Cut the grass short and spread the mixture 1/4 to 1/2 inch thick with the back of a rake.

Planting earlier helps extend life of spinach, lettuce

By Marjorie Willison (originally published in July 2004)

If your lettuce and spinach are bolting before you've eaten much, plant them earlier next year. Tiny spinach plants that flower before the leaves can be harvested, and lettuce that flowers and turns bitter before the plants have reached full size, are responding to day length. The long days of fourteen to sixteen hours in June actually trigger the flowering response in spinach. Lettuce will flower with or without long days, once it reaches a certain level of maturity, but long days hasten the flowering response. Hot weather does not cause bolting, but hot weather combined with long days speed up the flowering process. In addition to planting earlier, harvest all the outer leaves to slow down bolting. Phytochrome in lettuce and spinach leaves is activated by light. It causes the hormone florigen to travel from the leaf to the tip of the plant. When there is enough florigen collected in the apex, it produces flower stalks and buds instead of leaves. Picking off the oldest leaves, even if they are not fit to eat, reduces the amount of the hormone that travels to the plant tip. This slows flowering, which will extend the harvest by a week in lettuce, and several weeks in spinach.

Annual weeds, which seem to spring up by the thousands, are small-rooted when young and easy to pull out. The quick way to get rid of them is to stand upright and hold a weeding hoe as you would a broom. Use a sweeping motion to skim off the weeds

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

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

just under the soil surface. Avoid chopping motions with your hoe, which could damage the roots of nearby plants that you want to keep. Perennial weeds, on the other hand, have large, extensive roots. Dig them out, getting up as much of the root as possible. Many people think, mistakenly, that weeds within a row of vegetables compete more for moisture and nutrients than weeds between the rows. In fact, the opposite is true. The Vegetable Research Institute in Britain has found that it is better to remove the weeds between the rows, which is easy to do with a hoe. If you have time to

spare, then remove the weeds by hand within the rows. Weeds also compete more with crops when the crop plants are small. For this reason, be extra vigilant when removing weeds early in the season. As crops grow taller, you can ease up a bit. Of course, it is always wise to remove any weeds before they go to seed, so that you won't have so many weeds next year.

Now that the soil has warmed up, spread mulch to reduce the amount of weeds that grow. Use straw, leaves, compost, seaweed, or even grass clippings if they are too long to leave on the lawn.



Donna and Bill Foley recently won the Petal Medal for their efforts in beautifying Spryfield.

Chebucto Update

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Volunteers really are the lifeblood of any community. Without them, many of the events and services we all enjoy would simply never happen. And let's not forget the men and women who operate such vital services as volunteer fire departments, Citizens on Patrol and Neighbourhood Watch.

According to statistics I've seen, some 12 million Canadians aged 15 and over donate almost 2 billion hours of their time in an average year. That's the equivalent of a million fulltime jobs.

How proud we should all be that HRM has more than its fair share of these

dedicated people.

And finally, by the time you're reading this, the Dingle Tower in Sir Sandford Fleming Park should be open for the season once again.

The opening was delayed slightly because repairs were needed to one of the landings and also to some masonry.

The landmark tower is more than 100 years old and we want to make sure it lasts at least as long again.

Your patience was appreciated.

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

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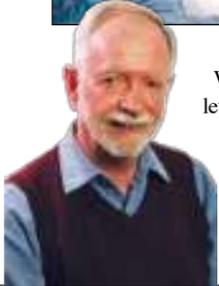
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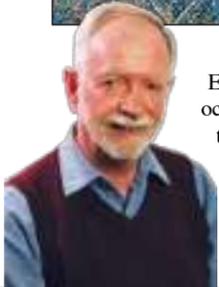


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Dan Doherty 478-4023

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David Sampson, Sales Representative

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SOLD
in March

18 Bryden, Flemming Heights

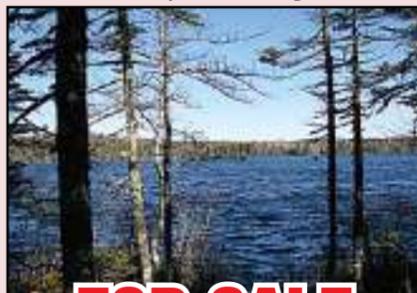


SOLD
in March



If you are interested in adding your house to the “SOLD” list call David today for a free market analysis and consultation. No pressure... no commitment... just good information for you to base your decisions on.

Moody Lake Frontage



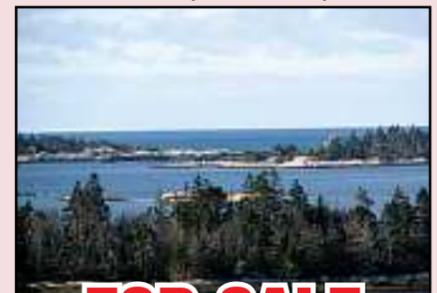
FOR SALE

23 Walton, Fairmount



FOR SALE

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FOR SALE

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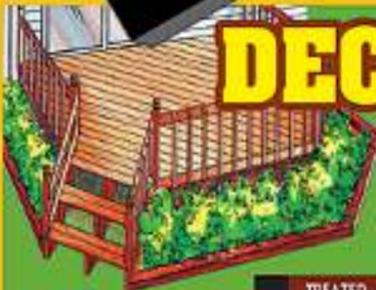
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DEPTH - OUT FROM HOUSE	TREATED DECK PRICES		
	8'	10'	12'
8'	\$399 (#23209908)	\$529 (#23201008)	\$589 (#23201208)
10'	\$489 (#23209910)	\$599 (#23201010)	\$689 (#23201210)
12'	\$549 (#23209912)	\$689 (#23201012)	\$769 (#23201212)
14'	\$649 (#23209914)	\$799 (#23201014)	\$899 (#23201214)
16'	\$719 (#23209916)	\$889 (#23201016)	\$1019 (#23201216)
18'	\$779 (#23209918)	\$979 (#23201018)	\$1119 (#23201218)
20'	\$859 (#23209920)	\$1079 (#23201020)	\$1219 (#23201220)

TIP 'O THE DAY

INTRODUCING THE CONVERTIBLE DECK
Frame your new LumberMart deck with our "A" Grade Real Wolmanized Lumber, then apply either "Blond" composite decking and trim or western red cedar decking as the finish. You can have what appears to be a composite deck. Want to integrate a cedar deck... just for a little more than a treated deck.

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LATTICE PANELS - All in Stock

Treadload LATTICE 4' x 8' (#0348LAI)	Privacy Treated LATTICE 4' x 8' (#0348LAI)	Privacy Plus LATTICE 4' x 8' (#0348LAI)	White Vinyl LATTICE 4' x 8' (#0348LAI)
\$8.77	\$12.77	\$16.77	\$19.77

1" x 1" Nail Strip (#0211LAI) Joiner (#0301LAI) or End Cap (#0210LAI) 77¢

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5/4" x 4" x 8'
DECKING
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\$1.99 per 8' length

ALL #1 CONSTRUCTION GRADE	8'	10'	12'	14'	16'
1" x 4" decking (#0314SVE)	\$3.09 (#0314SVE)	\$4.49 (#0314SVE)	\$5.39 (#0314SVE)	\$6.29 (#0314SVE)	\$7.29 (#0314SVE)
1" x 6" decking (#0316SVE)	\$5.29 (#0316SVE)	\$6.49 (#0316SVE)	\$8.19 (#0316SVE)	\$9.49 (#0316SVE)	\$10.89 (#0316SVE)
2" x 4" (#0324SVE)	\$4.75 (#0324SVE)	\$5.99 (#0324SVE)	\$6.49 (#0324SVE)	\$7.69 (#0324SVE)	\$9.99 (#0324SVE)
2" x 6" (#0326SVE)	\$6.79 (#0326SVE)	\$8.69 (#0326SVE)	\$10.26 (#0326SVE)	\$11.99 (#0326SVE)	\$13.89 (#0326SVE)
2" x 8" (#0328SVE)	\$9.29 (#0328SVE)	\$11.59 (#0328SVE)	\$13.79 (#0328SVE)	\$16.29 (#0328SVE)	\$18.79 (#0328SVE)
2" x 10" (#0330SVE)	\$12.99 (#0330SVE)	\$15.97 (#0330SVE)	\$20.97 (#0330SVE)	\$22.87 (#0330SVE)	\$26.88 (#0330SVE)
4" x 4" (#0344SVE)	\$8.49 (#0344SVE)	\$12.29 (#0344SVE)	\$14.79 (#0344SVE)	\$17.29 (#0344SVE)	\$19.49 (#0344SVE)
6" x 6" (#0366SVE)	\$24.89 (#0366SVE)	\$31.98 (#0366SVE)	\$37.99 (#0366SVE)	\$43.99 (#0366SVE)	\$48.99 (#0366SVE)



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STORAGE BUILDINGS

new lower prices for 2010



TIP 'O THE DAY

FREE

SIZE	REGULAR		DELUXE		SIDED	
	BARN	COTTAGE	BARN	COTTAGE	BARN	COTTAGE
4x8	\$217	\$307	\$437	\$477	\$487	\$637
8x8	\$457	\$487	\$617	\$667	\$677	\$857
8x10	\$597	\$627	\$817	\$867	\$857	\$1,067
8x12	\$687	\$897	\$887	\$967	\$957	\$1,227
8x14	\$787	\$797	\$1,027	\$1,077	\$1,057	\$1,317
8x16	\$837	\$857	\$1,057	\$1,187	\$1,127	\$1,437
10x8	\$627	\$637	\$817	\$867	\$897	\$1,127
10x10	\$737	\$767	\$957	\$1,037	\$1,017	\$1,267
10x12	\$817	\$867	\$1,037	\$1,167	\$1,117	\$1,397
10x14	\$937	\$987	\$1,197	\$1,237	\$1,197	\$1,577
10x16	\$1,097	\$1,237	\$1,217	\$1,387	\$1,577	\$1,727
12x8	\$667	\$757	\$887	\$987	\$997	\$1,247
12x10	\$787	\$887	\$1,037	\$1,247	\$1,147	\$1,437
12x12	\$897	\$987	\$1,147	\$1,347	\$1,217	\$1,637
12x14	\$1,017	\$1,117	\$1,287	\$1,487	\$1,397	\$1,817
12x16	\$1,117	\$1,227	\$1,377	\$1,597	\$1,497	\$1,927

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