

Chebucto News

Vol. 13 • No. 2 • October 2011

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Second Mark of 'Bark in the Park'

By Sarah Boyle

It was a perfect sunny day on September 10th with only a little breeze coming from the many wagging dog tails gathered at Seaview Memorial Park to celebrate the second annual Bark in the Park. Hundreds of people participated with many of them raising money for the SPCA Provincial Animal Shelter. The event took place from 11:00am to 2:00pm, and was nonstop fun.

The event was a success raising \$32 973.00 for the shelter which took in 2000 animals in need last year alone. All of these animals needed costly medical care before being adopted into new homes. All of the money raised through this spectacular event will go to help companions like them in the future.

Some of the SPCA's current dogs were there available for adoption. They paraded around following a piper play-

ing bagpipes. By the end of the event, many of them were adopted.

Even those who didn't adopt a dog might have still enjoyed eating a 'dog'. There was a barbecue stand where people could get meat or veggie hotdogs and burgers. Many people also received prizes for fundraising, or through various competitions. Everybody had fun judging a look-alike contest between owners and their pets, biggest and smallest dog competitions, and many more.

All of these games were announced by Tom Bedell, a host on the Q104 radio station. The station arranged the live music for the event. Q104 was also one of the sponsors along with Iams, a brand of pet food; Petsecure, a pet health insurance agency; Pet Valu, a supply store for domestic animals; Pethealth, a provider of insurance and

integrated health related information services; Bark & Fitz, a supply store exclusively for dogs; and Golden Rule, a professional dog training organization.

There were various tables and activities set up throughout the park. There was a kids' corner with a bouncy castle and face painting. Many of the kids had their faces done as an animal in the

spirit of the event.

At one table there were representatives of the Nova Scotia Lost Dog Network, an organization established as a central point of reference whenever a pet is missing. They were happy to report that they had reached 2700 members and had resolved 350 cases as

(See Second Mark on page 2)

Ghosts in Our Midst

By Carrie Forbes

October is a month of transition as nature prepares for the inevitability of winter, leaving behind its summer bounty like a hazy memory. To mark this transition, early pagans celebrated the human transition from life to death — a metaphorical movement from the autumn of life to winter's end. That particular day was known as All Hallows', in which a solemn remembrance of those spirits left behind would be recognized. In the eve before, a more jubilant remembrance was celebrated to connect with the spirits, or ghosts, giving rise to our modern tradition of Halloween. Although modern Halloween has become a child's extravaganza of candy excess, it is an apt time to reflect on the rich stories of the ghosts that live in our midst.

There are many ghost stories swirling around Nova Scotia. Living next to the sea has meant our history is entwined with stories of tragedy that come from the ocean's wrath. Ghost stories often serve to highlight the human side of these historical moments, and provide us a bone chilling tale to regale over a warm fire with friends. Within the Chebucto loop, we have several interesting spirits among us, and stories of their encounters continue to live on.

The Smelly Ghost of Sambro Island

First, there is the tale of Alexander Alexander, or Double Alex — a spirit who lives in the Sambro Lighthouse. Double Alex was stationed on Sambro Island as a soldier in the 1870's. One day, he was sent to buy provisions for the other soldiers with their money, but had spent it on wine and women. Feeling remorse

(See Ghosts in our Midst on page 2)

Annual Ryan Kidson Memorial Slow Pitch Tournament a Success

Once again, Ryan Kidson's family and friends came together to have fun, raise money and foster community spirit in the 6th annual slow pitch tournament. Nine teams signed up this year, and volunteers made sure everything ran smoothly; from the 50/50 tickets to the BBQ tent.

After a long weekend of swinging bats and pitching balls, Carl Conrad's Red Sox emerged victorious taking first

(See Tournament on page 11)



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Ghosts in Our Midst

(Continued from page 1)

after returning with nothing but a hangover, poor Double Alex hung himself. Stories from past lighthouse keepers tell of Double Alex sitting in the kitchen of the lighthouse tower, dressed in his uniform, and smelling of pipe tobacco and liquor. Others would tell of Alex accompanying them on boat trips to and from the island, recognizable from his distinct aroma.

The Lady of Chebucto Head

Lighthouses are popular haunts for spirits, and Chebucto Head has its own ghost. Back when the lighthouse had tenants, they often saw a lady walking the cliff's edge. She appeared to be soaked to the bone, wearing a rope around her waist. One can only imagine this poor soul's tragedy — falling steeply into the depths of the rough waters below.

The Custodian of St. Michael's Church

Although St. Michael's is relatively modern, there are tales of a gentle old man, claimed to be a former custodian, who graces the church halls. If approached, he will vanish. He appears to have a liking for the organ, which has been known to play by itself.

Deadman's Island Disturbance

The small peninsula of Deadman's Island on the Northwest Arm was established as a park in 2005, commemorating the lives of 195 American soldiers who died in captivity within the prison over at Melville Island. The soldiers, along with other French and Spanish sailors, were buried in unmarked mass graves on Deadman's Island, giving it its name. While clearing the island to create the park, workers saw ghostly lights within the trees in the night time

— an omen that the spirits did not want to be disturbed.

Devils' Island Legend

With a name like Devil's Island, there's sure to be a story waiting to be told. However, the most famous story relates to one of its inhabitants, Casper Henneberry. During a party, Casper came in from being outdoors looking shaken. He claimed he had seen the devil in the form of a halibut. He was found in his boat the next day, having drowned, but with his head and shoulders hang-

ing over the side. Other versions also claim there was a struggle on the beach with evidence of cloven hoof prints left in the sand. Some say that on clear evenings from the mainland, ghost-like lights and fires can be seen.

Stories such as these are not only entertaining, but have become a captive way to pass down local lore throughout the generations. As Halloween approaches, you may look twice at that strange light in the distance — it just may be one of our ancestors.

Second Mark of 'Bark in the Park'

(Continued from page 1)

of the day of the event. The best way to help find an animal is to spread the word of the missing animal, which is what they do. People can help in the organization's endeavors by joining their facebook page to see and share news of a missing pet, or by reporting on lost animals by e-mailing novascotialostdognetwork@gmail.com.

At another table there were members of a therapy dog program run through St. John Ambulance. Throughout Nova Scotia and Prince Edward Island, there

are 200 dogs that go and visit seniors and those sick in hospital. These animals bring comfort to those that they visit. Any dog can be assessed to become a therapy dog. For more information or an application form, people can call (902) 463-5646, or visit www.stjohnambulance.ns.ca.

The Bark in the Park event and the organizations mentioned are just some of the many ways to get involved in the welfare of animals. There are always opportunities. For more information, visit www.spcans.ca

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: Transcontinental 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 / Editorial Inquiries:

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.

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tangelene@live.com

Advertising Inquiries:

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Artwork and Layout:

Sharon Ward Graphic Design
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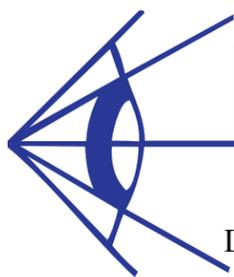
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Chebucto Update WITH MAYOR PETER KELLY, Halifax Regional Municipality



One of the best things about my job is that I get to visit all 23 districts of the Halifax Regional Municipality and meet so many residents first-hand. It's an enjoyable experience for me.

These trips into the community are always very educational and I try to do them as often as possible because citizens can't always find the time to seek out their elected officials and raise issues of interest or concern.

Not long ago, I was fortunate enough to visit the residents of District 18 in company with Councillor Steve Adams and HRM's Chief Administrative Officer, Richard Butts. (Richard joined HRM in March from Toronto where he was deputy city manager and is enjoying getting to know our municipality.)

On our journey, we stopped in Herring Cove to meet residents there and get input and feedback on some of the local issues, including the request for extension of local water and sewer

services.

Travelling around District 18 as far as Sambro, we learned about the various challenges facing individual communities. The issues we encountered were wide-ranging: they included the desire for more community space; the need for street lights in Ketch Harbour; concerns about losing public access to a network of informal trails; and remedies for local flooding.

Trips like these are always valuable because nothing can match the opportunity to connect face-to-face with residents and get to see and hear the issues first-hand. I know Councillor Adams and the other councillors would agree that this allows you to gain a better appreciation and understanding of the issues than might otherwise be the case.

During our visit to District 18, we were impressed by the level of cooperation and understanding demonstrated everywhere we went. The residents with whom we met made it clear that they were more than ready to work with their elected representatives and HRM staff to achieve community goals. (Interestingly, we discovered that it's often the small things that frustrate residents and politicians alike!)

The kind of plain talk and support that we encountered — so typical of HRM residents everywhere — was really appreciated; it certainly makes my job and that of Council a great deal easier in so many respects, when there is no misunderstanding the issue.

Our visit to District 18 was most enlightening and, for his part, our chief administrative officer was impressed with the tremendous diversity of our

municipality in terms of the urban, suburban and rural mix.

Later this month, I hope to spend some time in District 17 with Councillor Linda Mosher and Mr. Butts and get a full understanding of the issues there as well. As I indicated at the outset, it's

a great way to connect.

I welcome your feedback on this or any other topic relating to our community. You can contact me at kellyp@halifax.ca or www.peterkelly.ca or by phoning 490-4010.

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Herring Cove Community Dentistry Welcomes Dr. Jonathan Logan

Dr. Logan graduated from Dalhousie Dental School in 2010, where he remains as a Part-time faculty member instructing both preclinical and clinical classes. He grew up in the Williams Lake/Spryfield area and is happy to be returning home to work in his community.

Dr. Logan will begin accepting new patients starting May 2, 2011.

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DISCOVERING OUR PAST

Descendants of foreign Protestants were first settlers at Northwest Arm

By Iris Shea

References, such as census records and Halifax City Directories, referred to the communities of Jollimore and Boulderwood, before 1911, as North West Arm, Lower Arm or Northwest Arm ws (west side). Occasionally in the 1890s one would see Lower Arm as a name for both communities. By 1911, however, the name Jollimore was well established as a community of permanent residents and summer residents. "Gilpinville" was used to describe the location of Boulderwood, with summer residents living along the shoreline between Boscobel and Boulderwood Drive. The name "Boulderwood" was the name of a house in Gilpinville at the time. In 1915, McAlpine's Halifax City Directory, under the heading "North West Arm", listed the following: "Dumaresq, Sydney R., architect, summer residence 'Boldewood' Gilpinville. Only four other families, all summer residents, were listed for Gilpinville that same year. The 1920 Halifax City Directory replaced the name "Gilpinville" with "Boulderwood", listing six families as permanent residents and two as summer residents. Jollimore, however, had 30 permanent families in 1920 and five as summer residents. Boulderwood had the greatest increase in permanent residents during the early 1950s when the property on the shoreline of Williams Lake was subdivided and sold.

The two areas known as Jollimore and Boulderwood were actually settled in the 1820s by descendants of foreign Protestants with the surnames of Boutilier, Jolimois and Schlagentweit. The term "foreign Protestants" refers to those Europeans who, soon after the founding of Halifax in 1749, were encouraged by the British to settle in Nova Scotia. Recruited by the British agent, John Dick, they came from parts of Switzerland and Germany and from Montbéliard. They sailed from Rotterdam to England, and then to Halifax, Nova Scotia, between 1750 and 1752.

In 1753, Lunenburg became home to the majority of these courageous and enterprising settlers. Among them, from Württemberg, Germany, were Joseph Schlagentweit, his wife Ursula, and their two sons, Jacob and Frederick. They were aboard the ship Sally in 1752 when it landed in Halifax. Twenty-one year old Nicholas Boutilier was a

passenger on the same ship, and 50 year old Pierre Jolimois was aboard the ship Betty that same year. Both Boutilier and Jolimois were French speaking Lutherans from Montbéliard, a principality under the jurisdiction of the Duchy of

where his brothers Frederick and Henry had already settled. The Slaunwhites and Slaunwhites who settled along the shore of the Northwest Arm were descendants of these three brothers and were expert stone cutters.

closure. The 50 acre lot was subdivided by subsequent owners over the next few decades and merchants from Halifax built or rented summer houses along the shore. One acre was set aside for a burial ground for the inhabitants of the west side of the Northwest Arm.

Two sons of George and Sophia Jollimore, John and Frederick, remained at the Northwest Arm and bought two adjoining 50 acre lots in 1844. These two lots now make up all of Jollimore and part of Fleming Park. (John Jollimore's lot was previously owned by his uncle, Martin Slaunwhite). The Jollimores were joined by a third brother, George (Junior) who settled on two acres of Frederick's shoreline. Summer residents appeared on the Jollimore shoreline as early 1865, some renting cottages from the Jollimores, others purchasing building lots from them. The community of Jollimore was named for the descendants of these three Jollimore brothers. In 1908, other families, unrelated to the Jollimores, Boutilier and Slaunwhites, began settling in Jollimore as permanent residents.

George Boutilier married Susanna Westhaver and had two known daughters and one son. They settled at the Northwest Arm in 1830 on two acres of George and Sophia Jollimore's land (where Boulderwood Drive is now located). In 1844, Susanna drowned in the Northwest Arm in front of their house. Their only son, George (Junior) moved to Jollimore where he settled on part of Frederick Jollimore's land.



Shown here is a 1915 photograph of some descendants of Pierre Jolimois, Joseph Schlagentweit and Nicholas Boutilier. From left to right: George Jollimore, Fred Boutilier, Francis (Tiny) Slaunwhite, Eli Slaunwhite (father of Francis), and Josiah Boutilier (father of Fred)

Württemberg. Years later Montbéliard became part of France.

In the early 1800s, a number of families, children and grandchildren of the original foreign Protestants, left Lunenburg to settle at the head of St. Margaret's Bay.

Jacob Slaunwhite, son of Joseph Schlagentweit and Ursula Keller, was among them, as was George Boutilier, eldest son of George Boutilier and Anna Barbara Clattenburg and grandson of Nicholas Boutilier and Judith Metin. George Jollimore, son of James Jollimore and Catherine Robert and grandson of Pierre Jolimois and Judith Jodrie, joined the Slaunwhites and Boutiliers at the head of St. Margaret's Bay. Through generations of intermarriages, these three families were related by the time they settled on the west side of the Northwest Arm.

Jacob Slaunwhite married Maria Elizabeth Rigoleau and had 12 known children, four of them sons. One son, Martin, bought a 50 acre lot at the Northwest Arm and, from 1823 to 1835, travelled from St. Margaret's Bay to the Northwest Arm on a seasonal basis to work in the quarries around Williams Lake. Martin's Pond (now Cunard Pond) was named for him. In 1835 Martin Slaunwhite and several of his children settled permanently at Terence Bay

Frog Pond Slaters, 1915 Photo Courtesy Mainland South Heritage Society

George Jollimore moved to the Northwest Arm in 1826 with his wife, Sophia Slaunwhite, a daughter of the above mentioned Jacob and Maria Elizabeth. They had 16 known children when they bought a 50 acre lot at the Northwest Arm from quarryman John Trider. This lot is now most of Boulderwood, from Boulderwood Drive to, and including, Boscobel. George and Sophia Jollimore and several of their children relocated to Terence Bay in 1850 after losing their property in an act of fore-



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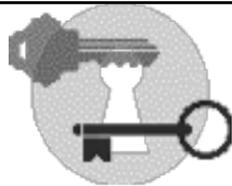
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Letters To The Editor

I take issue with the commentary made by Lorrie Boylan in marginalizing my right to live in a coastal community. Also, Fog-horns/whistles have been a contentious issue (noise) by residents in coastal communities long before most members of this community were born. Many scientific studies show that noise pollution is serious to human/animal health and increases heart disease, disease associated with sleep deprivation, general well-being and the right to a secure and safe environment. In 2009, we had to listen to a re-instated fogwhistle over a million times seriously affecting our health and lives. Anyone who has any sense of empathy, compassion, or common sense can see the problem here. This device could be heard 5.75 kilometers away and ran continuously.

Governments around the world use similar sounding devices as actual torture devices.

An attempt to re-instate, for the second time, a device that has been proven completely unnecessary is unjustified given the risks to human/animal health. It has been proven by legitimate fishers, boaters, coast guard officials and the IALA that a fog signal is not necessary and can be confusing to mariners, but it has been played out as a safety issue for several years now. Playing politics with peoples lives based on sentimentality is clearly a form of abuse.

Karen J. Henneberry

When I saw the headline "Additional Work Slated for Herring Cove Road" in the Vol. 12 No.12 August edition, I thought, "Good! Councillor Steve Adams is finally going to

get the bike lanes started." Readers will remember that the Councillor virtually led the charge to veto staff's plans for a bike lane in the "downtown Spryfield" part of Herring Cove Road two years ago.

Well, I was wrong. Instead the work, now conveniently delayed until the 2012 civic election year, will cater to the automobile to "generate better traffic flow." So my challenge to the Councillor penned in these columns at the time of the veto still stands: "tell us what your plans are for bicycles on the Herring Cove Road?" We are still waiting.

Regards, Alan Ruffman

Dear editor:

Nova Scotia has one of the highest rates of obesity in Canada. With inactivity and unhealthy eating becoming more prevalent, doctors in the province encourage children and youth to lead the way to a healthier society.

Good nutrition is essential for children to develop into healthy adults. Parents can play an important role in shaping their children's eating habits. Breakfast is the most important meal of the day. Without it children may be tired, irritable and find it difficult to concentrate in class. Children who eat breakfast tend to feel better and often perform better in school.

Despite best efforts, it can be difficult to monitor what children eat when they're not at home. Packing a 'paper-bag' lunch is one way to provide healthy lunch options for your children. Choose a variety of foods from the four food groups of Canada's Food Guide, make sandwiches with different

kinds of grain products and add vegetables and fruits.

Parents should also educate children about the dangers of caffeinated beverages. While many students believe energy drinks will provide them with increased energy and alertness, Health Canada reports that too much caffeine can result in nausea and vomiting and/or heart irregularities and anxiety. A small amount of caffeine could also cause sleeping problems, headaches, irritability and nervousness.

Being healthy also means being physically active every day. Whether your child is a member of the Doctors Nova Scotia Youth Running for Fun program, a sport team,

participates in extracurricular activities or simply walks to school, it's imperative for young Nova Scotians to be physically active in order to sustain good overall health.

Physicians encourage parents, children and youth to eat breakfast every day, include physical activity as much as possible and make healthy choices when preparing meals. Taking control of your life begins with caring for and respecting your body. It has to last you a lifetime.

Sincerely,

John Chiasson, BSc, MD

President

Doctors Nova Scotia

www.doctorsns.com

OBITUARIES

(Continued from page 14)

memorial service celebrating Alvina's life was held on Thursday, August 25, 2011 from the funeral home chapel, with Rev. Dianna Brett-Frye as clergy. A reception followed the service. Interment will take place at a later date. The family would appreciate remembrances to the Heart and Stroke Foundation of Nova Scotia or to the NS Lung Association. Words of comfort may be sent to the family by visiting www.walkerfh.com

Walter Derengoski

Derengoski, Walter John: 65, of Halifax, passed away peacefully at home on June 17, 2011, surrounded by his loving family. He was the son of the late Walter and Lena (Stawnychko) Derengoski. He is the last surviving member of his immediate family. Walter is survived by his loving wife, Kathy (MacDonald); son, Walter B. (Mandy Owen); daughter, Jennifer; many nieces, nephews. Walter was predeceased

by his twin sister Mary. Walter attended Queen Elizabeth High School and Halifax Regional Vocational School and became a Licensed Refrigeration Mechanic. He was employed with HRM for 32 years; the last 14 years as Chief Operator at Devonshire Arena. He respected and was respected by his many co-workers and hockey players at the rink, and was a dedicated union member. He took great pride in his work and was known by many as the "Zamboni Man". Walter was a devoted husband and father to Walter Jr. and Jennifer. In life and even in death he never stopped providing for his family. He never hesitated to give a lift to family or a friend, no matter how busy or tired he was. Arrangements were under the care of J.A. Walker Funeral Home (2005) Ltd. A service of remembrance was held on Thursday, June 23 in the funeral home chapel. Interment has taken place in St. John's Cemetery. Words of comfort can be sent to the family by visiting www.walkerfh.com

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HRM's District Boundary Review

On July 27th the Nova Scotia Utility and Review Board (NSUARB) released their decision that there will be 16 Polling Districts and Councillors plus the Mayor to represent residents of HRM in the 2012 Municipal Election.

The change from 23 to 16 districts will mean the new polling districts in HRM will be quite different from what they are today.

HRM will be holding a series of public information meetings to review the proposed polling district boundaries. These evening sessions, scheduled to run from **September 19th to October 6th**, will provide further detail on the boundary review process as well as gather feedback from residents. Meeting dates, locations and times are listed below:

Date & Time	Location
Monday September 19th - 7pm	Halifax Hall - 1841 Argyle Street, Halifax
Wednesday September 21st - 7pm	Sackville High School, Cafeteria - 1 Kingfisher Way, Lower Sackville
Wednesday September 28th - 7pm	Lakeside Fire Hall - 26 Myra Road, Timberlea
Wednesday September 28th - 7pm	Sheet Harbour Lions Centre - 183 Pool Rd, Sheet Harbour
Thursday September 29th - 7pm	Dartmouth Sportsplex, Nantucket Room - 110 Wyse Road, Dartmouth
Wednesday October 5th - 7pm	Eastern Shore Recreation Centre (Arena), Bingo Hall - 67 Park Road, Musquodoboit Harbour
Wednesday October 5th - 7pm	Canada Games Centre, Community Board Room - 26 Thomas Raddall Drive, Halifax
Thursday October 6th - 7pm	Basinview Drive Community School, Cafeteria - 273 Basinview Drive, Bedford

HRM residents also have the opportunity to provide their views through an online survey, available on HRM's website: www.halifax.ca/boundaryreview. Residents can participate from now until October 14th, 2011.

Day and evening appointments available.

Spryfield and District Business Commission Board Volunteers at Sambro Sou'Wester Days



SDBC Board Members Ryan Brennan, Eric Caines and Irene Swindells helped in the beer tent at Sou Wester Days

For the second year, members of the Spryfield and District Business Commission volunteered to help out at the Sambro Sou'Wester Days festivities. In addition to putting "Woody", the 1949 antique fire truck sponsored by Lumbermart, in the parade, several members of the board of directors were pleased to help out at the entertainment tent. "It certainly was nice to be able to come out and volunteer at such a worthwhile community event" said Irene Swindells, secretary of the SDBC board of directors.

The SDBC board of directors looks forward to volunteering at this event in the future and wish the community continued success.

Spryfield and District Business Commission Board of Directors

Dan Doherty, Exit Realty, Chair 478-4023
 Ryan Brennan, Clyde Paul and Assoc., Vice-Chair 477-2518
 Irene Swindells, Melville Heights, Secretary 477-3313
 Eric Caines, Cemanco Properties, Treasurer 477-6621
 Darlene Croscup, Royal Bank, Board Member 421-8973
 Bruce Cooke, Marriot Containers, Board Member 876-7388
 Harlin Hayes, A. J. Gallagher Ins., Board Member 479-3314
 Fred O'Hearn, Lumbermart, Board Member 477-6500
 Bruce VanBuskirk, Blade Lawn Care Landscaping, Board Member 499-2823

Spryfield and District Business Commission Opens New Office

The Spryfield and District Business Commission, in an effort to have a more significant presence in the community, have established a business office in the Royal Bank Building, 339 Herring Cove Road, suite 211. The SDBC is a non-profit organization which lobbies different levels of government on tax issues, development, safety and a host of other issues. The SDBC also runs the beautification program, installing flower baskets in the summer, holiday wreaths in the winter and the banners along Herring Cove Road. Currently, the SDBC has a modest budget and is only able to fund one part time position.

Office hours are from 11:00am – 2:00pm from Tuesday to Thursday or by appointment by calling Bruce Holland, Executive Director at 452-7472. Please feel free to drop in and see us to discuss any matters of concern or just to say hello.

Spryfield and District Business Commission seeking input on Expanding the Business Improvement District

The Spryfield and District Business Commission have seen many improvements in the area since its beginning in 2004. The board of directors, some of whom are not inside the BID area but have chosen to become associate members, feels it is time to expand the BID area to include businesses out as far as Herring Cove and are seeking the opinions of the businesses in this area as to whether or not they are open to joining the business commission.

Board Chair, Dan Doherty said "we believe the work of the SDBC has benefited the businesses over the years and it is time to expand our work to a larger area."

"Ideally we would like to represent all of the businesses around the entire "loop", however it is prudent to start with one area and then expand," said Mr. Doherty.

Notice will be given to all businesses in the proposed expansion area and there will be a public meeting to gauge the support for such an expansion. Should sufficient support exist, every commercial property owner will have a vote on the proposed expansion.

For more information or to voice your opinion on this matter you may contact any of our board members or the executive director, Bruce Holland at 452-7472.

Spryfield Santa Claus Parade Committee Seeking Volunteers

This year will mark the 37th Annual Spryfield Santa Claus Parade, a feat that this community can be very proud of. This year, the parade will be held on Sunday, November 27, 2011, starting at 2:00pm.

As always, it takes a lot of volunteers to make the parade happen and the parade committee is always looking for new volunteers to help make the parade a success. Anyone interested in volunteering to help out or would like an application to enter the parade may contact Bruce Holland at 452-7472.

Minister of Health to be Guest Speaker at Fall Networking Session

The Spryfield and District Business Commission, in partnership with the Chebucto Community Health and Wellness Centre Team, are pleased to host a networking session for all businesses and interested individuals. The event will take place on Tuesday, October, 18, 2011 from 12:00pm – 1:00pm at the Chebucto Community Health and Wellness Centre in the South Centre Mall and will feature the Honourable Maureen MacDonald, Minister of Health for the Province of Nova Scotia, as guest speaker.

The purpose of this networking session is to let the business community know about the services and programs offered free to businesses and their employees.

A light lunch and refreshments will be available and we hope that the business community will take advantage of this opportunity to hear first hand from the Minister how the Health Department is working to make our Health Care System work for everyone.

Upcoming Events

Fall Networking Session

Chebucto Community Health Centre
 South Centre Mall
 Tuesday, October, 18, 2011, 12:00 noon – 1:00 pm
 Guest speaker: The Honourable Maureen MacDonald, Minister of Health, Province of N.S.

Spryfield Santa Claus Parade

Sunday, November 27, 2011, 2:00 pm

SDBC Festive Lobster Dinner

Thursday, December 8, 2011, 6:00 pm – 9:00 pm
 Golden Age Social Centre, Herring Cove Road

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/ Donairs & 3 Cans of Pop
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Any 10 Chicken Wings
Any 9" Nachos
Any 2 Small Donairs / Subs / Wraps

Deadly Asbestos still in use

By Lorrie Boylen

On Mother's Day 2011, Cathy Conrad of West Pennant suffered the loss of her beloved father. He died a painful, suffocating death from mesothelioma, a cancer of the protective lining of many internal organs caused by exposure to asbestos. Although he did not work directly with asbestos in his 23 year career with the Air Force, he was exposed to it via the pipes in the buildings in which he worked.

toxic substance is big business for the town of Asbestos, Quebec and if the industry were to shut down it would decimate that town and its industry. Quebec is the only Canadian province to continue to mine asbestos and it has announced a \$58 million loan guarantee that will keep one of the mines open. The Conservative government feels that chrysotile asbestos can be used in a safe manner if proper precautions are put in place. It has repeatedly blocked the at

the Canadian Nurses Association, the Canadian Cancer Society and others. Canada's medical doctors have described Harper's policy of supporting asbestos as shameful and unconscionable. One U.S. magazine referred to Canada's "breathtaking hypocrisy" for exporting asbestos while spending millions to remove it from three buildings on Parliament Hill.

The outrage of Conrad and other concerned citizens across this country have caused a flurry of emails across the country, urging the government to value human life over money. The identical cookie cutter response is being sent from Conservative MP offices across the country, containing inaccurate information and promoting the propaganda of the Chrysotile Institute, the asbestos industry lobby organization.

Politicians change their minds on issues when they see that it matters to their constituents. She is passionately urging all Canadians who have a conscience to let their government know that it is unacceptable for them to continue to endanger human lives.

Write, call or email any or all Conservative MPs. A list of all MPs and their contact information can be found online at: <http://www.parl.gc.ca/MembersOfParliament/MainMPsCompleteList.aspx>

For more information or to learn how you can get involved, email Cathy at cconrad@smu.ca.



Cathy Conrad and her father Christmas 2010

Conrad and her 10 year old son, Jakob, will be featured in an upcoming documentary by Operation Maple. After her father's death, she learned that the Canadian government is still exporting asbestos to many developing countries. She has since then been attempting to meet with the four Conservative MPs in Nova Scotia to try to change their position on this matter. She and Jakob have so far met with Scott Armstrong, the Cumberland-Colchester-Musquodoboit Valley riding. Armstrong held strong with the government's position. If Canada does not sell the product, some other country will, a response which smacks of the corner drug dealer's answer as to why he sells drugs to children.

Exporting this highly dangerous and

tempts by the United Nations to list the product in the Rotterdam Convention, an international list of hazardous chemicals, which would simply have required the product to bear a safety label. This would have allowed countries that are not able to use and handle asbestos safely to block its entry and protect human health. Currently, the countries who are importing this product do not exercise the same precautions and safety measures as we do here. After all, the product is not labeled as being harmful.

CBC's Canada's Ugly Secret provides ample evidence that asbestos is not being used safely. In addition, overwhelming evidence has been provided by the World Health Organization, the Canadian Medical Association,

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I am excited about our new Junior C Hockey Team, and what this means to our community. The Spryfield Silver and Black Attack has a mix of former Junior C players and those who have been out of the game for a year or so. We have a good combination of speed, grit and tenacity. Our experienced coaching staff, Paul Strople, Josh Priest and Adriaan Werson are working with the players to prepare them for this season. Chebucto Minor Hockey has been extremely cooperative in working to ensure our schedule is compatible with our league's requirements. I would be remiss if I didn't recognize a few individuals who have helped with this effort. Ryan Brennan has provided some great advice. Megan Roache has made sure our bills are paid and our books are kept up to date. Wallace Thompson took care of the Silver and Black Club licensing. And finally, our rink staff. Sonny Sampson, Mike Coombs, Greg Lynch and Joe MacDonald have helped in so many ways, that it would be impossible to list them all. Thank you, guys.

This is going to be a great year for Junior C Hockey in Spryfield. I invite you all to come out and support these young men. You won't be disappointed.

Stephen Adams

Home Games Schedule, Spryfield Arena

Saturday 8:00 PM

October 8th vs Oxford

November 5 vs Clare

November 12 vs Chester

November 19 vs Barrington

November 26 vs Avon

January 21 vs South Shore

February 4 vs Fundy

Sunday 3:00 PM

October 9 vs Barrington

October 30 vs Fundy

November 6 vs Clare

November 13 vs Oxford

January 15 vs Chester

January 29 vs Avon

February 5 vs South Shore

Away Games Schedule

Friday October 14 at 9:15

Sunday October 16 at 1:30

Friday October 21 at 8:00

Saturday October 22 at 7:30

Friday November 11 at 9:15

Sunday November 27 at 1:30

Saturday December 3 at 7:00

Sunday December 11 at 1:00

Sunday December 18 at 1:00

Friday January 6 at 8:00

Saturday January 7 at 8:00

Friday January 20 at 8:00

Sunday January 22 at TBA

Friday January 27 at 8:00

vs South Shore at Liverpool

vs Avon at Brooklyn

vs Clare at Clare

vs Barrington at Barrington

vs South Shore at Liverpool

vs Avon at Brooklyn

vs Chester at Chester

vs Oxford at Oxford

vs Oxford at Oxford

vs Fundy at Tatamagouche

vs Clare at Clare

vs Barrington at Barrington

vs Chester at Chester

vs Fundy at Tatamagouche

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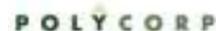
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The End of the Gardening Season

By Jane Zentner ~ I Grow Vegetables
The growing season is coming to an end for this year, and so is my column. The October days are short and the nights are cool, with the temperature sometimes dropping below zero. The freezing temperatures kill a number of the veggies including: beans, cucumbers, squash, pumpkin, tomatoes, eggplant, peppers and corn. A touch of frost damages the plants and immature fruit but not mature squash and pumpkins, and nor will it hurt ripe bean seeds. If your plants are still productive when frost is forecast, you may wish to cover them. Wait for the air to warm up the next day before removing the covers.

Although most potatoes will already have died back and been harvested, some late potatoes may still require digging. Dig them up, lie them out long enough to dry, then store in a cool dark location. Darkness is required to prevent the potatoes from turning green. Green potatoes are mildly toxic and should not be eaten. Do not wash your potatoes before storing them, as unwashed potatoes keep better.

Many vegetables survive light to moderate frost and continue to grow. Fall growth is slow, due to the cool temperatures and short sunlight hours. Remember to harvest the peas as soon as they reach the desired size or they may begin to ripen and become bitter. Broc-

coli should be harvested when the flower buds have formed. Left too long the buds will open into a cluster of yellow. Cabbage should be harvested as soon as the head is firm even if it is small.

Carrots, celery, Swiss chard, leeks, lettuce, parsnips, spinach and turnip not only survive light to moderate frost, but actually keep better left in the ground then in the fridge. Leave them out until use, unless the snow is about to fall or the ground begins to freeze. Celery leaves can be dried for use in soups and sauces. Someone said they covered their carrots with straw to keep them from freezing. During winter warm spells they would remove the straw and enjoy fresh dug carrots. Carrots, being biannual, will go to seed if left to grow the second year. The seeds I grew from a carrot I let go to seed had crossed with Queen Anne's lace (wild carrot) resulting in white multi-branched roots.

Winter turnip and parsnip are sweeter following first frost. Many of the parsnips left to overwinter in Halifax were in good shape for eating in the spring. If left to grow, the roots become hard, and plants go to seed. The leeks that managed to survive the winter were not in good shape in spring, however they recovered and grew seed heads. Although the turnips and Swiss chard often survived until snowfall, none made it through the winter.

In Nova Scotia, garlic is best planted in October for harvesting in the following August. Cover the newly planted garlic with mulch. I use about 4 inches (10 cm) of loose straw which provides insulation to reduce winter kill. In the spring the garlic grows up through the straw (if it is not applied too thickly) but most weeds don't. Note that using straw mulch around veggies will prevent many weeds from growing,

however it also provides a good habitat for slugs. Since slugs do not bother garlic the layer of straw mulch can be left on to reduce weeds during the growing season. In Halifax, it has been noted the Garlic planted on Halloween keeps vampires from the garden, at least I have never seen a vampire in a Halifax garden. This being said, further inland where it cools off sooner, it may be best to plant the garlic in mid October.

Annual Ryan Kidson Memorial Slow Pitch Tournament a Success

(Continued from page 1)
place. Second place winners, and winners of the Sportsman Award, were the Coyotes. The 50/50 draw was won by Roy Boudreau. Roy's wife will now be looking stylish around town in a brand new pair of Calvin Klein sunglasses that she won at the event. This year's money square winners were Debbie Gillis and Ashley Rudolph, who each won \$100.

The family would like to express

their gratitude to all the volunteers who helped make everything run so smoothly. The BBQ team who kept everyone happy and full; the umpires who ensured the games ran without a hitch; the coaches who put in the time and effort to ensure their teams did their best and had fun in the process; and those individuals who ran the 50/50 draw and other games. Without all the support of these people, this annual event could never take place.



First Place Winners pose with their medals and trophy

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Chebucto Head Road gets a tour

By Stephen Adams, HRM Councillor, District 18

On August 18, I took a tour of our District with Mayor Kelly, CAO Richard Butts and the Mayor's Chief of Staff, Debbie Chambers. We discussed a wide range of issues, from sink holes, pathways, recreation facilities, and sewer and water. I was able to point out issues that affect us all on an everyday basis; such as pot holes, unrepaired street cuts, and aesthetics in our community.

One issue we discussed was that of Chebucto Head Road and the terrible conditions that exist. Although I have described it verbally, you have to experience it to get a true appreciation of how bad it really is. So, we took a drive. It didn't take long for my guests to realize that no one should have to endure this type of road. School buses now refuse to travel this road and I am sure other service vehicles are hesitant to go near it, as well.

This road is owned by the Federal Department of Transport. As I understand, they are trying to have it removed from their inventory, and our staff is working to facilitate this. Once this is done, it will become part of DNR's inventory. I am hopeful that our provincial government will bring this road to a standard which will allow these residents safe access to and from their homes. We will watch the progress of this issue as it slowly moves along.

Another issue that seems never to go away is that of the grassy area at Dentith Road and Old Sambro Road. I cannot tell you how many emails I have sent asking for someone from the Provincial Department of Natural Resources to simply cut the grass; this is not unreasonable. I have written in previous columns that there are local companies, and now a list of local residents, who are willing to donate their time and equipment. Mayor Kelly and I are taking another run at this. Hopefully, we can come up with some results.

We also discussed the situation facing residents of Leiblin Park regarding Halifax Water's letter with respect to storm sewer hook-ups. Under legislation, residents are supposed to discharge their storm water from a sump pump or rain gutters into the storm water system. Moreover, some discharge directly into the sanitary sewer which causes an over-load. However, not all residents have access to a storm water system. Parts of Devon Crescent, Elmsdale Court, and all of Ivylea do not have these systems in place. We will either have a residents' meeting or other form of communication to address concerns, co-ordinate work and offer solutions. I have also asked that Ivylea Crescent be

a priority for this year's Capital Budget for a storm sewer.

We met in Sambro with Donny Hart and Patty Gray to discuss a number of issues affecting the community. A future recreation centre, along with the future of the existing fire hall were our main topics, along with street lighting and some federal issues.

Our last stop took us to Herring Cove, where we met with Brian Dempsey. We discussed the final phase of sewer and water, the breakwater, various flooding issues, and development concerns. We are compiling the information requested, and looking for funding partners for these projects. As I have indicated in previous columns,

we need help from our provincial and federal governments to complete the final phase of the sewer and water. The Pilotage Authority has contacted me regarding the breakwater and we have begun the process to address development concerns.

On September 13, I asked council to support a motion to look at changing our Noise By-Law so that construction work would start no earlier than 8:00 AM on weekdays. At present, it is starting at 7:00 AM on the Governor's Brook project, and causing significant concern for some neighbours. However, it must be made perfectly clear that all work done to this point had been within existing by-laws.

Boundary changes—your opinion counts

By Linda Mosher, HRM Councillor, District 17

This past July the Nova Scotia Utility & Review Board (NSUARB) decided to reduce the number of HRM Councillors by seven. During the next election, residents will vote for 16 Councillors instead of 23. As a result of the NSUARB's decision, the boundaries for each district will be substantially different as eliminating seven districts will increase the remaining population in each new district by about a third. On average each new district will have about 21,000 voters compared to 14,000 today.

The next step is to determine where the new district boundaries will be and you as a resident of Halifax can define our future. This is a difficult task as it is basically a numbers game. It will be impossible to keep all communities of interest together or historical boundaries. For example, scenario two splits the community of Armdale into 2 districts via the St. Margaret's Bay Road, and divides the Springvale School area; while scenario one keeps both of them

united. It is up to you to express your opinion on the two scenarios and to determine the best boundaries for the next municipal election. Please make your opinions known by contacting HRM. We are conducting an on-line survey at www.halifax.ca (ends Oct 14). As well, we are holding eight public meetings to ascertain public input. The closest meeting to our district is being held on Wednesday, October 5th at 7 p.m. at the Canada Games Centre Community Boardroom, 26 Thomas Raddall Drive, Halifax. Originally the Clerk's Office could not find meeting space and they were only scheduling the September 19th meeting in downtown Halifax. I gave them many suggestions and fortunately there is now one in mainland Halifax. Although it would have been nice to have one in District 17 or 18, due to required timelines there are only eight public meetings covering all 23 districts.

NSUARB will make the final decision and you can contact them directly regarding your preferences at: Nova Scotia Utility and Review Board at: PO Box 1692, Unit M, Halifax, N.S. B3J 3S3 or 424-3919 or uarb.board@gov.ns.ca. Their public hearing is set for Monday, November 7, 2011. If required this will be continued on November 9 and 10. Anyone interested in making a written submission or speaking at the NSUARB hearing should contact them

directly.

Quite often there are differing views when it comes to things like traffic/public transit preferences, parks and development intensification. However, the NSUARB must make a decision on boundaries that are the best case scenario. Regardless of which boundaries are chosen, the current areas included in Districts 17 and 18 will change substantially. In the former Halifax area the population has declined compared to suburban and rural areas of HRM. As such, instead of the existing four districts on the peninsula, there will only be two and one half. This means that some of the peninsular population must be combined with districts such as ours on the mainland. Depending upon which scenario is chosen there could be a loss of municipal representation. For example, scenario two has most of the existing Districts 17 and 18 combined, so our communities would go from two elected representatives to one!

HRM's survey and public meetings present the two different scenarios for boundaries. As taken from the HRM website, "Scenario one follows the general outline of current district boundaries while expanding the size and voters in each district. Scenario two builds district boundaries out from Halifax Harbour moving out in an easterly and westerly pattern taking into account the

(See *Boundary Changes* on page 13)



Peter Kelly
Mayor

Halifax Regional Municipality

(902) 490-4010
kellyp@halifax.ca

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



Linda Mosher

HRM Councillor, District 17
Purcell's Cove – Armdale

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Funding for arts and culture necessary to keep communities vibrant

By Megan Leslie, MP for Halifax

Art and culture help drive a community, both socially and economically. They provide space for discussions of ideas and philosophies, as well as inspiration for innovation in business and marketing. The arts enrich our community and culture helps develop stronger bonds and better understanding amongst neighbours.

Arts and culture act as a motor in our economy, something that numerous studies have shown, because the multiplier effect of money being put into arts and culture creates an economic benefit for all the related industries, from the purchasing of materials and construction, to advertising and marketing.

A vibrant arts scene attracts new residents and tourists, and helps stimulate urban regeneration by opening up new worlds for disadvantaged and marginalized youth.

New Democrats are committed to supporting our shared cultural heritage by strongly advocating for increased funding of Canada's performing arts, cultural institutions, and creators. We want to see increased public funding for the Canada Council and implement tax averaging for artists and cultural workers, because this has social and economic benefits.

Our national institutions are very much part of the cultural fabric in Canada. To protect them, the NDP is promoting the need for a matching grant for Canadian museums, historic buildings and heritage lighthouses, and tax incentives to ensure the restoration and preservation of historic buildings. These institutions create ties between the past and the present, promote a better understanding of our history, our struggles and our successes, and they are beacons for tourists who want to visit Canada. Protecting them will have social, educational, and economic benefits.

Our government needs to support and promote Canadian television content and theatre programs, and re-focus the mandate of the CRTC to promote and protect Canadian cultural industries, with effective rules on foreign ownership of Canadian tv and telecom networks and sustained funding for the Canada Media Fund and Telefilm

Canada, which help create home-grown, Canadian tv and cinema.

I want to assure you that my New Democrat colleagues and I will continue to be consistent in our support for the CBC.

Our national public broadcaster is extremely underfunded and this has forced the CBC to cut stations and services, lay off hundreds of staff nationwide, and sell off assets for one-time cash income. The CBC's ability to deliver the programming has been greatly reduced, and this affects its ability to produce the informative journalism that it is known for.

CBC plays too important a role in Canada to be allowed to deteriorate. Public broadcasting is found around the world, particularly in developed economies like Britain and Japan, where hundreds of dollars per person are spent. In Canada we spend less than 30 dollars per person, which greatly

diminishes the opportunities to develop programs that are essential for the public discourse and for education, and the promotion of arts and culture through programs not offered by commercial broadcasters.

Our current government has a poor record on promoting and supporting Canadian arts and culture, and the NDP will continue to challenge that.

The role of politicians is both as a voice in Ottawa for their community, but also as an agent of community development. The importance I place on art is one of the reasons why I set up my constituency office as a public gallery to showcase the artwork of local artists, something I've done since I hosted my first community art opening on September 11, 2009.

I'm very lucky to have the support of a volunteer committee of art enthusiasts, who help set up the rotating

series of exhibitions that take place on a quarterly basis at my office.

The next art exhibit will be a featured stop during the annual Nocturne Halifax - Art at Night! festival on October 15, 2011. We will have our doors open to the public the night of Nocturne. Go to <http://www.nocturne-halifax.ca> for more info on the Nocturne festival. I'm pleased to announce that our featured artist will be Spryfield painter Maurice D'Entremont.

Please come and join us the evening of October 15, 2011 during Nocturne Halifax - Art at Night!

If you have any questions or concerns about the NDP's policies on arts and culture, or the work we are doing to pressure the government to take a stronger role in their support and promotion, please write to me at megan.leslie@parl.gc.ca, or 1-2207 Gottingen St., Halifax, NS B3K 3B5.

Boundary changes

(Continued from page 12)

required number of voters per district and community patterns." The survey then gives you an option to pick scenario one or two or "I don't like either of the options described above". There is space to indicate why you made the choice you selected. Then there is a section to add any thoughts and/or suggestions to refine the boundaries. HRM staff will be making the decision on which scenario to put forward to the NSUARB. It doesn't have to be the exact scenarios that they are showing the public, as there can be some tweaks and refinements based on community input. The boundaries that HRM puts forward must meet the specific criteria set forth by the NSUARB, namely, 1) the number of voters in each district is to be about the same but can have + or - 10% maximum and in certain cases they will allow for voter variance up to 25% (such as very remote large geographic areas) 2) communities of interest 3) whether it is primarily an urban, suburban or rural district 4) the geographic size of the district.

The NSUARB review entails only

physical polling boundaries. It would be greatly appreciated if residents could take the time to fill out the survey and attend an HRM meeting to indicate your preferences. HRM has posted new maps that more clearly show existing and proposed boundaries. The final stage will be a public hearing by NSUARB and it is very important that your views are considered. Please keep in mind communities of interest, including,

but not limited to, school boundaries, sports team boundaries, parks, policing, development and all municipal services. Unfortunately some of the outcomes will result in existing communities (and their Councillors) being pitted against each other. The ultimate goal is to find the best combination of physical boundaries and communities of interest. Please take the time to share your opinions on this important issue.

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Chebucto News Community Events

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

COMMUNITY EVENTS FOR OCTOBER

Wanted: Singers The Quarter Note Singers is a community choir which meets Thursday nights from 7:00-9:00 p.m. at the Captain William Spry Community Centre. Our first practise of the season will be on September 8th. Please come and join us! For more information contact Steve at 477-2664.

Captain William Spry - 25th Anniversary Celebration Celebrate the 25th anniversary of the Captain William Spry Library. A celebration for the whole family with live music, refreshments and An Incredibly Short History of Spryfield — a new puppet show for all (including adults). Live music by the Quarter Note Singers and Alex and Heather Mills Captain William Spry Public Library Saturday, October 1 / 11:45 am (Regular children's puppet show is at 11am)

Building Better Sleep Everyone needs sleep. Do you ever wonder how you could get a better night's sleep? How well you sleep can make a difference in how you live your life. Join us at the Captain William Spry Library for a discussion on how to promote better sleep in your life. Wednesday 12 Oct / 7pm

Elder Learners Lecture

Saturday October 29th 2011 9.45 am
Saint Mary's University, McNally Theatre Auditorium, Robie St., Halifax

The Theatre Arts Guild

Present Laughter A crowd-pleasing comedy, bordering on farce, from one of the world's greatest playwrights. Written by Noel Coward and co-directed by Rebecca Humphreys and Eric Rountree. Runs: Sept. 22 - Oct. 8, 2011
Captain Hook's Revenge A British Pantomime with slapstick, silliness, and a fairy. Oh, and don't forget the neurotic crocodile! Written by Richard Coleman and co-directed by Angela Butler and Lorne Abramson. Runs: Dec. 1 - 17, 2011
For more information contact Rene Hartleib, Theatre Arts Guild volunteer Artistic Director, rhartleib@ns.aliantzinc.ca

St. James United Church, Sambro (3811 Old Sambro Road) will be having a **Swordfish Supper** (alternative Ham) on Saturday, October 15th from 3:00pm to 6:00pm. Adult portion \$12.50; Child portion \$7.00. Everyone Welcome

Bethany Family Fall Fair Pony Rides, Seafood chowder, Flea market, Bouncer, bbq, Silent auction, crafts, games and much more for just \$1 admission. Saturday Oct 15, 9-1 pm, Bethany United Church, 2669 Joseph Howe Dr. in Halifax

Chebucto Connections Neighbourhood Walk and Roll Chebucto Connections is holding a walk, concert and barbecue to raise money. The event takes place Sat. October 15th at the Capt. William Spry Community Center. Register online at www.chebuctoconnections.ca or call 477-0964 for more information.

Parkhill United Church, Jollimore (5 Kirk Road) will be having a **Community Concert** on Sunday, Oct. 9 at 2pm. Come join us for an amazing music and great fellowship. Admission by donation. Everyone Welcome Thanks. Tabatha Zinck 868-2791

Children's Reading Support Program at the Captain William Spry Public Library is looking for volunteers who are interested in reading with children up to grade 6. We are also

looking for those who are French/bilingual to help children in French immersion. For more information, contact Suzanne at 490-5714, or email bebbins@halifax.ca

St. Michael's Parish hosts its annual **Fall Fair** on Friday, October 21, 4 to 8pm, and Saturday, October 22 from 11am to 6pm. Featuring lots of fun games for the whole family, face painting, children's games, washer toss tournament, chocolate wheel, flea market, book store, and lots of good homemade dinners and desserts. Grand draw for \$500.00 and many other prizes to be won. Find us at 14 St. Michael's Ave. in Spryfield.

Dinner Theatre: Gillians Island: The musical comedy is being served up to the public, along with the usual delicious three course meal on Oct. 14, 15, 16, 21 & 22 at Emmanuel Church Hall, 322 Herring Cove Road, Halifax. All tickets are pre-sold and are available by calling Alecta at 477-7870

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

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

Susan Theriault at 423-9622 Ext.253.

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

St. Paul's Recycling On the third Saturday of every month, St. Paul's United Church in Spryfield will collect your clean refundables. You can drop them at the church at 173 Old Sambro Rd. between 10:00am and 1:00 pm. If you would prefer, you my call Carolyn at 477-0187 or Jackie at 477-3776 to have your refundables picked up.

Wanted: Singers The Quarter Note Singers is a community choir which meets Thursday nights from 7:00-9:00 p.m. at the Captain William Spry Community Centre. Our first practise of the season will be on September 8th. Please come and join us! For more information contact Steve at 477-2664.

Join the Chebucto Biggest Loser Weight Loss Challenge!!! 10 weeks of classes on healthy food choices, reading labels and much more. Join our Challenge for only \$39.00. Great support to cheer you on. Starting the week of October 10th. Call or e-mail now to reserve your spot!!! What do YOU have to LOSE? Nancy Lee Brushett 902-499-5273 or e-mail nancyleewlc@yahoo.ca

Third Annual From the Hearth Christmas Craft Sale is seeking crafters for its sale December 3, 10-2 at St. James United Church, Sambro. All crafts are welcome. Tables \$10.00 each, 1 per vendor. Please phone 719-8389 to reserve a table or request a form. Admission is \$1.00 per adult in support of the Chebucto Connections Timebank.

If you know of a child from primary to grade 6 who struggles with reading, call Suzanne at the Captain William Spry Library. We have a

Children's Reading Support Program where each child is matched with a volunteer to read and work on literacy based activities for one hour a week. 490-5714

Healthy Moments Workshops & Retreats are hosting a one day course on coping with holiday stress on November 6. Registration fee is \$75 and you must register by October 23 by calling Bobbi Jo at 452-4038, emailing healthymoments@eastlink.ca or on their website www.healthybitesnutrition.com.

Chebucto Community Health Team, located at the Spryfield Shopping Center is offering a variety of FREE programs to anyone who lives, works or has a family doctor in the areas from Armdale to the Pennants. Programs include exercise, nutrition, stress management and much more. Please drop in, call 487-0690 for more information, check out our website www.communityhealthteams.ca or email us at cht@cdha.nshealth.ca

Dance at Emmanuel Church Hall, 322 Herring Cove Road, Spryfield on October 1, 2011 from 8 pm to 12 am, \$7.00 per person, Light lunch at intermission

Indoor Church Yard Sale, Saturday, 22 October, Parkhill United Church, 5 Kirk Road, Jollimore, Halifax, 9am-12 noon."

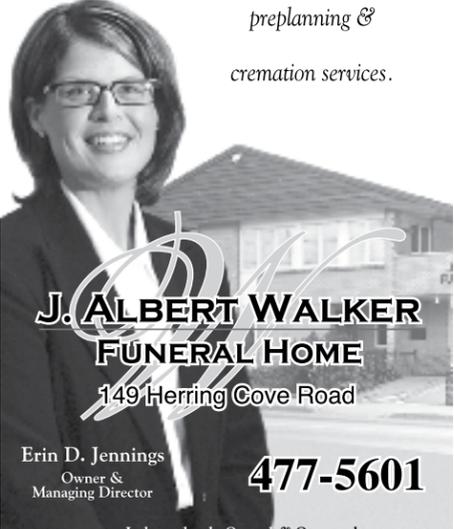
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LOCAL OBITUARIES

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Raymond Pete

Pete, Raymond Thomas: 73, Spryfield, passed away in the QEII Health Sciences Centre on August 6, 2011, surrounded by his loving family. Born January 1, 1938, he was a son of the late Thomas Pete and the late Linda Sampson. Raymond had worked for the City of Halifax (HRM) for 33 years. He is survived by his brother, Albert Pate (Sherri), cousins, Dolores Greeley and Kenneth McGregor (Freda), niece, Dawn Pate, nephew, Thomas Pate, as well as several second cousins and their families. He was predeceased by his father and mother, step-father, Lawrence Sampson, brother, Father Ronald Pete, and close cousin, Joe McGregor.

Arrangements were under the care of JA Walker Funeral Home (2005) Ltd., 149 Herring Cove Road, Halifax, NS (477.5601). Mass of Christian Burial was celebrated from St. Michael's Roman Catholic Church, Spryfield, NS, on Wednesday, August 10, with Fr. Frank Pellerin as celebrant. A reception followed in the church hall. Interment has taken place in Gate of Heaven Cemetery, Lower Sackville, NS. Donations in memory of Raymond may be made to the Heart and Stroke Foundation of Nova Scotia. On-line tributes may be sent to the family by visiting www.walkerfh.com

Alvina Musolino

Musolino, Alvina Marjorie: 85, Spryfield, passed away peacefully surrounded by her family on Sunday, August 21, 2011. Born in Halifax, she was a daughter of the late Douglas and Carrie (Hartlen) Smith. In 1951, she opened Alvina's Nurseries Flower Shop on Dentith Road, later moving to Herring Cove Road. Alvina ran this local business as owner and operator until her retirement in 1988. She will lovingly be remembered and sadly missed by her children, Doreen (Don), Eugene (Sandra), Angelo Jr., Randall (Barb), Gary (Paula), Darrell (Susan), and Michele "Shelley", daughter-in-law, Janice, 17 grandchildren, 29 great-grandchildren, 5 great-great-grandchildren, with two more on the way, and 11 grand animals. She is also survived by sisters, Roxie (Bernard), and Veda, both of Halifax, and Ina (Ron), Ontario, many nieces and nephews, as well as many special friends. Alvina was predeceased by her parents, first husband, Angelo, her second husband, John, brother, Douglas Smith Jr., sisters, Marion, Shirley, and Estelle, a daughter-in-law, Patsy, granddaughter, Lisa, and her great-granddaughter, Laura. Cremation has taken place under the care of JA Walker Funeral Home (2005) Ltd. A

(See Obituaries on page 5)



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 <p>ECO 45 PELLET STOVE Heats 2000 sq. ft. 78% efficiency. 45 hrs. max burn time \$2288</p>	<p>\$100 OFF PALLET (70 Bags) EASTERN EMBER PELLETS DELIVERED with the purchase of either stove</p>	 <p>ECO 65 PELLET STOVE Heats 2600 sq. ft. 77.8% efficiency Up to 92 hrs. burn time \$2644</p>
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TRADESMAN WINDOWS

IN STOCK WINDOW PROGRAM - SUMMER 2011

SOLID VINYL SINGLE HUNG

- Energy efficient 1/2" insulated thermo glass
- Warm edge space on all thermo units
- Block and tackle balance system to insure smooth operation of lower sash
- Fusion welded construction for strong weathertight window construction
- Custom screen included featuring easy install spring loaded hardware
- External brick mould with J-trim and nail fin
- Internal 3/4" drywall/pine return for trim

18w x 36h (#1836SH) \$119	32w x 36h (#3236SH) \$169	38w x 48h (#3848SH) \$189*
20w x 36h (#2036SH) \$129	32w x 44h (#3244SH) \$169	38w x 56h (#3856SH) \$199*
24w x 36h (#2436SH) \$139	32w x 48h (#3248SH) \$179	38w x 60h (#3860SH) \$219*
24w x 44h (#2444SH) \$159	32w x 52h (#3252SH) \$179	40w x 36h (#4036SH) \$189
24w x 48h (#2448SH) \$159	32w x 54h (#3254SH) \$189	40w x 40h (#4040SH) \$179
28w x 36h (#2836SH) \$159	32w x 60h (#3260SH) \$199	40w x 44h (#4044SH) \$199*
28w x 44h (#2844SH) \$169	36w x 36h (#3636SH) \$179	40w x 48h (#4048SH) \$199*
28w x 48h (#2848SH) \$169	36w x 38h (#3638SH) \$179	40w x 56h (#4056SH) \$219*
28w x 56h (#2856SH) \$179	36w x 40h (#3640SH) \$189	40w x 60h (#4060SH) \$229*
30w x 36h (#3036SH) \$159	36w x 44h (#3644SH) \$189	44w x 36h (#4436SH) \$209
30w x 38h (#3038SH) \$159	36w x 48h (#3648SH) \$199*	44w x 44h (#4444SH) \$219*
30w x 40h (#3040SH) \$169	36w x 52h (#3652SH) \$199*	44w x 48h (#4448SH) \$219*
30w x 44h (#3044SH) \$169	36w x 55h (#3655SH) \$209*	44w x 56h (#4456SH) \$219*
30w x 48h (#3048SH) \$179	36w x 60h (#3660SH) \$219*	44w x 60h (#4460SH) \$239*
30w x 52h (#3052SH) \$189	38w x 36h (#3836SH) \$179	
30w x 56h (#3056SH) \$189	38w x 44h (#3844SH) \$189	

* Denotes egress sizes

JUST ARRIVED... HEATERS

The only heater with local service!

<p>LIBERTY HEATER</p> <p>GREAT FOR DENS, REC. ROOMS, RVs</p> <p>Solid Wood Cabinet Remote Control 1 Year Warranty Just Plug It In!</p> <p>Heats 1000 sq. ft.</p> <p>\$299 \$248 NEW LOWER PRICE</p>	<p>VICTORY HEATER</p> <p>OUR VERY BEST HEATER</p> <p>Solid Wood Cabinet Remote Control 3 Year Warranty Just Plug It In! Operates on \$2 per day</p> <p>Heats 1500 sq. ft.</p> <p>\$399 \$348 NEW LOWER PRICE</p>
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VICTORY™ VS LIBERTY™ Unique Heaters with a Purpose

This heater's Blended Technology has an infrared story to tell, including the instant impressive heat it produces even before the quartz elements fully glow. The Liberty™ heater will heat 800-1000 sq. feet on high setting. It has a finished veneered solid wood cabinet, and a more compact size when compared to our premium model. It features an LED display and comes with a 1-year warranty.

The Purpose of our premium Victory™ Infrared heater is to provide you the best heater on the market today. Our patented convection-style heat chamber and the large air in-take make our design unique and effective. The Six Gold Standard™ quartz infrared elements generates a full 1500-watts of power, consistently heating people, objects, and the air ALL at the same time. The Victory's ability to heat and maintain the moisture in the air produces highly effective unit that allows the room to retain heat over a longer period of time. You will quickly notice the impressive furniture-grade finished wood cabinet with oak rail supports on our Victory Infrared heater. The upscale LCD display is standard on this heater, as is our full 3-year warranty.

IN STOCK BUY MORE SAVE MORE

GRANT APPROVED LOWE, ARGON GAS SCREENS INCLUDED

1-5 WINDOWS EXTRA 10% OFF	6-10 WINDOWS EXTRA 15% OFF	11+ WINDOWS EXTRA 20% OFF
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Toll-Free: 1-800-922-8204

DARTMOUTH
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