

# Chebucto News

Vol. 11 • No. 2 • October 2009

Armdale • Harrietsfield • Herring Cove • Jollimore • Ketch Harbour • The Pennants • Purcell's Cove • Portuguese Cove • Sambro • Spryfield • Williamswood

**Working For You In Your Community**

**479-NEWS (6397)**


**FREE**

**CHECK Us Out!**  
**Spryfield Village**  
heartbeat  
of the loop  
SPRYFIELD AND DISTRICT BUSINESS COMMISSION  
[WWW.SPRYFIELD.CA](http://WWW.SPRYFIELD.CA)



Your One-Stop Refund, Recycling and Fundraising Centre  
**479-2929 — 374 Herring Cove Road**  
Bottles — Beverage Containers — Non-ferrous Metals

**Dan Doherty "Mr. Danielson"**  
Expanding his personal service & commitment to Spryfield's Real Estate Industry. A community businessman since 1992.



T 902.478.4023  
F 902.405.3299  
E [dandoherty@eastlink.ca](mailto:dandoherty@eastlink.ca)

## Fourth Annual Ryan Kidson Memorial Slow Pitch Tournament

By T. Ramsay

When Ryan Kidson passed away in 2006, no one could have foreseen the wonderful things that would be done in his honor. Every year, his family and friends gather to hold a slow pitch tournament to raise money for people in need. The tournament is a time for laughter and tears as family and friends get together for a weekend of friendly

competition. This year has been no exception. From babies and toddlers, to grandparents and pregnant ladies, everyone came out to support the Ryan Kidson Slow Pitch Tournament.

The twelve teams converged on the Oakley Memorial Field to begin the tournament. Over the course of the weekend, teams were eliminated until finally, it was down to two; Team Mac Vs Team Reverage. In the end, Team Mac would prove to be victorious.

Led by coaches Lindsay, Ernie and Maxine MacClelland, Team Mac was rewarded for their efforts with a trophy and gold medals engraved with Ryan's picture. Team Reverage was led by Coach Barb Deveau, who helped them bring home silver medals with Ryan's picture engraved on them. The Sportsman trophy was won by Team Beaver, which was led by Coach Mercedes Redmond. Once the names have been engraved on them, both trophies will be on display all year at J.L. Ilsley. They can be found in the library, housed in a glass case that was made specifically for them by Ryan's Dad, Ron, and Ryan's cousin, Paul Griffiths.

Other fund raising events held over the weekend included the Homerun Derby and Lucky Number game. Ricky Fry proved to

have the best arm and won half the pot in the Homerun Derby, while Lucy Griffiths was the lucky winner of \$100.00 in the Lucky Number game.

Musical talent and cheerleaders helped keep everyone in a great mood, even when the rain hit. Fortunately, the rain only lasted a short time and the rest of the weekend was beautiful. The only damper to the weekend, besides the short rain shower, was the few people who brought alcohol to the event. Usually, beer and baseball go hand in hand, but this tournament is a family affair and alcohol is not welcome.

Weldon MacDonald, one of the organizers for this event would like to thank

see "Ryan Kidson" pg. 2



Don Auby gives kids wagon rides at the Urban Farm Harvest Fair

## Our youth count on adults

You can make a world of difference to a young person by showing up for two hours a week. The Seeds of Change Youth Inclusion Program is based in part on adults in the community stepping up to tutor and mentor youths in the program.

Many of the Seeds of Change participants struggle with schoolwork. As a tutor and mentor, you don't have to be a whiz at course content to make a difference. For instance, you can help by being encouraging and supportive, showing a youth how to organize notes and papers, and demonstrating how to follow directions.

Seeds of Change will provide training and support for people who want to become a tutor and mentor. You will be part of the

Tutoring Team, which includes Peer Tutors who are themselves students at J.L. Ilsley High School, and Community Tutors who are caring adults wanting to share their skills and make a difference. If you are yourself a graduate of J. L. Ilsley, or have had other connections there, this is a chance for you to give back to the school.

Activities in the Seeds of Change Program are carried out at J. L. Ilsley High School and in the community. The overall project is managed by CCDA – Chebucto Communities Development Association. Ideas for Seeds of Change came originally from youths and adults in the Spryfield area during the Action for Neighbourhood Change Project.

Students participating in Seeds of Change may come from communities all around the Loop, from Armdale out to Sambro and the Pennants. This program is partially funded through the Government of Canada's National Crime Prevention Strategy. The program is focussed on reducing drug crimes, violent crimes, and property crimes.

If you are interested in becoming a Tutor/Mentor, or participating on the project Advisory Committee, please call CCDA at 477-0964, or visit our website at [www.chebuctoconnections.ca](http://www.chebuctoconnections.ca)

see "Urban Farm" pg. 2

## Urban Farm clears the old fashioned way

By Pat MacLean

The Urban Farm Museum Society of Spryfield celebrated their 9th annual Harvest Fair on Sept. 12th. Work began on the heritage farm field in 2000 when school children and volunteers helped UFMS members clear a small piece of land

belonging to the Kidston family. A team of oxen from Windsor ploughed the land in October 2001 and planting began immediately with the children scattering winter oats for the following year.

More land was cleared the next spring and a very successful potato crop was harvested for the first Harvest Fair in 2002. Each year more crops

have been planted and this year's crop included potatoes, squash, zucchini, corn, peas, beans, carrots, parsnips, chard, tomatoes, cucumbers, garlic and herbs. Vegetable sales provided income to help fund the Society's programs and

A mortgage broker can save you thousands!



- Purchases • Debt consolidation • Renewals • Renovations
- Great rates • Free consultant services O.A.C. • And more

[jbright@eastlink.ca](mailto:jbright@eastlink.ca)

Call me for trusted personal mortgage service!  
**Jason Bright (902) 880.4622**

 MORTGAGE INTELLIGENCE  
A GMAC Company  
© copyright 2006, Mortgage Intelligence Inc. All rights reserved.

**RYAN BRENNAN, BA, LL.B.**

**BARRISTER & SOLICITOR**

PREFERRED AREAS OF PRACTICE - REAL ESTATE, WILLS & ESTATES AND BUSINESS LAW

**CLYDE A. PAUL & ASSOCIATES**

**349 HERRING COVE ROAD, HALIFAX, NOVA SCOTIA B3R 1V9**

**(902) 477-2518 OFFICE**

**(902) 449-4542 CELL**

**(902) 479-1482 FAX**

**RPBRENNAN@NS.ALIANTZINC.CA**

# Urban Farm clears the old fashioned way

continued from pg. 1

were also cooked up in hodgepodge, quiches and salads for the fair. Some vegetables are still available for sale on Thursday and Saturday mornings from 9:30 - noon as is our cookbook "Foods of Spry's Field". Another fund raiser is the annual ticket draw. This year's winner of the oil painting was Janet Young.

Volunteers are still needed at the Urban Farm to help put the gardens "to bed" for the winter. Our UFMS will continue to hold meetings throughout the winter (except December) at the Captain Wm. Spry Community

Centre on the second Monday of each month at 7pm. Due to the Thanksgiving holiday the meeting will be held on October 19th.

## Ryan Kidson Memorial Slow Pitch Tournament

continued from pg. 1

everyone who came out to play, watch and help. It takes a great many volunteers to put together an event of this size. Whether it's running the BBQs, or picking up all the cans and trash, everyone's help was

If you are interested in becoming a member or a volunteer to help plan next year's programs, please call Pat at 477-6087 or email

jamac@ns.sympatico.ca. Further information is also available on our web site [www.urbanfarmspryfield.com](http://www.urbanfarmspryfield.com).

greatly appreciated. Mr. MacDonald would especially like to thank Mike Daniels, who put together a team in 45 minutes on Friday afternoon when another team had to cancel at the last minute.

If you are interested in learning more about this tournament, or are interested in

getting involved in next year's tournament, you can check out the Ryan Kidson Memorial website at [www.ryankidsontournament.piczo.com](http://www.ryankidsontournament.piczo.com). While you are there, take a minute to look at all the great photos from this year's tournament. It is easy to tell that a great time was had by all.



### Sports Equipment Sanitizing and Deodorizing

**sani-sport**  
HRM  
THE SCIENCE OF COMMON SCENTS

**RINK RATZ**  
SKATE SHARPENING & SPORTS EQUIPMENT

Kills fungus and bacteria, and only takes only 20 minutes.  
Completely dry process. Stops deadly infection. Only \$25.

Offered exclusively by Rink Ratz, located in the Spryfield rink.

**877-4573**



[www.sani-sport.com](http://www.sani-sport.com)

## Chebucto News

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

### Circulation:

12,300 copies  
Agent: The Halifax Herald  
Printer: Lighthouse Publishing

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](mailto:dandoherty@eastlink.ca)

Notice: The publisher assumes no responsibility for the contents of any advertisement or editorial materials. Any warranties or representations made by any printed material contained herein are those of the advertisers or writers and not those of the publisher. The publisher reserves the right to refuse, edit or cancel any advertising or editorial submission at any time and for any reason. Materials can be reprinted only with the expressed permission of the publisher.

© 2009 Community Publishing Halifax Inc.

## DID YOU KNOW...

"Newly built Prestige Mini Homes qualify for the new government rebate to buyers."

**EXIT**  
REAL ESTATE



Official Opening  
**BIRCHLEE ESTATES**

Harrietsfield

See Jim Knox at the new  
3-bedroom Mini Home  
Open for Viewing  
Sept. 12 and 13, 1 pm to 4 pm  
Ph. 497-6003

## Danielson's Water 'N' Wine

It is time to get brewing for Christmas!

### ATTENTION WINEMAKERS!



Orchard Breezen  
CranApple Chardonnay  
will be available by the  
middle of September  
**BOOK YOUR KITS NOW TO  
AVOID DISAPPOINTMENT!**  
Call us now @ 477-9463 to order!

15 Piece  
Wine & Beer Making  
Starter Kit  
**\$59.99**

Wine Kits Starting at \$37.99  
Beer Kits Starting at \$9.99

At Danielsons our products and services include:

sending and receiving faxes • key cutting • wine and beer making supplies and equipment  
watch batteries and straps • lottery and tobacco products and specialty rolling papers • popsicles  
and ice cream • souvenirs • T-Shirts • watches • dart supplies • pop • chips • snack • etc.

MILK AT COST!

**477-9463**

# Sambro flotilla – Blessing of the Fleet 2009

by Patrick Gray and Chris Mills

Generations of Sambro-area fishing families are well-acquainted with the dangers of the deeps, so it was no surprise when bad weather caused a week's delay for the annual Blessing of the Fleet. Hurricane Bill slammed into Nova Scotia on the weekend of August 22nd – and although it didn't pack the same punch as Juan did back in '03, there was a good breeze of wind and a nasty sea.

Things were quiet enough by the next weekend to allow a flotilla of about ten local boats, along with the Coast Guard Cutter Sambro, to set out with newly arrived United Church Minister Keltie van Binsbergen and guests for the blessing.

The Blessing of the Fleet is an opportunity for fishermen, families and friends to pay respects to their lost loved ones. Reverend van Binsbergen led the ceremony with a ceremonial prayer, and after placing a wreath of flowers in the ocean, participants sang the traditional hymn "Will Your Anchor Hold."

Special Thanks to Rev. Keltie van Binsbergen; Pat Thomas; The Saint James United Church Choir; Captain Trevor Munroe and the crew of the Canadian Coast Guard Cutter Sambro for their ongoing support of our fishermen and community; Captain John Rae for his photographs, and thanks to all of the fishermen and their families who took part in this annual event.

Patrick (Paddy) Gray is Sambro's Harbourmaster. Chris Mills works part time

on the CCGC Sambro. He's also a freelance writer and broadcaster.



Rev. Keltie van Binsbergen delivers the Blessing of the Fleet from the deck of the Coast Guard cutter *Sambro*.

## Spryfield Business Breakfast Club

Your Buy Local Specialists

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




### MONTHLY MEMBER PROFILE


I am Dave Watts a General Insurance Broker currently employed with Baldwin Insurance Services in Halifax. I have lived in the Spryfield area for the majority of the 36 years that I have lived in Halifax. I can guide you through the maze that is your insurance. We all have questions about what is covered by the policy, who can drive our vehicles and the what happens if? I can answer your questions and give you some idea of what it is you are buying and make recommendations as to what you should have and why you need it. I would be pleased to complete a no obligation review of your current policies or provide you with a quote for your requirements.

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





**Peter J. Kelly**  
Mayor  
Halifax Regional Municipality  
(902) 490-4010 • (902) 490-4012  
Email: kellyp@halifax.ca  
1841 Argyle Street, P.O. Box 1749,  
Halifax, Nova Scotia B3J 3A5



Captain Spry Fitness Club

## Spry for Life

*Come Ride the Fitness Wave*

### Enjoy the many benefits of a membership at our Fitness Club at very reasonable rates.

**Day passes – only \$8.**  
10 and 20 visit passes available.

Looking for a way to check out the gym without making a long-term commitment? Try our 10(\$49) or 20 (\$99) pass cards. Ideal for parents of children in swim programs!

**Captain William Spry Community Centre**  
Info at Front Desk or call 477-POOL (477-7665)

Located in the Captain William Spry Community Centre  
10 Kidston Road




# DISCOVERING OUR PAST

## Hazardous Sambro Ledges (continued from last month)

By Richard Light,  
Mainland South Heritage Society

**D**aniel Steinmann, a schooner owned by the White Cross Line, was making a trip from Antwerp to Halifax when it struck a broad breaker about 5 to 6 miles off Sambro Island on the night of April 3, 1884. Captain Schonhoven of the Daniel Steinmann had mistaken, in the fog, Sambro Light for the Light at Chebucto. The mistake proved very costly. Shortly after the initial collision the Daniel Steinmann backed onto Mad Rock shoals and quickly began to take on water.

Assistant Sambro Island lighthouse keeper Alexander Gilkie recalled seeing the Daniel Steinmann as it came dangerously close to the Island.

"She was lying to, heading to E.N.E. She lay there about 15 minutes while I looked at her, then she started ahead and ran about a mile. She then stopped. She started ahead again, went only about 500 yards, and stopped again. I think she struck the Broad Breaker shoal for she began to back astern. It was dark and I judged her motions by her lights. The fog whistle was started again at 9:45, though it was still clear. This was done to warn the ship from the rock. About twenty minutes after she began to back, she struck again, this time on Mad Rock or north east shoal. She then let go her anchor. This did not seem to hold her and she sank between 300 and 400 yards from the shore."

After feeling both violent shocks, the passengers, numbering 90 people, and the crew of about 40 rushed to the deck. The reports vary about the mood of the people. The Captain later saying most people were orderly while another survivor remembered there was great excitement amongst the passengers and many were screaming, cursing, and crying. In any event the crew began preparing the passengers, starting with women and children, for boarding of the lifeboats. While the situation at this point was already a perilous one, it soon became much worse. Days after the wreck, Captain Schonhoven recounted how his efforts to save the people aboard were quite suddenly thwarted. "Just then a tremendous wave struck the ship, and washed off scores of passengers: the vessel gave a violent thump and sank like a flash of lightning."

In an instant almost everyone onboard had been washed into the Ocean. As they were so close to Sambro Island, the residents there could actually hear the screams of the helpless victims. Alexander Gilkie and his brother Stuart attempted to reach the wreck but their boat was too small to face the breakers and they were forced to turn back. All the Gilkies and other residents on Sambro Island, including four artillerymen, could do was light bonfires to warn any of the would-be lifeboats about the dangers of landing on the island shores. An hour later Gilkie and the others guided a lifeboat safely into the cove but that turned out to be the only one.

The lifeboat that eventually made it to Sambro Island was the only one that got off the Daniel Steinmann before it sunk. Others were preparing to launch but the vessel sank so quickly that they were taken down with it. In the hasty evacuation of the ship the lifeboat was damaged and only seven men managed to make it on board; at least one of them after he jumped into it directly from the sinking vessel.

One of the men, Florentine Van Gueisel, who made it on to the lifeboat, recalled the gruesome scene that followed where they found themselves surrounded by "a struggling mass of humanity" in the water.

"Many of them made a grab for the oars. But we beat them off; one man caught hold of the boat. We tried to get him on board but two or three others were holding on by his legs. We let him go. He went under, got clear of the others, came up again and we then got him into the boat. He was an Italian passenger. I heard people in the water calling me by name to save them. There were twelve holding onto a spar. I kept clear of them. Had we attempted to save them, or the others who appealed to us, they would undoubtedly have swamped the boat and we would have been lost."

As the lifeboat was in a bad condition, the men aboard felt they had no other choice but to leave those stranded in the water to their fate. Van Gueisel defended their actions by saying, "Yes, perhaps fifteen could have been saved in its [the lifeboat] then condition. But it was every man for himself, and any attempts to save others simply imperiled ourselves."

While the seven men, in the lone lifeboat

to escape from the wreck, made their way to Sambro Island, two others clung to life on a portion of rigging that had not submerged. One

under water I felt several people around me. One man caught hold of my leg but I kicked him off. I got on the foremost yard and found that the

Captain was on the mast above me. He was the only man I saw."

The passenger, who had lost his entire family, and the Captain, remained on the rigging until morning. While they yelled for help they feared they would not be rescued. When daylight finally broke, Alexander and Stuart Gilkie spotted the two men in the rigging and, accompanied by the artillerymen, they made for the wreck. As they did not have a proper rescue boat of their own they had to use the damaged lifeboat. Once they returned safely to Sambro Island, the Gilkies did their best to accommodate the survivors who, due to rough seas, ended up staying on the island for days. Later, Alexander Gilkie would receive a medal from King Leopold of Belgium for his efforts in saving the Captain.

The cost of the wreck became apparent right away. Because the boat had submerged so quickly, very few people survived. In all, only 9 men (3 passengers, 5 crewmen, and the Captain) escaped with their lives. The remaining people, over 120 in all, were lost. Thus the sinking of the Daniel Steinmann was not only the deadliest sea disaster off of Sambro Island but one of the worst in the history of Nova Scotia.



Alexander Gilkie, lighthouse keeper, and wife, Nettie

of these men was Captain Shonhoven and the other was a passenger who had been separated from his wife and five children. When the wave struck, the man was washed overboard. "I was underwater fully two minutes," the man said, relaying his ordeal to a reporter days later. "During which I got hold of the rigging and climbed up until I got above water. While I was

**MANDARIN KITCHEN RESTAURANT**  
樓華文  
189 HERRING COVE ROAD  
**477-5696**  
★ Fully Licensed Dining Room  
★ Air Conditioned  
★ Free Parking  
*Since 1973*

**Still open to serve you and your community.**  
Saturday and Sunday 4:30 p.m. to 7:30 p.m.

**LUNCH SPECIALS**  
Specials 11:30 a.m. to 2 p.m.  
Monday to Saturday

<b>A</b> - Egg Roll, Honey Garlic Spare Ribs, Chicken Fried Rice.....	<b>\$4.35</b>
<b>B</b> - Egg Roll, Sweet & Sour Chicken, Chicken Fried Rice.....	<b>\$4.35</b>
<b>C</b> - Egg Roll, Chicken Chop Suey, Chicken Fried Rice.....	<b>\$3.90</b>
<b>D</b> - Egg Roll, Beef with Broccoli, Chicken Fried Rice.....	<b>\$4.85</b>

**CANADIAN SPECIALS**

Hamburger Platter & French Fries.....	<b>\$3.95</b>
Chicken Wings & French Fries.....	<b>\$3.95</b>
2 Piece Fish & Chips.....	<b>\$4.50</b>

**Closed from Oct. 14 to Dec. 15th**

Welcome to

**HERRING COVE PLACE**

**COMMUNITY ROOM**

where our  
**COMMUNITY**  
comes together

Sobeys Herring Cove Road  
Place offers non-profit organizations and community service groups a common meeting place available at no charge.

Please contact:  
Sarah Campbell, Dietitian  
**477-6159**  
sarah.campbell@sobeys.com

To register for classes, visit customer service or call  
**477-2817**

**NUTRITION for OCTOBER**  
**NEW CLASS!!! Recipe Rescue**  
Need to give your old recipes a nutritional "face lift"? Come find out how to make healthy foods at home that taste great!  
FREE. Monday, October 1st, 2-4pm.

**Heart Health Label Tour**  
Confused about nutrition labels? Find out how to use them to help your heart.  
FREE. Monday, October 15th, 2-4pm.

**Nifty After 50**  
Come find out how to take care of your health in your fifties and beyond.  
FREE. Thursday, October 19th, 2-4pm.

**Women's Health**  
Find out what nutrients are most important for women at all ages and stages.  
FREE. Monday, October 26th, 2-4pm.

**Vitamin D**  
Summer is over... and so are your chances of making any Vitamin D from the sun. Find out how you can get more of this important vitamin.  
FREE. Monday, October 29th, 2-3pm.

**Individual Appointments**  
Do you have a nutrition question not covered by the classes this month? Our dietitian is happy to schedule a one-on-one appointment.

**Healthy Cooking Classes**  
Food can be both nutritious AND delicious!  
Join our Chef and Dietitian to learn how.  
(\$15.00 each, 6-8pm)

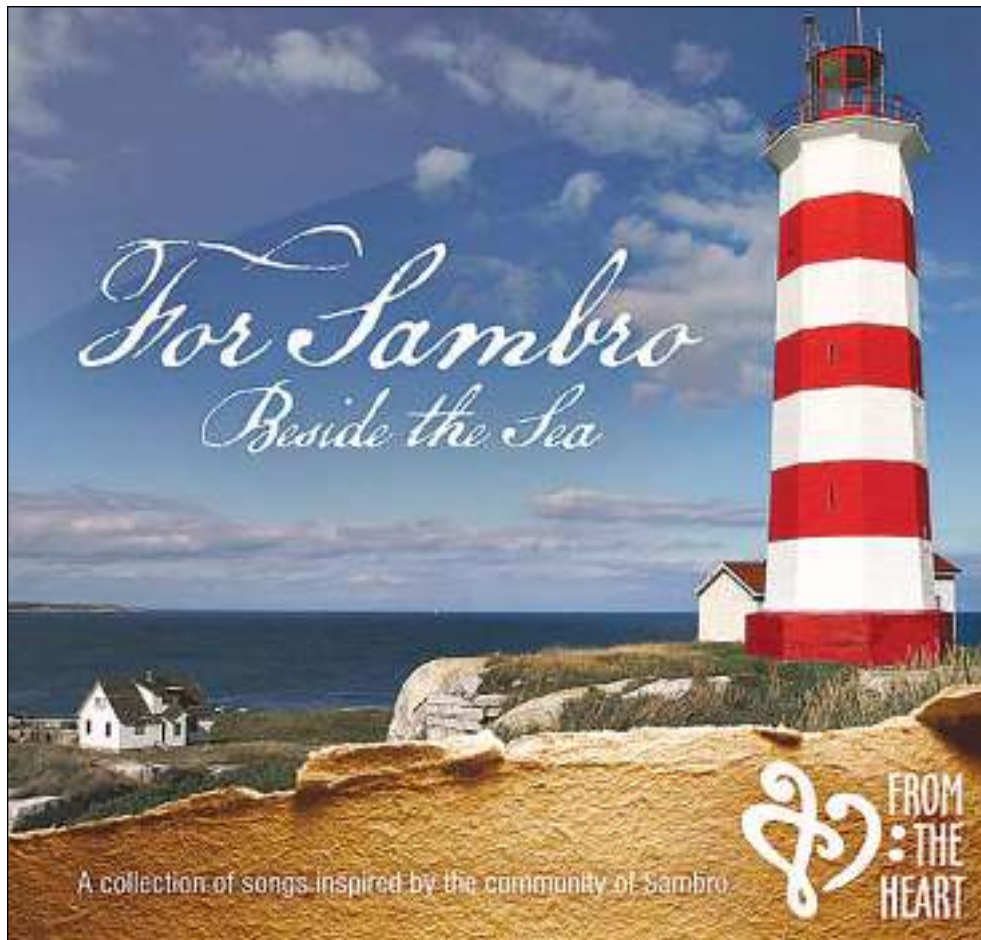
Thursday, October 8th – *Roasted Pumpkin Spinach & Walnut Salad; Turkey Breast Stuffed with Quinoa, Spinach & Goat Cheese; Orange Honey Carrots; Pumpkin Pie Squares*

# 26 years of musical tradition celebrated with CD release

By Lorrie Boylen

Even the threat of Hurricane Bill could

not dampen the enthusiasm of From The Heart on the eve of their CD launch party at St. James United Church in Sambro on



Sunday August 23, 2009. Despite earlier ominous skies, it cleared off for a beautiful evening as people came out in droves to support these local musicians and songwriters.

The group, which has been playing together in one form or another for over 26 years, has dedicated their CD *For Sambro Beside The Sea* to the memory of Jim Duthie, their dear friend who was a musician, songwriter, chef and artist who succumbed to cancer on July 4, 2008. Jim wrote four of the songs on the CD, with the remainder being penned by local residents of Sambro and the surrounding area. Their rich, authentic music is filled with typical experiences of life in a small rural fishing community.

In addition to the core band members are the fresh young voices of Katie Feltmate, Melissa Henneberry and Melissa Stewart, who reinforce the family feel of this recording. The group is thrilled that their songs are receiving air time on 105.9 Seaside FM.

The CD boasts a spectacular 12 page colour insert which includes the background story and words to each song, photos of the group and of some of Jim's paintings, and a list of sponsors who believed in them.

In keeping with the group's dedication to keeping it local, the CD was recorded and produced by the award winning Dennis Field of Denmark Productions on Punch Bowl Drive in Spryfield. Dennis truly believed in the project, providing much fatherly advice.

An estimated 500+ CDs have been sold

so far at a cost of \$20, with all monies raised being split evenly between The Canadian Cancer Society, St. James United Church, and the Nova Scotia Lighthouse Preservation Society. Several local businesses such as Danielson's in Spryfield, Wilson's Gas Stop in Bear Cove, Mishoo's Kwik Way in Sambro, and the Irving Mainway Gas Station on Old Sambro Road are selling the CDs at no profit to themselves. Fans can check out From The Heart's Facebook page for more information and future concert dates.

Anyone wishing to have a CD mailed to them should send a cheque for \$25 (\$5 for shipping) to: Sambro Sound, c/o Joyce Henneberry, 1476 Ketch Harbour Road, Sambro Head, NS B3V 1L3.

The group is hosting another free concert at St. Paul's United Church, 173 Old Sambro Road on Sunday, October 18, 2009 at 7:00 p.m. Refreshments will be served afterwards, with an opportunity to purchase CDs and reproduction prints of two of Jim's paintings, including one of the fishing vessel *Beverly Faye*, where Jim wrote *Watch Before The Dawn*. Both the painting and the song caught my attention, as my late father-in-law, Brenton Gilkie, fished aboard that same vessel with Jim in his younger days. On reading the CD insert I discovered that it was a comment from Brenton which inspired Jim to write this song.

This CD has been a true labour of love. The members of this group do not benefit financially from this, but that's not what counts when you're singing From The Heart.



## HALLOWEEN BOO-tique



### SPRYFIELD

315 Herring Cove Rd.  
902-477-1210

Open 8am to midnight, 7 days a week



# Spryfield Physio welcomes new chiropractor

Spryfield Physiotherapy would like to welcome to their team Dr. Michael Majaess. Dr. Mike (as his patients like to call him) is a Doctor of Chiropractic and a Certified Graston Technique® Practitioner. We feel that his individualized approach to patient management and clinical experiences will serve to further enhance the quality services offered at Spryfield Physiotherapy.

Having been in practice for almost 10 years, Dr. Mike also serves as an instructor of anatomy and orthopaedic assessments at the Canadian College of Massage and Hydrotherapy

(Halifax campus). He is also an active member of the College of Chiropractic Sports Sciences (Canada) and the Sports Medicine Council of Nova Scotia. When not treating, teaching, or chasing his 14 month-old son, Dr. Mike serves as the head coach for the Windsor/Valley breast cancer survivor dragon boat team (Breast Quest).

If you would like to learn more about chiropractic, please refer to the websites of the Canadian Chiropractic Association ([www.chiropracticcanada.ca](http://www.chiropracticcanada.ca)) and/or the Nova Scotia College of Chiropractors ([www.chiropractors.ns.ca](http://www.chiropractors.ns.ca)).



**Our Fairview Animal Hospital is relocating to the Bayers Road Shopping Centre—Feb. 2009**

- Convenient Hours to Serve You
- Housecalls
- After Hours Emergencies Call

468-0674

**Dr. Ross Ainslie & Associates**

- Nutritional Counselling
- Preventative Medicine
- Flea Control • Geriatrics
- Dentistry • Pet Adoption
- Surgery • Exotic Animals



[www.halifaxvet.com](http://www.halifaxvet.com)

<b>HALIFAX VETERINARY HOSPITAL</b>	<b>422-8595</b>
6485 Quinpool Rd	Dr. Kelly McInnis Dr. Mary Jane Corkum Dr. Eamon Draper
<b>FAIRVIEW ANIMAL HOSPITAL</b>	<b>443-9385</b>
Bayers Rd Shopping Ctr	Dr. Suzette Dibblee Dr. Adrienne Harris Dr. Mike West
<b>SPRYFIELD ANIMAL HOSPITAL</b>	<b>477-4040</b>
320 Herring Cove Rd	Dr. Jim Gillis Dr. Kristin Olafson Dr. Laura Speer

# 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  
Friday, 8 to 4.

New patients welcome.

## 479-7500

357 Herring Cove Road

Day and evening appointments available.



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

X-LARGE MACHINES

DROP OFF SERVICES

# CLOTHESLINE FRESH LAUNDROMAT

## 477-2222

**OPEN OCTOBER 1ST**

374 Herring Cove Rd.

**MONDAY TO SUNDAY 8 A.M. TO 8 P.M.**

**DROP OFF SERVICE AVAILABLE**

**HOME OF THE BOTTOMLESS  
COFFEE CUP \$1.50**  
*with breakfast*

**Beverages**

- 500ml white milk ..... \$2.00
- 250ml white milk ..... \$1.50
- 500ml choc milk ..... \$2.00
- 250ml choc milk..... \$1.50
- 300ml apple juice ..... \$1.50
- 300ml orange juice... \$1.50
- Can V8 juice ..... \$2.00
- Can pop ..... \$1.50
- 591ml pop..... \$2.00
- Cup of Coffee ..... \$1.50
- Cup of Tea ..... \$1.50
- Hot Chocolate..... \$1.50

**Sides**

- 1 Pancake..... \$1.00
- 1 pc French Toast..... \$1.49
- Hash Browns ..... \$2.99
- Side 2 pc Ham..... \$1.99
- Side 3 pc Bacon ..... \$1.99
- Side 3 pc Sausage ..... \$1.99
- Side 1 egg any style... \$1.00
- Cereal Bowl ..... \$2.29
- Oatmeal with  
milk, brown sugar ..... \$3.99

*Fresh Fruit & Yogurt*

- 4oz cup Yogurt... \$1.99
- 4oz cup Fruit... \$1.99
- Bowl of fruit topped with  
yogurt and granola... \$3.99

Thank you for sharing your morning with us.  
- The Sisters -

*Traditional Breakfast*

- \*1 2 Eggs, 2 toasts, hash browns, 2 bacon or 2 sausages ..... \$4.99
- \*2 3 Eggs, 2 toasts, hash browns, 3 bacon or 3 sausages..... \$5.99
- \*3 4 Eggs, 2 toasts, hash browns, 2 bacon, 2 sausages, 2 ham..... \$6.99

*Pancakes & French Toast*

- Mighty Kids Cakes, 3 Pancakes with chocolate chips or blueberries ... \$3.99
- Hungry Man Cakes, 5 Cakes, 3 sausages or 3 bacon ..... \$6.99
- 2 Pancakes, 2 bacon or 2 sausages ..... \$4.99
- Traditional Pancakes, 4 pancakes ..... \$4.99
- 2 pc. French Toast, 2 bacon or 2 sausages ..... \$4.99
- 4 pc. French Toast ..... \$4.99
- Grilled Cheese ..... \$2.99
- Grilled Cheese with bacon or ham on it..... \$3.99
- Eggs Benny with hash browns ..... \$6.99

*Grilled Homefries*

- Pick any 4 Toppings  
Cheddar, Mozzarella, Feta, Tomato, Onion, Mushroom, Green Pepper,  
Salsa, Diced Ham, Diced Bacon and Diced Sausage.  
Small - \$4.99 Large - \$6.99



477-3663

5 Dentith Rd  
in Uncle Buck's

*A good morning starts here*

Come in and enjoy our bottomless coffee, perhaps with our signature home fries or simply enjoy any of our fine breakfasts.

We are laptop friendly. There are 3 32" flat screens, featuring CNN, CTV, News Net and of course the Comedy Channel, or relax and enjoy the morning newspaper.

The girls, sisters Debbie and Heather are here to insure your start to the day is A Good Morning and not just another mornin.

*Complete Skillets*

2 Eggs on top of Hash Browns,  
topped with cheese, plus add one of the following:

- \*1 Meat Lover - Bacon, Ham, Sausage..... \$7.99
- \*2 Canadian - Onion, Mushroom, Tomato, Sausage..... \$7.99
- \*3 Greek - Onion, Green pepper, Olives, Tomato, and Feta..... \$7.99
- \*4 Cheese - A blend of 3 cheeses, Feta, Mozzarella, and Cheddar ... \$7.99

*Omelettes*

With Cheddar served with toast and Hash Browns + add up to 3 items  
Feta, Tomato, Onion, Mushroom, Green Pepper, Salsa, Diced Ham,  
Diced Bacon, Diced Sausage ..... \$6.99

*Breakfast Egg Sandwiches*  
Omelette Style (Egg & Cheddar)

- 1st Pick a Bread  
White Bread, Whole Wheat, English Muffin, Bagel / Wrap
- Pick any 3 items  
Feta, Tomato, Onion, Mushroom, Green Pepper, Salsa, Ham, Bacon, and  
Sausage..... \$3.99
- Add Hash Browns or Pancakes or Fresh Fruit Cup ..... \$5.99

# The bus stops here – thinking beyond the urban-suburban corridor

Megan Leslie, MP, Halifax

Access to efficient and affordable public transportation is critical for Nova Scotians, both for our day to day lives, as well as for the long-term prospects for our environment and our economy.

After decades of civic planning focused on cars, Canadians now have a weakened public transport system that often struggles to meet the needs of regular consumers. Our current system fails to fully combine forms of transport like biking with bus and light-rail routes. Further, there is a lack of incentives which would attract those who could be using public transport, but who choose to drive privately-owned cars instead. As we address rising fuel costs and lengthening urban-suburban commutes, we are ever more aware of the costs to our environment and quality of life that a failing public transport system causes to students, senior citizens and working families alike.

I am proud to represent a riding with a combination of urban and rural issues! Public transit is not an issue limited by geography. We need to think of public transport beyond the status quo and beyond the traditional urban-suburban corridors. Rural parts of ridings across the country have been left out of plans for creating public transportation systems that work for all tax payers. The vibrancy of small towns, farming communities and fishing villages has been stifled by a lack of foresight from government funders based on the incorrect notion that low-population densities prevent the establishment of practical public transportation.

During my first speech in the House of Commons as a newly elected Member of Parliament last fall, I mentioned that I

couldn't catch a bus from Halifax to Sambro, which I saw as a major gap in service in this riding. This August, a bus service between

Halifax, Sambro and Ketch Harbour was

see "Thinking" pg. 9

## New Metro Transit route serves Stoneridge, Armdale

by Linda Mosher,  
HRM Councillor, District 17

For several years, residents in the Stoneridge area have requested bus service in their community. I am pleased to announce that this long awaited new service will begin this spring. This will correspond with the completion of the new Ragged Lake Transit Centre which is tentatively scheduled to open in May 2010. Our transit garage in Burnside is at maximum capacity. In order for Council to grow new services and expand existing routes we required a new garage. Council prioritized this as the first phase of an aggressive \$155 million public transportation initiative. The new facility will accommodate 200 buses and will also include a maintenance facility. Any delays in the facility construction would delay the new Stoneridge service, which will be called the #22 Armdale. The #22 Armdale route will serve areas including Exhibition Park, Prospect Road, Ragged Lake Transit Centre, St. Margaret's Bay Road, Albert Walker Connector, Walter Havill Drive, Osborne Street, Herring Cove Road and Chebucto Road to Mumford Terminal. It will provide reverse routing in return on a 30 minute frequency, seven days a week!

Another update regarding Stoneridge is the recent decision of the Supreme Court of Nova Scotia who upheld a decision by the Utility

& Review Board to allow two twelve-storey condominium buildings at Stoneridge On the Park. Unfortunately the appeal court considered two buildings connected by a "common podium" one building. I cannot understand this but unfortunately there is no other body to which we can appeal. Therefore, the decision is final. A Development Agreement should afford residents protection but unfortunately the court felt that the 1990 agreement was a fluid document and nothing in it was cast in stone. I will be working with legal to ensure all future agreements have iron clad wording to protect our communities.

Residents have expressed their keen support for weekly green bin pick up. In addition to weekly pick up reducing odours, pests and rodents, it is also more convenient and therefore encourages greater participation in our waste diversion program. During a September Council session I brought forward a request for a report to extend weekly green bin collection to the end of September as the temperatures are still warm at that time. Councillor Russell Walker added a friendly amendment to include June. This request was supported unanimously by Council. It is my desire to have this included in next year's budget so it will be effective for the 2010 season.

Also you may have noticed that the bike lane we started last year on the Purcell's Cove Road by Frog Pond Residents was extended to the area

of the Yacht Squadron. The plan is to continue this next year to Purcell's Cove, pending Council budget approval. Tentatively it will go to Keefe Drive but I have requested funding to extend it to Battery Drive at Ferguson's Cove Road.

Last year I had the Manager of Public Works come to Purcell's Cove and walk the shoulders with me. I noted the deep ruts and pot holes and told him that many people walk in this community and in the absence of sidewalks and the presence of fog it makes it quite treacherous. I requested that Purcell's Cove be done this year and the middle section next year. The decision was based solely on a formula used for road conditions: the surface distress index/assessment indicated that the middle section of Purcell's Cove Road (the road itself) was in worse shape and that is why this was done first. When the project is finished we will have a great stretch of bike/walking lanes. In order to ensure these lanes are safe to use, if anyone sees vehicles parking on the bike lanes, please call the Police non-emergency line at 490-5020.

On a final note, expressions of interest are being sought for a community committee for the new trail that will be built upon the former Chester Spur Rail Line. Two Saturday newspaper advertisements will provide information, as well as a letter being mailed to the communities where the line is located. Information will also be posted at [www.lindamosher.ca](http://www.lindamosher.ca)

**Gardening, pruning, landscape construction,  
tree work, commercial and residential maintenance.**

**Quality Landscaping in HRM since 1993**



**499-2823**

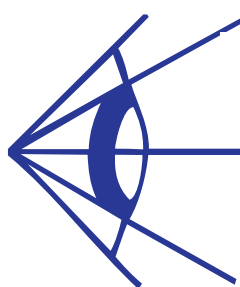
[www.bladelawncares.com](http://www.bladelawncares.com)

## MICHÈLE RAYMOND

MLA for Halifax Atlantic

Phone: 902-477-4100  
Fax: 902-477-4810  
E-mail: [mhramondmla@eastlink.ca](mailto:mhramondmla@eastlink.ca)  
[www.mhramond.ca](http://www.mhramond.ca)

Constituency Office:  
47 Williams Lake Road  
Halifax, Nova Scotia  
B3P 1S9



## YOUR FAMILY VISION CLINIC

DOCTORS OF OPTOMETRY

Dr. Miriam Debly, Dr. Michael Oulahen, Dr. Jody Killoran & Associates

- *Quality Eyecare & Eyewear*
- Four Convenient Locations
- Day, Evening & Weekend Appointments
- *New Patients Welcome*
- No Referral Necessary
- [www.FVC.optometry.net](http://www.FVC.optometry.net)

**Park West Centre, Clayton Park**  
287 Lacewood Drive, Halifax  
**457-2224**

**Queen Square, Dr. Rosere & Associates**  
45 Alderney Drive, Dartmouth  
**469-8230**

**Tacoma Plaza**  
50 Tacoma Drive, Dartmouth  
**434-1231**

**Dartmouth Superstore Mall**  
650 Portland Street, Dartmouth  
**462-4600**

**LOCALLY OWNED AND OPERATED SINCE THE EARLY 1960'S**



# New Metro Transit bus route reaches Sambro

By Steve Adams, HRM Councillor, District 18

After years of waiting, a few delays and much anticipation, the bus service to Sambro has finally begun. On Monday, August 31 at 5:30 am, we left the Fire Hall in Duncan's Cove for our inaugural trip. I was joined by committee member Gary MacLeod and local resident Mike Parsons, as we drove along Ketch Harbour Road and Old Sambro Road. Nine

passengers joined us along the way and one on the return.

There has been a lot of excitement generated by this service over the past month or so, however, there have been legitimate concerns raised as to why our bus does not service Portugese Cove. I can appreciate the frustration, especially given what seems to be such a short distance just to Camperdown, (2.5 km from the fire station). I have been

in discussions with our staff and have asked that they look at options to help offer a more complete service. It is a balance between connections, scheduling and other issues. I will do my best to help with this.

I will leave all residents with one last thought on our bus - use it whenever you can. This will help to ensure it stays in place and will aid in our argument to expand the service.

Another long awaited project has come to

fruition; that being paving of subdivision streets in Williamswood. For the most part, residents are pleased with this work and eagerly await the project to be completed.

The tender was awarded a few weeks ago to Basin Contracting. This work will be most welcome during the winter months as they will help with snow removal efforts. The Spring will also have a welcome change as the potholes will no longer be an issue.

Earlier in September an announcement was made by the Federal Government, along with Provincial and Municipal counterparts, to inject \$100 million dollars into our province to help with our economy. In that announcement was funding for a new fire station in Herring Cove. Our staff is preparing the necessary paperwork to ensure this is completed by April, 2011.

The long and very frustrating process to get some attention to Long Lake Provincial Park continues. It baffles me that this beautiful piece of property is left unkempt, while the property on St. Margaret's Bay Road looks fine. Perhaps the Provincial Department of Natural Resources could look at turning this land over to HRM. I have made numerous requests at Council for action and I have also written to the Minister, with no response as yet. I will keep trying.

This is the time of year that Councillors submit requests and proposals for next year's Capital Budget. If you have any ideas, please forward them to me.

The Captain William Spry Centre continues to move along, with the skate park and walking bridge in the works. Although the entire project is not yet complete, it is easy to imagine how great this will look! Drop by when you get a chance.

# Thinking beyond the urban-suburban corridor

continued from pg. 8

established, due to a partnership between the municipality and federal government. This is a testament to Federal-Municipal cooperation and this pilot project is an excellent step towards providing rurally located bus-users further options and greener options.

Expansion of rural transportation options leads to economic growth through the promotion of local shopping districts, medical facilities, and other transportation services. Tourism, access to education and training opportunities, as well as business development, also benefit from accessible, efficient, and comprehensive public transportation in rural areas. Better public transport provides a new level of agency for low-income residents, particularly seniors and youth, to access services and support-networks. In addition to this, healthy, viable public transport means improved road safety and fewer car accidents that are weather, fatigue and/or alcohol related.

Action on public transportation must be made in combination with action respecting privately-owned means of transport. Any future transportation planning in Canada and in our riding should include an environmental automobile strategy, which would:

Invest in Canadian production of low-emission cars to ensure our auto industry remains viable. This will include aggressive incentives for manufacturers who develop and manufacture in Canada cars with low or zero greenhouse gas emissions.

Provide federal government support for pedestrian walkways and bicycle paths in communities as part of our commitment to sustainable transport. In addition to reducing greenhouse gas emissions, improved pedestrian and cycling infrastructure will have health benefits for Canadians who choose to walk or cycle.

Bring in mandatory vehicle emission standards for all vehicles sold in Canada based on leading North American standards.

Require vehicle fuel consumption labelling so consumers have better information about every vehicle's environmental performance and efficiency savings.

Reduce pollution through an Early Adopters Program that encourages the purchase of commercial electric hybrid vehicles.

The future of a sustainable, environmentally-progressive transport system in this riding depends on analyzing where the service gaps are in the network and creating incentives for people to choose public transport when they have an option between private and public transportation. For those whose options are limited to public transport, by choice or otherwise, the system must be as user friendly and efficient as possible. It is the responsibility of government to make public transport as equally practical as the use of private vehicles and leadership must come from Ottawa to assist Provinces and cities in their commitments to all citizens.



**Graham Steele, MLA**  
**Halifax Fairview**  
 phone: (902) 453-5556  
 fax: (902) 453-4566

graham@grahamsteele.ca  
 www.grahamsteele.ca

7105 Chebucto Road, Suite 101  
 Halifax, NS B3L 4W8



**Linda Mosher**  
 HRM Councillor, District 17  
 Purcell's Cove - Armdale

Office: 490-4050  
 Cell: 476-4117  
 Home: 477-8618  
 E-mail: linda.mosher@halifax.ca

www.lindamosher.ca




**Megan Leslie, MP**

For information or assistance contact:



Megan Leslie, MP Phone - 426.8691  
 1-2207 Gottingen Street Fax - 426.8693  
 Halifax, NS, B3K 3B5 Email - leslim1@parl.gc.ca

www.meganleslie.ca

**Stephen Adams**  
 HRM Councillor, District 18

Home 477-0627  
 Cell 497-8818  
 adamss@halifax.ca

Showing how government can work for you

# LOCAL OBITUARIES

Courtesy of J. Albert Walker Funeral Homes Ltd.

**CAREY, Dr. Theresa Elaine**  
 Age 41 of Hubley, passed away September 19, 2009, in the VG Site, QEII. Born in Halifax, she was a daughter of Mary Corbett (Walsh) and the late Frank Carey. It is with great sadness that we announce the passing of our beloved Elaine. Elaine was a determined, passionate person who carried these qualities with her in every aspect of her life. A graduate of Dalhousie School of Dentistry, Elaine built a successful dental practice in Spryfield and in spite of her illness continued to care for her patients with the utmost professionalism, compassion and grace. A steadfast supporter of the SPCA, Metro Shelter, Elaine devoted much of her time to the care of animals especially her adopted dogs Lou and Brannie. Elaine enjoyed life to the fullest and had many interests traveling, shopping enjoying good red wine and most of all spending time at her camp in Wentworth and fly-fishing in the Margaree. She is survived by her husband, Brent; stepchildren, Jake, Sam and Sophie; sister, Diane; brothers, Mark (Lorraine), Earl (Jill), Robert (Maria), David and many loving nieces and nephews. Visitation will be held Wednesday from 2-4 and 6-8 p.m. in J.A. Snow Funeral Home, 339 Lacewood Dr., Halifax, where funeral service will be held 11 a.m. Thursday, Rev. Donald Sutherland officiating. Reception to follow. In lieu of flowers, donations may be made to the SPCA - Metro Shelter. Burial will be held in Wentworth at a later date.

**THORNE, Theresa Claire**  
 At the age of 82, she passed away peacefully on Sunday, July 26, 2009, in Melville Lodge. Born in Spryfield, she was a daughter of the late William and Winifred (Jarret) Yeadon. Theresa

will be remembered as a devoted, caring and protective mother, grandmother, great-grandmother and great great-grandmother. She enjoyed spending time with her family and many friends. She was the loving wife of Cyril for 62 years; mother of Dianne (Travis) Smithers, Donna, and Leonard; grandmother of six grandchildren; nine great-grandchildren; one great great-grandchild; sister of Dorothy, Ronald, William, Bernard (Nancy); several nieces and nephews. She was predeceased by daughter, Patricia "Patsy" Musolino; sisters, Hilda, Winifred, Helen, Mary, Rita and Margaret; brothers, Harry, John; Malcolm and Robert. Arrangements were under the direction of J.A. Walker Funeral Home (2005) Ltd., 149 Herring Cove Rd., Halifax, where visitation was held on Tuesday, July 28 and Wednesday, July 29. The funeral service was held on Thursday, July 30 in St. Michael's Roman Catholic Church, with Father Rob Arsenault officiating. Interment was in the Oakridge Memory Gardens, Lower Sackville. In lieu of flowers, donations in Theresa's memory could be made to the Canadian Diabetes Association. Condolences may be sent to the family by visiting: [www.walkerfh.com](http://www.walkerfh.com)

**DOBBIN, Annie**  
 82, Spryfield, passed away on September 11, 2009, in the Halifax Infirmary, QEII. Born in Canso, she was the daughter of the late James and Johanna Markey (Halifax). She is survived by her brothers, John (Leonia) Markey; Dartmouth; sons, Richard (Nora) Newell, Kevin (Elizabeth) Newell, Spryfield; Calvin McKenzie, Spryfield; daughters, Mary Chaisson, Dartmouth; Johanna (David) Al Molkey, Elmsdale; Constance (Cecile) Mayo, Spryfield; Lucinda (Joel) Stevenson, Florida, USA; Susan Dobbin, Spryfield. She will be sadly missed by her grandchildren and great-grandchildren. Ann is predeceased by her husband, James Dobbin; brother, Calvin; sisters, Genesta, Marian and Mary. Ann worked at The Lord Nelson Hotel in Halifax. She was known for being kind and charitable by the people in her community. A celebration of her life was held in J. Albert Walker Funeral Home Chapel, 149 Herring Cove Rd. Halifax, NS on Tuesday, September 15 at 11 a.m. Interment will take place at a later date. Donations in Ann's memory may be sent to the Heart and Stroke Foundation of Nova Scotia.

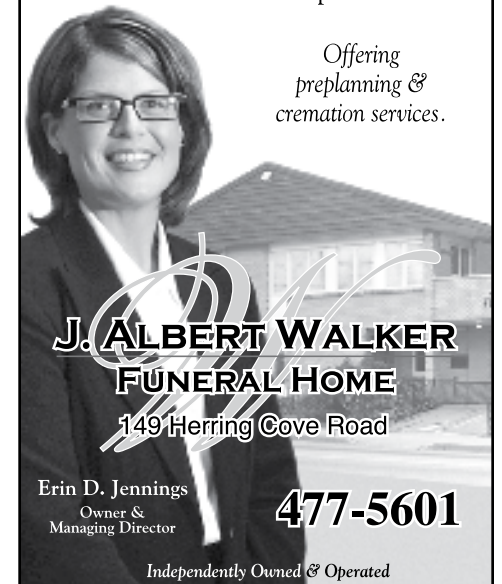
YOUR COMMUNITY FUNERAL HOME

## HONOURING THE LIFE THAT HAS BEEN LIVED

Have you seen our renovated and redecorated facilities?

- New arrangement offices
- Comfortable visitation rooms
- Fully renovated Chapel
- New reception area

Offering preplanning & cremation services.



**J. ALBERT WALKER FUNERAL HOME**

149 Herring Cove Road

Erin D. Jennings  
 Owner & Managing Director

**477-5601**

Independently Owned & Operated

## Chebucto News

**New Fax Number**

Community Publishing Halifax Inc., the publisher of the *Chebucto News* would like to inform its readers of the change of our facsimile number.

Faxes can be sent direct anytime to:  
**477-NEWS (6397)**

Supporting Your Community

# ROYAL CANADIAN LEGION

Earl Francis  
 Spryfield Memorial  
 Branch 152



**WE CARE**

## Chebucto News

### Subscriptions Available!

The Chebucto News is now offering a subscription service so that you can buy regular delivery for friends and family that live away from home. Are you residing in Calgary? In California? Wherever you are, you can now see the stories and photos of the people back home.

Just mail this form along with your payment to:  
 Chebucto News, P.O. Box 20141, Halifax N.S. B3R 1V0

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

AMOUNT ENCLOSED: \_\_\_\_\_

RATES: Canada \$25./year taxes included  
 USA \$29./year taxes included

## Chebucto News

## Chebucto News Business Directory

Community businesses serving community needs.



### STEVE MURPHY'S AUTO SERVICE

- Wilson's Fuels -

**3¢ off** gas on Thursday & **2¢ off** cash every other day

225 Ketch Harbour Road - 477-4160  
 Complete Collision & Mechanical Shop Services  
 Body Repairs and Painting • Bench Frame Straightening  
 Undercoating • Sandblasting • Mig Welding

### RDM RECYCLING LTD. CONSTRUCTION & DEBRIS SERVICES

1275 OLD SAMBRO RD.  
 HARRIETSFIELD, HALIFAX, N.S. B3V 1B2  
 PHONE: 477-9995 FAX: 477-0534

### MacLeod's Auto Service

Computer Diagnostics, Welding, MVI, Exhaust, Servicing all Makes and Models.

Monday to Friday 8 am - 6 pm  
 44 Herring Cove Rd. 477-4682/431-2886

### Overall Glass Inc.

Mobile Autoglass Repair and Replacement

Wendell Conrod

**471-2812**

[overallglass@eastlink.ca](mailto:overallglass@eastlink.ca)

### Touchstone Bookkeeping

Full-cycle bookkeeping/accounting services  
 Personal income tax preparation

**(902) 407-3117**

fax: (902) 407-3118

349 Herring Cove Road, Halifax, NS B3R 1V9  
[www.touchstonebookkeeping.ca](http://www.touchstonebookkeeping.ca)

### Spryfield Denture Clinic

Service direct to the public

Melville Professional Centre  
 15 Shoreham Lane

**479-2453**

# 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](mailto:dandoherty@eastlink.ca)

#### Giant Yard Sale

Calvary Baptist Church, 19 Thornhill Dr. – Oct 3rd. beginning at 9 A.M.

#### Mystery at the Islanders Hotel

Emmanuel Church Players Present: "A Mystery at the Islanders Hotel" Oct. 16th, 17th, 23rd, and 24th. \$25.00 ticket price includes a delicious three-course meal (salad, roast beef with veggies and dessert-wine available) Emmanuel Church Hall, 322 Herring Cove Rd. Doors open at 6:15pm (Reserved ticket seating only) For tickets and information, please contact Brenda at 477-2356, or Aleeta 477-7870.

#### Erin's Sons Book Launch

Well known genealogist Terry Punch will launch his latest book at The Captain William Spry Library Oct. 20th at 7 P.M. all are welcome.

#### Leaders

1st Sambro Beavers, Cubs and Scouts are seeking leaders at all levels, but especially Cubs. We have an eager group of children in this age group, but no leader to guide them. Do you have some time to dedicate to these young people? Training is provided at no expense to you. Registration is

ongoing throughout the year. Please contact Angie Flemming, 1st Sambro Group Commissioner, 346-2013 or email [angflemming@eastlink.ca](mailto:angflemming@eastlink.ca)

#### Annual Fall Fair

Bethany United Church, 7171 Clinton Ave. Sat. Oct 17, 2009. 455-0521

#### Legion Events

Seniors Days Monday Oct. 26th – 1 to 5 P.M. Bingo every Sunday at 1 P.M. Mini Bingo at 6 P.M. and Superstat Bingo at 7 P.M.

#### Elderobics

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

#### Auction 45 cards

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

#### Crafters Circle

The Loop Crafters Circle is holding their first Holiday Craft Market on November 14, 2009 from

9 a.m. to 3 p.m. at the Harrietsfield/Williamswood Community Centre at 1138 Old Sambro Road, Harrietsfield. The market will feature local arts, crafts and small companies offering products suitable for family gift giving. Vendors' Tables are just \$5.00. Canteen on site. Admission is \$1.00. Contact Marian Munro at [mondo@eastlink.ca](mailto:mondo@eastlink.ca) or phone 868-2171

#### Bethany United Church Fall Fair

Saturday, October 17, 2009  
9:00am to 1:00pm  
2669 Joseph Howe Drive, close to the rotary  
Featuring: Inflatable Bouncer Children's Activities, Seafood Chowder, Home Décor, Silent Auction, BBQ and Popcorn, Jewelry, Crafts, Flea Market, Toys, Pantry, Baskets, Books Christmas, Cakewalk, Princess Parlor.  
All Are Welcome

#### Service for the Blessing of Animals

Sunday Oct. 4, 2:30 pm, in the churchyard of St. Paul's United Church, 173 Old Sambro Rd., Spryfield. In the case of rain the service will take place in the church hall. Bring your pet in a cage or carrier or on a leash. If you don't have a pet, come anyway. There will be a freewill offering for the SPCA. You may bring your lawn chair. After the service there will be some refreshments for humans and animals.  
For information call 477-3937.

#### Urban Farm Museum Society

The Urban Farm Museum Society will hold its monthly meeting on Monday, October 19th, 7pm at the Capt. Wm Spry Community Centre. For further information please call Pat 477-6087 or e mail [jamac@ns.sympatico.ca](mailto:jamac@ns.sympatico.ca). New members and volunteers welcome!

## MONEY PROBLEMS? WE CAN HELP!

Call PricewaterhouseCoopers Inc. for information about bankruptcy, proposals and other solutions available to you. For a free confidential meeting call us at one of our following metro offices.

Halifax (Resident Office): 491-7474

Dartmouth Office: 461-2333

Sackville Office: 865-4400

[www.pwcdebtsolutions.com](http://www.pwcdebtsolutions.com)

**PRICEWATERHOUSECOOPERS** 

Trustee in Bankruptcy

Solutions Through Understanding

### Captain William Spry Public Library Erin's Sons Book Launch Volume III



#### Erin's Son's: Irish Arrivals in Atlantic Canada, 1751-1858 Volume III

All welcome!

Come join renowned genealogist and CBC Radio personality **Terrence M. Punch** launch his latest book *Erin's Son's: Irish Arrivals in Atlantic Canada, 1751-1858 Volume III*.

Terry's warm and engaging style always brings genealogy to life. If you have an interest in early Atlantic Canadian immigration and want to enrich your knowledge please join us!

Where: Captain William Spry Public Library  
When: Tuesday, October 20, 2009 7:00 pm

For more information, call Troy Myers at 490-5792.

HALIFAX PUBLIC  
Libraries

[halifaxpubliclibraries.ca](http://halifaxpubliclibraries.ca)



Chebucto West  
Community Health Board

## Community Conversations about Our Health

In a recent survey of 2800 people in the Capital Health district we learned that:

- Most of us don't get enough exercise and many are overweight
- Most of us have a chronic disease and many have trouble accessing health services
- Work stresses us out

... but that's not all we heard! Come learn more and join our

*Community Conversations about Our Health*. We need your help to decide which health issues should be priorities for the coming years.

**What:** Chebucto West Community Conversation

**When:** Wednesday, October 7 – 6:00 pm to 8:30 pm

**Where:** Our Lady of Lebanon Church, 3844 Joseph Howe Drive, Halifax

For information and to RSVP, please call (902) 424-3678 or email [laurie.macneil@cdha.nshealth.ca](mailto:laurie.macneil@cdha.nshealth.ca)

Community Conversations about Our Health is an initiative of the seven Community Health Boards in HRM and West Hants and Capital Health.



# LUMBERMART

THE SHARPEST PENCIL IN TOWN

100's OF 2nd QUARTER REBATE CHECKS WERE JUST MAILED OUT. DID YOU GET YOURS?  
 JOIN TODAY!  
**IT'S FREE**  
 Details in store or go to...  
[www.lumbermart.ca](http://www.lumbermart.ca) click "rebate"

**Thank You!**  
**SPRYFIELD**  
 It's been a great 25 years for LumberMart in this community! As we plan our next 25, watch for exciting changes at both LumberMart locations in the upcoming months as we continue to grow our business right here in beautiful downtown Spryfield.

**YOU'VE HEARD ABOUT THEM...NOW SAVE WITH THEM**

**ELECTRIC FURNACE**  
**HOME SHOW SPECIAL \$488**

COMPARE ELSEWHERE UP TO \$899

- NEW! Dual Watt Settings
- Heat Up To 1000 Sq. Ft.
- Free Remote Control
- As low As \$1.50 Per Day

## LOOK WHAT'S NEW AT LUMBERMART

**Citadel Series EXTERIOR PAINT**

- 100% Premium Acrylic
- Full Coverage Oil (Alkyd)
- Semi & Full Hide Stains
- Porch & Floor Enamels

**Imagination Series INTERIOR PAINT**

- 100% Acrylic
- Primers too
- 3 sheens to choose from

THE FINE PRINT: (On 50% off!) We have contracted with one of Canada's leading suppliers of private label paint and choose only their best products. We've personalized our label to reflect our heritage and offer you a 50% the 2nd can of any paint, stain or varnish. Everyday, no exceptions.

**LUMBERMART'S EVERYDAY DEAL**

BUY ANY QUART OR GALLON GET THE 2nd at...  
**50% OFF EVERYDAY**

**FREE**  
 ColourMatch computer on site at both stores. We can match colours to another paint (any brand) or match off fabric or wallpaper. Paint a room right on our computer to see the finished product - 1000's of colours.

EXCLUSIVE TO LUMBERMART  
**Canada's Environmentally Friendly INSULATION**

We've taken out all the harmful chemicals

R12x15	R20x15
R12x23	R20x23
NOW JUST...	NOW JUST...
<b>29¢</b> Per Sq. Ft.	<b>49¢</b> Per Sq. Ft.

THE FINE PRINT: These are huge contractor size bags. Very popular on environmentally sensitive job sites. While most would expect to pay a premium for such a product, as an introductory offer we're actually lower in price, when buying by the square foot.

**VANITIES...to clear!**

White or Oak  
 (Includes marble top and sink)

24" wide x 18" deep **\$99** NOW...

30" wide x 18" deep **\$119** NOW...

**And The Winner Is...**

On August 15th we drew the names of our 2 winners for our trip to fabulous Las Vegas.

**Congratulations** to... Tracy & Chris DeLong & Mr. & Mrs. Doug Shanks.

Both couples will be going to Las Vegas compliments of LumberMart. Trip includes return airfare, hotel accommodations for 7 nights and all taxes.

**GARAGE PACKAGES**

OUR MOST POPULAR  
**24' X 24' DOUBLE GARAGE**  
 (Single Story Garage & Workshop)

Our Regular Price **\$13,699**

**SPECIAL \$1000 gift card**

With any installed deluxe or aided garage 24' x 24' or larger booked until October 31st, to help celebrate our 25th Anniversary.

• 100's of Styles • Custom Plans • New 2 Storey-Games Room Upstairs

## If you want windows, we've got choices to fit your budget

<p><b>OPTION A</b></p> <p><b>TRADITIONAL WINDOWS</b></p> <p><b>VINYL SINGLE HUNG</b>                  From... <b>\$99</b> per unit</p> <p><b>VINYL HORIZONTAL SLIDERS</b>                  From... <b>\$119</b> per unit</p> <p><b>VINYL CASEMENT</b>                  From... <b>\$189</b> per unit</p> <p><b>PICTURE WINDOW</b>                  From... <b>\$417</b> per unit</p> <p><b>DOUBLE BANK SINGLE HUNG</b>                  From... <b>\$399</b> per unit</p> <p>See our complete list of sizes at... <a href="http://www.lumbermart.ca">www.lumbermart.ca</a></p>	<p><b>WHAT'S THE DIFFERENCE</b></p> <p><b>OPTION A</b> Is a contractor's series window made in specific sizes only. (No custom sizes available) Both LumberMart locations stock over 80 sizes to fit most applications. This window is ideal for new work, renovations or projects where "price is an issue"</p> <p><b>OPTION B</b> Is our very best window made by Canadian window giant "All Weather Windows and Doors". Every window is custom built to fit your exact opening. There is no significant upcharge for this and in-home estimates are available.</p> <p>DONT MISS OUT!! See any of our sales associates about current Government grants and rebates.</p>	<p><b>OPTION B</b></p> <p><b>yes we can!</b></p> <p><b>ALL WEATHER WINDOWS</b></p> <p>FREE LumberMart All Weather collector hat with any All Weather window quote or purchase. If you already bought/had in your receipt for your free hat.</p> <ul style="list-style-type: none"> <li>• Do custom size windows</li> <li>• Offer fast service</li> <li>• Offer professional installation</li> <li>• All at our...</li> </ul> <p><b>NEW HOME QUOTES</b></p> <p><b>CUSTOM INSTALLED QUOTES</b></p> <p><b>RENOVATION QUOTES</b></p> <p><b>BRING IN YOUR SIZES</b></p>
--	---	--

**NOT TOO LATE FOR Patio Doors**

Solid vinyl (no wood in it)  
 Safety thermo glass  
 Fully assembled - Screen included

60" x 80"	72" x 80"
<b>\$488</b> ea.	<b>\$549</b> ea.
60" x 80"	72" x 80"
Low-E glass	Low-E glass
<b>\$549</b> ea.	<b>\$599</b> ea.

**SAVE AN EXTRA 10% BONUS:** An extra 10% OFF if you pick up the door yourself. Plus you save the delivery fee.

**HOME SHOW SPECIALS**

**STORE HOURS**

Monday - Friday  
 8am - 6pm

Saturday  
 8am - 5:30pm

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

<p><b>HALIFAX</b></p> <p>751 Herring Cove Road, Spryfield, NS</p> <p>Phone: 477-6500 • Fax/Quotes: 479-0839</p> <p>Toll-Free: 1-800-922-8204</p>	<p><b>DARTMOUTH</b></p> <p>15 Wright Ave., Burnside Ind. Park</p> <p>Phone: 468-7772 • Fax/Quotes: 468-0233</p> <p>Toll-Free: 1-866-711-7772</p>
<p>Prices in effect until October 31st • Some items may be limited or subject to prior sale</p>	

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

Our website is open **24 hours-a-day**