

The Beaton's Home Business Promotes Good Health Through Balance

Larry and Saskia Beaton, distributors of natural health food products since 1990, are passionate about helping people improve their health and quality of life through a balanced approach. They are distributors for Aim International, offering high quality, natural food supplements. They also offer personal nutritional counselling and home delivery. Their network of distributors encompasses many areas of North America, The Caribbean, South Africa and South East Asia. They were the first couple in Canada to reach Aim's highest level of recognition as Chairman's Club Members.

Larry was introduced to the Aim products back in 1989 by his mother who had already been taking the products. Larry was suffering from ulcerative colitis and arthritis and Saskia from viral pneumonia and chronic fatigue syndrome, they gradually noticed improvement in their health after taking two Aim products. In fact it wasn't very long before all their negative health symptoms disappeared. Very excited with the results, they began sharing their experience with friends and relatives and a small home-based business was born. The products are very easy to promote", says Larry, "because they work!"

Larry and Saskia encourage their new customers to boost their body's immune system by first cleansing the colon and



Larry & Saskia Beaton on a recent trip enjoying good health.

then rebuilding with high quality whole food juice concentrates such as barley grass juice, and beet and carrot juice. They also carry specialty products, to address specific areas such as cardiovascular, colon, hormonal balance, prostate, etc., which can be addressed through private consultation. "Ignore your health and it will go away!"

Larry and Saskia have been living in the Beaver Bank area for seventeen years and have two children. To contact them or

to find out more about their health food products please call:

830-4030 cell,
864-0020 home,
864-7670 fax,
email beaton@accesswave.ca.
Larry Beaton
Health Food Products

Larry's Favorite Recipes

Old Fashioned Rice Pudding

2 eggs
1/4 cup unpasturized honey
1 tsp vanilla
2 cup skim milk
2 cup cooked brown rice
1/2 tsp each nutmeg & cinnamon
1/2 cup raisins

Place eggs, honey, vanilla, salt and milk in blender; pulse to mix well. Pour over cooked rice in 9X9" baking dish. Add raisins; stir only until mixed. Sprinkle with nutmeg and cinnamon. Bake 325° F in oven for 40 to 50 minutes, or just until pudding is set.

A double recipe fills a 9X13" pan. Make a double batch and enjoy the rest for breakfast.

Watch for more Recipes in Future Editions of The Bulletin.



Beaver Bank Kinsac Bulletin

March / April 2003 Issue # 52

The Voice of the Beaver Bank Community Awareness Association



Great Turnout Despite Snowstorm at 9th Annual Town Hall Meeting

On February 12, 2003 the Beaver Bank Awareness Association held its 9th Annual Town Hall meeting. The turnout was fantastic, with about 130 people in attendance, despite rather nasty weather. There was a delay in the start to allow people time to get to the meeting, and time to get a coffee supplied by Tim Horton's. The meeting was convened at about 7:10. The HTB band was unable to play 'O' Canada' this year, as not enough members got back to the school.

Chairman Brian Pitts started the meeting with the Report from the Chair. He thanked the invited guests for attending; MP Peter Stoffer who makes the trip every year from Ottawa, MLA Barry Barnett, Councillor Brad Johns who brought several members of HRM staff with him, School Board Member Paul Russell, School Board Superintendent Carole Olsen and members of the RCMP Sackville Detachment. Mr. Pitts touched on subjects that had been discussed by

the BBCAA Board over the past year, including the successful 'free 911 civic sign with membership' program that was launched in the fall. This project has been extremely successful and will be continued until September for all new and renewing members.

Many reports were then tabled. Victor Cobb gave the Secretary's report. Megan Sheen read the Treasurers reports from the BBCAA Main Account and from The CAP Association. The Fire Department report was given by Chief Gord West. Both the Fire and Treasurers report were as published in the last Bulletin. Other reports given were; Community Policing - Cst. Tom MacLeod, School Board - Carole Olsen, Community Center - Michelle West, Cobequid Multi-Service Center - Tony Benson and Scotia Nursing Home - Stephen Pace & Patricia Bland. These reports were all very informative and were followed by our

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New Executive Elected to BBCAA Board

On Feb 25, 2003, the BBCAA Board Members met to elect the executive for the coming year. Brian Pitts, who had been Chairman for the past four years, declined to run for the top job. He feels strongly that these positions are a shared responsibility and that new people bring new ideas. We welcome Ron Moakler to the position of Chairman; Mr. Moakler has sat on the Board for many years. Victor Cobb remains in the position of First Vice-Chairman. Mr. Pitts moves to

the position of Second Vice-Chair. It is the responsibility of the Vice-Chair to run any meetings in the absence of the Chairman. The Secretary and Treasurer remain the same, Angela Archibald and Megan Sheen respectively. Mrs. Archibald agreed to remain as Secretary, but because of a tight schedule has passed on the duties of Bulletin Advertising to Katherine Molloy. Erica Rideout will continue to represent the

(Continued on page 3)

Community DateBook

Proudly Sponsored By



April

5—Ham Supper, 1st Sackville Presbyterian Church, see Church Sign
7—Ladies Aux. Turkey Bingo, Villa Fire Hall, Doors open 7 pm
14—BBCAA Monthly Meeting, 7 pm, Church of the Good Shepherd Hall
18—Good Friday
20—Easter Sunday
21—Girl Guide Cookie Day
28—No School For Students, PD Day for Teachers

May

TBA—HTB Play 'Friday Knight Fever' Watch School Sign for details.
2—Deadline for May/June Bulletin
3—RCMP Stetsons & Spurs Auction, see page 13
11—Mother's Day, Get Gifts!
12—BBCAA Monthly Meeting, 7 pm, Church of the Good Shepherd Hall
19—Victoria Day
21 to 23—BBK School Play, "You're a Good Man, Charlie Brown"
24—Monarch School Spring Fair
24—Lobster Supper, Church of the Good Shepherd, Watch for Sign

June

7—BBK School Spring Fling, 10 am to 1 pm.
9—BBCAA Monthly Meeting, 7 pm, Church of the Good Shepherd Hall

Community Center Meetings are planned on an ongoing basis. If you wish to attend, please call Brian Johnson at 864-1677

BBK Volunteer Fire Department meets every Tuesday night, go to the Villa Fire Hall to join and serve your community.

Please Note: A list of New and Renewing Members will appear in the next Bulletin.

Beaver Bank Community Awareness Association Membership Form

Please mail to: 1901 Beaver Bank Rd, Beaver Bank, N.S., B4G 1C9.

Name: _____

Mailing Address: _____ P.C. _____

Phone: _____ Fax: _____ Email: _____

Enclosed is: \$20 Family Membership Cash Please mail me a receipt

\$50 Business Membership Cheque

Please make payment payable to "BBCAA" or "Beaver Bank Community Awareness Association"
This form can be dropped off at Barrett Lumber Company or Hartlen's Esso

Please Send My FREE 911 Reflective Civic Sign with this Number # _____

How To Contact Us

BBCAA Board

Chairman & beaver banks:
Ron Moakler 865-0582

Vice-chair #1: Victor Cobb 864-4112

Vice-chair #2: Brain Pitts 865-5479
Fax 865-8462

Secretary:

Angela Archibald 865-0469

Email: jarchibald@hfx.eastlink.ca

Treasurer: Megan Sheen 864-7063

Community Center:

Brian Johnson 864-1677

Bulletin Committee and

Memberships:

Eric Rideout 864-4452

Email: erideout@accesswave.ca

Youth Representative:

Erica Rideout 864-4452

Email: ericar@accesswave.ca

Other Board Members:

Robin Barrett

Tom Bulger

Allen Clay 865-7318

Denise Crowell 864-3513

Katherine Molloy (as below)

Cal Moore

Dorothy Selig (as below)

Ex-officio Members:

Councillor Brad Johns

HRM-1234 (476-1234)

Fax: 869-4749

Email: johnsbr@region.halifax.ns.ca

-or- brad@johns.net

Norma MacLean 869-4204

Email: maclean@region.halifax.ns.ca

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1901 Beaver Bank Rd,

Beaver Bank, NS,

B4G 1C9

This address is only for mail. Please call if you have an item to be picked up or dropped off and arrangements will be made.

Printing arranged by Councillor Brad Johns, District 19

Policing Office Has Many Services

The Beaver Bank Community Policing Office has many services available to the Community. There are Fax and Photocopier machines for Community use, at only 10¢ per copy. There are two high-speed Internet computers operated by the CAP association. They sell Beaver Bank pins and the Community RCMP Officer is available to talk to, whether you have a concern or if you just wish to chat. Drop by to say hello and they will even make tea or coffee. The office is usually open 9 to 9, Monday to Friday. They are currently seeking 2 evening volunteers. If you can help out or have any questions, please call 864-6072.

-Ginny Lively

Other Beaver Bankers Receive Queen's Medal

A few more Beaver Bankers have received the Queen Elizabeth II Golden Jubilee Medal. As reported in the last Bulletin, Kellie Tanner was the only Beaver Banker to receive one in a ceremony conducted by MP Peter Stoffer. In separate ceremonies others from our community were also recognized. Ken Margeson received the Queens Medal for his fine work in the Scouting movement, a reward well deserved. Jerry Langille and Tony Benson each received Medals for their volunteer work in and around the community. Should you know of any more community members who received this award please let us know. It is nice to see our volunteers appreciated.

-Bonnie Ryan

Ladies Slo-Pitch Gearing Up for New Season

Beaver Bank Ladies Slo-Pitch executive would like to thank all the ladies that contributed to an extremely successful season in 2002. Special mention goes out to Sandra Avery- Most Sportsmanlike, Flo Creelman- League MVP and Karen Collins-MVP for the "End of Season Tournament". First place of the League went to Tim Horton's while the playoff title went to Big Guy's Girls. We look forward to seeing you all again in 2003.

Any ladies or teams interested in joining our league please contact Tracy Laba at 865-5505.

LA to Hold Easter Turkey Bingo



The Ladies Auxiliary would like to thank the following businesses for their donations to our Christmas Turkey Bingo: Hartlen's Esso, Canadian Tire - Dartmouth Store, RCMP - Beaver Bank Detachment, Gartec Industries, Fog Hill Land Services, Halifax Developments, J.W. Bird Co. Ltd and Brad Johns - HRM Councillor.

We have an Easter Turkey Bingo coming up on April 7th at the Villa Hall. Doors open at 7:00 p.m. and the bingo starts at 7:30.

In order to promote the health, safety and well being of our community we have adopted the NO SMOKING bylaw and our bingos will now be smoke free. Because of the usually high number of smokers in attendance, we will be providing a 10 minute smoke break half way through the bingo.

For those who have never attended one of our bingos, we have 15 games where you can win a turkey, 4 money games of ½ the take and 1 game of all the take. Books of tickets for both the turkeys and the money games are \$5.00. We also have canteen facilities.

We are very pleased to be able to provide the reflective civic signs at a nominal fee. The cost of a single sided sign is only \$5.00 and a double-sided sign is \$10.00. You can call 864-8717 to order.

Thank you to the members of the community for your continued support and we hope to see you on the 7th.

-Janice West

FREE BLUE REFLECTIVE 911 SIGN WITH EVERY BBCA MEMBERSHIP OR BUY DIRECT FROM LADIES AUX.

(Continued from page 14)

from Glo Promotions. Our school continues to pride itself on our Breakfast Program with the valued assistance of many parent volunteers. Our food bank is also an ongoing project providing relief to those families who notify us of their needs.

Prior to the Christmas break we were fortunate to obtain a sign which now serves as both a locator and means of advertising events to come. We thank Councillor Brad Johns for providing funds for the purchase of the sign. We have also purchased pieces of playground equipment for our senior elementary classes, which will be installed once the warm weather arrives, if indeed it ever does. We are also in discussion with our Board Member and Councillor Johns regarding the feasibility of providing a new exit from the parking lot. So far we are optimistic that this will be achieved.

As one can see much is taking place in our school community, and with the identification of those issues outlined, so much more is yet to come. We do welcome your input and encourage those of you who have yet to visit with us to feel free to do so. Perhaps you just may like to volunteer to read with our children or to engage in an activity which may possibly benefit our school.

-Beaver Bank Monarch School

BBK School Involved in Many Projects

It has been a busy winter at B.B.K. Rehearsals for the school musical "You're A Good Man Charlie Brown", are in full swing, with the cast, choir, and dancers practicing for their May 21st, 22nd and 23rd performances.

On Feb. 28th, our school officially entered The Nova Scotia League Of Peaceful Schools. Helen Caston-Guay presented the school with its flag at a well attended assembly that included our former music teacher Isabel Fougere, who returned to lead the students in the singing of our many peace and friendship songs. Students, teachers, parents and friends joined in the celebration of achieving this goal and a cake was shared by everyone.

Two lucky classes, Grade 3/4 Grove and Grade 4 Blanchard/Deal attended an

ECMA concert at the Cohn featuring Lennie Gallant, Laura Smith, Mary Jane Lamond and others. Grade 3 Himmelman/Sanders visited the Sackville Library.

The cold temperatures outside did not affect the rainforest that's been growing in Mr. Robert MacDonald's Grade 2 classroom. A spectacular sight, this rainforest comes complete with jungle canopy, waterfall, birds and creatures native to the rainforest region.

Ms. Oderkirk's Grade 6 class held a successful dance and Valentine Basket Raffle to raise funds for their June trip to Sherbrooke Village. Thanks to all who supported their event.

The 100th Day of School took place in February and schools in the area were in a challenge to donate 100 meters of food for the Food Bank. We successfully met this goal and thank all those who made a contribution.

Our school had an all-day Open House, March 3rd, with parents joining in our assembly and visiting the various classes throughout the day.

RCMP Constable Tom MacLeod is currently running the highly successful drug awareness program "D.A.R.E." with our Grade 6 students.

We are looking for next year to drop by any time with their parents and register with our secretary Mrs. Elliott.

One of our library volunteers, Rae Marlborough, was recently presented with a Golden Apple Award by School Board member Paul Russell, on behalf of the School Board for her outstanding contributions to our library. We are so lucky to have her help and support. At BBK we are fortunate to have such a large team of parent volunteers who contribute in so many ways. Thanks to all of you who give of your time and efforts.

Look for more information in the coming months concerning our annual Spring Fling to be held on June 7th, 2003.

-Wendy Blanchard

Lockview Introduces 'George'

"George" is a software program that allows parents and students to view demographics, attendance and transcripts via the Internet. Users can view up to date information at their convenience and receive regular email reports, as well. It is simply a matter of visiting the Lockview site (www.lockview.ednet.ns.ca) and registering for this service. George helps you stay connected to your student's progress in school.

Dragon Pride

Lockview's Dragons have over 35 clubs and teams to choose from and hundreds of students are involved in activities happening throughout the school. Upcoming events include a spring pep rally, the 30 Hour Famine and the musical production of "Man of La Mancha". Students Council continues to support the Cobequid Centre and has raised over \$1000 in its recent campaign. Plans are under way to raise \$4000 by the end of the year.

Lockview students are working hard on their academics, as well. The results for first semester show almost 700 students named to the honours and principal's lists! That number represents over 50% of our student population so we are proud to recognize their accomplishments.

Lockview's Award Winning Music Program

Lockview's music director, Joe Cormier, took his students to the Kiwanis Music Festival and brought home an array of honours. The Grade 9 and 10 bands won gold, as did the Jazz Ensemble Band and 19 individual students. The Senior Band and the Senior Concert Band won second place honours along with 7 individual performers and 7 additional students who achieved third place honours. These students are a great asset to the school and their hard work and dedication is appreciated.

-Paul Carnell, 860- 6000 ext. 226,

Beaver Bank Kinsac Elementary
864-6805

Harold T. Barrett Jr. High
864-7500

Beaver Bank Monarch Elementary
864-7540

Lockview High School
860-6000

HTB Students Continue Their Busy Year

PENPALS IN JAPAN-- Students have taken up the challenge to correspond with Japanese students who are learning English. Kaitlyn Smallwood, Shari Brezovski, Stefan MacEachern, Jennifer Veinott and Jodi Neilare eagerly awaiting their replies.

STUDENTS EDUCATE A STUDENT-- HTB surpass their goal to raise \$350 to educate a student in Haiti. Working with the local chapter of Education Haiti Outreach, HTB students have, through recycling, Hats for Haiti, and other projects, been helping to educate a student. Having now surpassed \$350 cost for one year in a high school, HTB will continue to help David L'Homme with supplies and clothing. Kudos go out to grade 702 for spearheading this campaign and to all students who recycle and wear Hats for Haiti.

SKI TRIP SNOWED OUT-- This is the first year that the annual ski trip to Martock has been cancelled-- ironically due to snow. Students were disappointed that Marock could not arrange another date. --But hey spring is coming. Isn't it?

NEW MASCOT AT HTB--Bee the Best that you can Bee! This slogan, coined by the principal, Mme DesChambault, in early January to encourage the students, has really caught on. A large bee has taken over a bulletin board in the school office, a small plaster bee smiles at you from the office computer and the 'Bee the Best you can Bee' has come to life. In a surprise visit the giant bulbous creature gave out special awards THE EXTRAORDINARY STUDENT AWARD to 30 extraordinary students in early February. THE BEE swooped in on the last school day before March Break to deliver 30+ awards. Rumour has it that THE BEE will buzz in regularly with these special awards.

PIER 21-- "Do you really know your past?" Grade 7 HTB students got to learn about immigrants that landed at Pier 21 over the years. On their visit to Pier 21, students were asked to act out the part of a person landing in Canada before they were legally allowed to live in Canada. The students were given passports once

they had finished. They also learned about the Roberts family and learned how to find information on their own families. At the end of the trip students were shown a movie on a hologram screen, 4D size (life size) about the different waves of immigrants that passed through Pier 21. The staff, students and volunteers had a wonderful time and hope that HTB can go again.

MUSICAL ON TRACK-- HTB will be performing Friday Knight Fever, under the able direction of Ms. Kim Wilson, with the assistance of Ms. Stephanie Lockhart. Ms. Pam Paddock, the band teacher will assist with regular singing practices. In spite of a heavy acting schedule Andrea Wilson will do the choreography with Katie Walsh assisting her. Of the many talented students who auditioned 32 were cast. "It was a very difficult decision," Ms. Kim Wilson stated. This production will be held in May. Mounting an awesome production like this requires many talented people behind the scenes as well. Mr. Andrew Wilson will head up the stage sets and construction that will, we are told, excel last year's brilliant set. Other assistants will be Ms. Susan Casey, ms. kidd and of course parents are needed to help out with everything from painting, costumes and make-up. Come out and help 864-7500

RUNNING RECORDS-- Literacy and reading strategies are at the forefront of the grade 7 program. This year Ms. Casey and ms. kidd have started a process called "Running Records". They listen to each grade 7 student to discover which reading strategies are being used. For example, if students add a word to the sentence or skip a word to get the meaning from the context or repeat a phrase to understand it better, these are recorded. Ms. Casey says, "We have found that students use a lot of strategies. Often the students had no idea how many good reading strategies that they have been using all along." At the end of each interview students are shown all the good strategies that they have used. Students are usually positively surprised. When the teachers have finished hearing everyone read they will share everyone's strategies with students who don't already use them. Ms. Casey says it is working very well and she hopes to help the grade 8 students by the end of the year.

AFRICAN HERITAGE DAY-- Students and staff topped off African Heritage Month (Feb. 20th) with guest speakers, and hands-on workshops that centred on learning more about the extraordinary Nova Scotians of African heritage who have contributed to Nova Scotia through their own accomplishments. Research on Nova Scotians past and present resulted in the creation of a Freedom Train with nearly 200 cars, collages and posters celebrating their accomplishments. Discussions on the causes and effects of racism and musical sessions discussing, then singing past and current songs of freedom rounded out the morning. The productive buzz throughout the school heralded the success and enjoyment of staff and students alike. Students are looking forward to the next theme day.

Reporters: Natasha Shebib, Lacey Rose, Brittany Faulkner

BB Monarch Planning For Spring Fair

As is the case with all schools this time of year, Beaver Bank Monarch Drive Elementary School has been quite active both before and after the Christmas Season. During the month of February 1 to March 1 we registered new students for the 2003 - 2004 school year. This process enables our Board to determine the staffing needs for the coming school year. Our school community has also signed on for the process of developing a new school improvement plan. The process is a new one, and as such we will be provided with considerable assistance from Central Office.

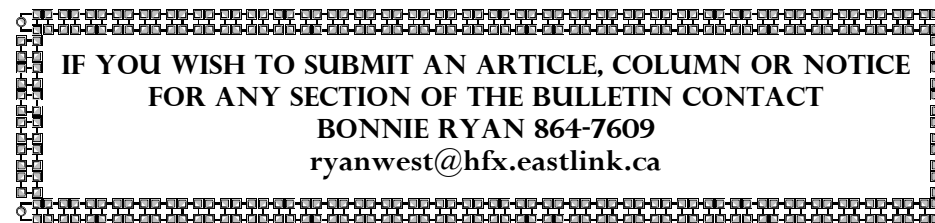
With just less than 4 months in our school year, our Grade 6's are in the midst of preparing to make decisions with regards their future at Harold T. Barrett. We have also revised our plans for dismissal on storm days, with the focus on making certain that our students arrive at their prearranged destination in a safe and secure manner. Plans are under way for our Spring Fair, slated for the 24th of May. One of the added attractions this year is an inflatable castle

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(Town Hall Continued from Page 1)

guest speaker Peter Wilde. Mr. Wilde was a founding member of the BBCAA and spoke for several minutes about the accomplishments of the Board and the many groups, which came to be because the BBCAA was in place to help them organize.

Mr. Pitts then conducted the election of Board Members. All the previous members returned for another year and three new members agreed to join. They are Robin Barrett, Tom Bulger and Cal Moore. We thank them for making the commitment to volunteer for their community. The evening was rounded out with the question and answer period, which took about a half an hour. Many questions were directed toward the elected representatives, most notably to the School Board Rep Paul Russell and to Councillor Brad Johns concerning sewer & water. The meeting was concluded at about 8:40 and everyone was able to enjoy the refreshments.



Construction Start Soon on New Community Complex

Changing Landscape

As you drive out the Beaver Bank Road just past the fire hall at Kinsac corner you will notice the vacant space where the blue house use to be. It has been sold and the new owner has moved it and filled in the foundation as agreed to in the terms of sale.

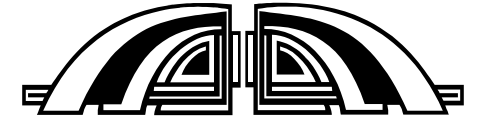
The real exciting news is that HRM has called for tenders for the construction of the new Beaver Bank Community Complex, which will house the Volunteer Fire Department, the Community Police Office, CAP site as well as the new Community Center. Construction is slated to start in early April, so let's hope the snowy weather is done for the year; I think we have had our fair share. Priority will be given to the fire department side of the building as they are in great need of new accommodations. It looks like they will

See Page 13 For Pictures of the House Being Moved

People stayed quite a while this year after the meeting, enjoying sandwiches, sweets, the Community Booths and talking with neighbours.

The BBCAA would like to thank everyone who helped to make this years meeting a success. Thank you to Tim Horton's for coffee and tea, to Farmers for the creamers and juice packs, to HTB School for the facility, to Brad Johns for extra audio equipment, to everyone who donated sandwiches and sweets, to Nancy Kemp for accepting and arranging the refreshments at the meeting, to those who made it with their community booths and to all those who braved the weather and came out to the meeting. We look forward to next years meeting, which will hopefully be held at our new Community Center. In the meantime, should you have any community concerns, please contact any Board Member, see page 2.

-Dorothy Selig



(Executive Continued from Page 1)

Youth on the Board. Councillor Brad Johns and Norma MacLean, HRM, continue to sit on the Board as Ex-officio Members. This means that they sit as advisors and do not have voting privileges. As always the complete list of Board Members is on page 2, with their contact information. We welcome our new members, Robin Barrett, Tom Bulger and Cal Moore.

The Board has recently changed its meeting place and day. This is because of changes in School Board policy, which requires all community groups that use school property to have liability insurance. It was not felt that the expense was warranted for our group, which only meets for two hours, once a month. Until the Community Complex is open, the BBCAA will be meeting on MONDAY NIGHTS, starting at 7 pm, at the Church of the Good Shepherd Hall. These meetings are open to the public and the dates are always in the DateBook on the front page of the Bulletin.

-Dorothy Selig



Office of the Mayor
Peter J. Kelly
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Halifax Regional Municipality



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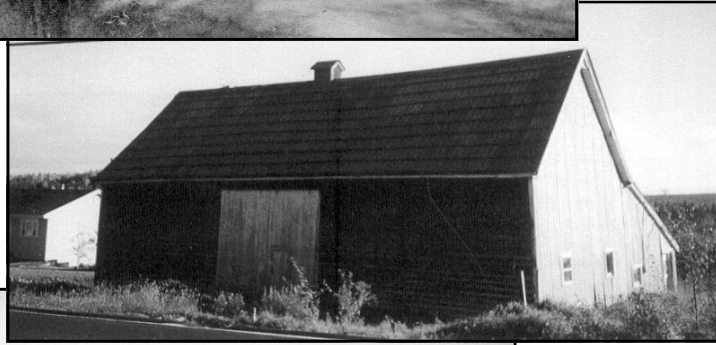
1841 Argyle Street
PO Box 1749
Halifax, Nova Scotia, Canada
B3J 3A5



Unidentified family member standing across the road from the barn and house. Date unknown.

The Blue Barn as it stood for many years

Photo by Carl Lunn



Nothing left but the clean-up.

Photo by Carl Lunn

The Blue Barn Becomes Part of History

The Woods barn was built approximately 135 years ago by James Woods, who had immigrated to Canada as a young boy from Ireland. The timbers were hand hewn and the beams were pegged.

The original structure is pictured with the home and an outbuilding. In 1935 James' son Fred Woods and his wife Marie purchased the farm. In 1936, Fred and brothers Andy and Jim added the back section to accommodate the livestock. From then on, the original part was used for hay storage. In the early 50's Fred put a partial foundation under parts of the structure and converted the two large sets of barn doors to one.

In 1946 the house was purchased by Andy and Rene Woods, moved across the road and remodelled. In 1971 Fred passed away. The last remaining animal, a horse named Jerry, died in 1973.

In 1983 the family used tin to repair the building and it became known as the "Blue Barn". On Nov 5, 2003 the barn was dismantled and removed by A.A.A. Atlantic Dismantling and Demolition Ltd.

-Thank you to Andy Woods for the information in this article.



On Feb 3rd, 2003 the house near the corner of Beaver Bank and Kinsac Roads was moved to make way for the New Community Complex. The house was relocated, starting at midnight, to Chesapeake Road. Some clearing of brush was recently done by members of the Beaver Bank Kinsac Volunteer Fire Department and the Community Center Committee. Hopefully with the advent of Spring we will soon see much more activity on the site. Thank you to Carl Lunn for the photographs.

Classified Ads

Preschool teacher will mind children in her home

57 William Nelson Drive, Kinsac.

Ages 3 years and up.

Full time positions only.

Providing preschool program, 2 snacks and lunch.

Call Sherri - 865- 8182

Spring Cleaning Time Is Here

Will Purchase Antiques, Toys, Collectables, New and Old

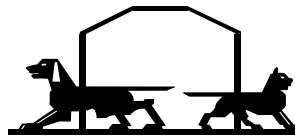
Glenn E Selig

geselig@ns.sympatico.ca

865-6388



Pets At Home Make Good Neighbours



New Program Offered By Parent Resource Center

ON THE ROAD TO RECOVERY: PARENT RESOURCE CENTRE AIMS TO HELP WOMEN SUFFERING FROM POSTPARTUM DEPRESSION

DARTMOUTH, N.S. – Most women expect they will adjust to the arrival of a new baby fairly easily. But an estimated 1 in 6 women suffer from postpartum depression – a profound and debilitating illness. To help mothers who are experiencing postpartum depression, the Parent Resource Centre has launched a new program. The program will offer telephone support and information sessions to assist these mothers.

"The vision of our project is help mothers experiencing postpartum depression engineer their own paths to recovery," said Monique Mullins-Roberts, program director at the PRC. "Our project will assist women in understanding their symptoms, identify coping skills and strategies for recovery and provide a place where mothers can support other mothers. Our other goals of this project involve working with women and the broader community to remove the stigma of guilt and shame that surrounds postpartum depression."

The Parent Resource Centre affirms there is a definite need for this type of support program. They estimate that anywhere from 450 –1200 women in the

Halifax Regional Municipality suffer from postpartum depression each year. There are limited community supports for mothers experiencing postpartum depression. In fact, mothers who experienced the illness developed the program as they recognized a need for more community support.

"I am so glad the Parent Resource Centre is able to offer this type of support program," says one mother who suffered from postpartum depression. "I felt as if I was sinking deeper and deeper into the depths of despair and I felt so much guilt for feeling this way. Women suffering from postpartum depression do recover but they need support, information and coping strategies. The PRC can make a difference to women suffering through this difficult time."

The Centre also plans to develop information packages for professionals looking for information on postpartum depression, provide information sessions for families and hold community education sessions.

Funding to develop the project was received from the Mental Health Branch, Nova Scotia Department of Health and the Dartmouth Community Health Board.

For more information, please contact Monique Mullins-Roberts at (902) 464-2203.

NECK PAIN

By Dr. G. Guilderson

Did you know that your neck is made up of seven moving bones known as *vertebrae*? These vertebrae are stacked one on top of the other to form the *cervical spine*. It may surprise you to know that this is the same number of bones as in the neck of a giraffe or a flamingo! Your neck is the most freely moving part of your spine but it is responsible for holding up the weight of your head, about 10-13 pounds. This is why your neck is vulnerable to injury.

Your neck can be injured with a sudden movement like a whiplash injury, but sudden neck movements can also occur when playing sports, especially contact sports. Sprains and strains of the ligaments and muscles in your neck can result from these sudden movements. These sprains and strains can also lead to biomechanical disorders of the seven bones that make up your neck, or cervical spine. Poor posture

when watching TV, using a computer, while driving or lifting can also lead to disorders of the cervical spine resulting in stiffness, loss of mobility and neck pain.

Neck pain that can be felt in other parts of the body is known as *referred pain*. This occurs because there are nerves that start in the neck and send signals up the back of your head. In some people this causes headaches. Disorders of the neck can also cause referred pain into your arm, hand and fingers. This can be felt as pain, stiffness, weakness, pins and needles or sometimes numbness.

In addition to injury and poor posture, the process of *spinal degeneration* affects joints and soft tissue of the neck as well. You can have two types of degeneration: DJD or DDD. DJD stands for Degenerative Joint Disease and it involves the joints of the spine. DDD stands for Degenerative Disc Disease and involves the discs of the spine. Degeneration can

result in arthritis, facet syndrome, spinal stenosis and changes in the normal curves of the spine. For many people the solution to the pain that results is to take painkillers or muscle relaxers to cover up the problem.

The chiropractic approach to neck pain is to locate and correct its underlying cause. This begins with a complete case history and thorough examination with special attention given to the structures and function of the spine, and its effect on the nervous system. A chiropractor then develops a plan of specific treatments designed to improve the motion and position of the spinal vertebrae. With improved structure and function, neck pain and headaches often diminish or completely disappear.

If you have any questions about neck pain or any topics in my column, I can be reached at guilderson@doctor.com

-Dr. Glenn Guilderson is a chiropractor at Sackville Chiropractic Clinic.

Beaver Bank Scouts & Guides

New Leaders Welcome

Kids Can Join Anytime

Guiding News

All our girls in Guiding are very busy in 2003. Sparks have been busy celebrating Chinese New Year, Valentine's Day and 'Sparks around the World' in New Zealand and England. Brownies are continuing to work on earning badges including, Technology, Arts Appreciation and World Friendship. They are also learning about Canada and First Aid. Guides have completed Canadian and World Guiding as well as creative craft badges for presenting Guide History skits with sock puppets. Pathfinders have eight girls, five of whom are working toward earning their Canada Cord. They are working on their challenges and doing an ink and wash crackle frame craft.

All units participated in a Guide Scout Thinking Day Campfire at HTB Junior High. Beaver Bank District Guides attended an area wide Thinking Day Scavenger Hunt held at Sackville Superstore Community Room.

Spring cookies will be available April 21st and will be sold door to door, or you can order cookies by calling Darla at 865-3246.

A reminder that any girl wishing to join any of our Units may still do so at any time. New leaders are always welcome. If you are interested in working with Girl Guides in any way, please call Sharon at 864-5106.

-Sharon Creaser

Carter Area Girl Guides Thinking Day Scavenger Hunt

On Feb. 21st and 22nd over 400 girls and leaders participated in an event to celebrate the birthday of the founder of Girl Guides and Boy Scouts, Robert Baden-Powell and his wife Olave Baden-Powell. There were displays and activities from all over the Carter District Area (which include Beaver Bank, Mount Uniacke and Lower Sackville). The girls learned a lot about Guiding history, while having fun and sampling birthday cake. Thanks to everyone who helped out, especially to the Sackville Superstore for allowing us to host the event in their Community Room. It was a very successful event for all.

-Donna MacGregor



Rachel & Heather Clay as Girl Guide Cookies

Beaver Bank Visitors Greet 'Lady Baden-Powell'



Scouts and Guides Group Meeting Times

Times and places are subject to change

Beaver Bank Scouts

Group Committee Meeting
Church of the Good Shepherd
3rd Thursday of the Month

Beavers "A" Colony
Monarch School, Tues. 6 – 7:30 pm

Beavers "C" Colony
Kinsac School, Tues. 6:30 – 7:30 pm

Cubs "B" Pack
H.T.B. Jr High, Mon. 6:00 – 7:45 pm

Cubs "C" Pack
Kinsac School, Wed. 6:00 – 8:00 pm

Scout Troop
Faith United Baptist Church,
with the 8th Sackville Scouts
Wed. 7:00 – 9:00 pm

Venturers
Beaver Bank Community Hall,
with the 8th Sackville Ventures
Wed. 7:30 – 9:00

Scouting Information, please call Brian Johnson, 864-1677 or cell 499-9651
Email bcjohnson@accesswave.ca

Beaver Bank Girl Guides

1st Sparks
Church of the Good Shepherd
Wed. 6:15 – 7:30 pm

2nd Sparks
The Brown Hall, Woodbine
Mon. 6:30 – 7:30 pm

3rd Sparks
Church of the Good Shepherd
Mon. 3:00 – 4:00 pm

2nd Brownies
Kinsac School, Mon. 6:00 – 7:30 pm

4th Brownies
The Brown Hall, Woodbine
Tues. 6:15 – 7:45 pm

2nd Guides
Church of the Good Shepherd
Tues. 6:15 – 7:45 pm

1st Pathfinders
Kinsac School, Tues. 6:15 – 8 pm

Senior Branches

Guides Senior Branch Info, please call the Senior Guider Joyce at 864-7923

Church of the Good Shepherd

28 Trinity Lane, Beaver Bank
Priest: Rev. Liz Earley 455-6222
Sunday Service: 10:30 am
Sunday School: 10:30 am (nursery available)
Church Office: 865-0203
Church Wardens:
Dameon Lowe 865-2320
J.D. Salvatore 865-8626
Sunday School Superintendent:
Pauline Layland 865-0972
Family, friends and new members welcome.
Easter Services:
April 17 Maundy Thursday 7:00 pm
April 18 Good Friday 12:00 noon
April 19 Easter Vigil 7:00 pm
April 20 Easter Sunday 10:30 am
Mark your calendar:
Lobster Supper: May 24
Card Socials:
Church of the Good Shepherd Hall
7:30 pm on the 1st, 2nd, 4th, 5th
Thursday of each month \$5.00/person.
Refreshments available. Everyone welcome.

-Nancy Kemp

Faith United Baptist Church

299 Stokil Dr, Lr. Sackville
Minister: Rev. Kelly Holt
Phone: 865-5419
Sunday Service: 10:50 am

Sackville Independent Baptist Church

114 Beaver Bank Rd (near Tim Hortons)
Minister: Rev. S. Edgar
Phone: 864-3433
Sunday Service: 11:00 am & 6:00 pm
Wednesday Service: 7:00 pm

St. John's United Church

Beaver Bank Villa, N.S.
Sunday Worship: 11:00 am
Minister: Rev. Wim Kreeft
Phone: 445-0480 or 448-6810
Please let Rev. Wim know if you need a call or a visit.

St. John Vianney Church

4 Beaver Bank Rd, Lr. Sackville, NS
Pastor: Rev. J. B. Christensen
Assistant Priest: Rev. Roberto Donato
Associate Priest: Rev. Larry Murphy
Deacon: Claude LaChance
Dir. of Catechetics: Nancy Mailman
Catechetical Assistant: Teresa Cooke
High School & Youth Coordinator
Annette Power
Music Director: Daniel LeBlanc
Secretary: Gloria Pottie
Mass Times:
Saturday: 6:00 pm
Sunday: 8:30 am 10:00 am 11:30 am 6:00 pm
Weekday Mass: Monday & Wednesday 7:15 pm
Tuesday, Wednesday, Thursday, & Friday 9:00 am
There are various activities and groups to join in such as Knights of Columbus, CWL, Prayer Group, Evangelization, St. Vincent de Paul Society, Catechists, Coordinators, Junior High Youth Group, Senior High Youth Group, various choirs and more.

-Teresa Cooke

Church of the Nazarene

740 Beaver Bank Windsor Junction Crossroad
Pastor: Rev. Roy Austin
Phone: 865-2135
Sunday School (all ages) - 10 AM
Morning Worship - 11 AM
Evening Service - 6 PM
Everyone Welcome

Beaver Bank Road Home Identified

This photo in the Jan-Feb issue of the Beaver Bank Kinsac Bulletin prompted several phone calls from Beaver Bank residents who knew the location and owner of the house. One call was from Margaret MacPhee, who grew up in Beaver Bank and now resides in Ontario. The house was located at what is now civic # 776 Beaver Bank Rd. It was owned by Frederick Barrett. Mr Barrett was married twice. His first wife was Kate Fenerty and his second was Dolly Rasley (Fenerty). There were no children. Mr. Barrett's sister, Nellie Hennigar, also resided at the home for a number of years. It was a stop over for people travelling from Hants County. They would stay overnight and continue on their journey the following day. The barn to feed and provide shelter for the horses was across the road. It was destroyed by Hurricane Edna in 1956. The house was dismantled in the early 1980's.

-Heather Lunn

1st Sackville Presbyterian Church

60 Beaver Bank Rd. Lower Sackville.
(Across from Glendale Plaza)
Minister: Rev. Cheryl MacFadyen.
Church Office: 865-3930.
Sunday Service: 11 am with nursery provided.
Sunday School: 11 am, for all ages.
Tuesdays: Parents and Tots 9-9:30 arrival.
April 5th: Ham Supper, call May Renfrew at 864-1533 for more details
April 12th: Coffee House, 7:30 to 9:30, Dan MacKinnon well known folk singer will be our guest. Open mike session encouraged.
Sunday April 13th: Palm Sunday and communion.
April 18th: Good Friday service at 11am.
April 20th: Easter Sunday Service 11am.
Watch for details of our upcoming Annual Church fair. (Flea market, bake sale etc)
The church will be selling Spring bulbs as a fund raiser, for more details call David Young at 865-0228, final date for orders April 7th.

A warm welcome awaits anyone attending our weekly church service or the above special events. Watch for info on our Church Sign Board.

-May Renfrew



April 21



Girl Guide Cookie Day

Public Notices

Needed:

Youth and adult singers and instrumentalists for various Sunday morning services at Church of the Good Shepherd.
 Call Monika 864-7990 if you are interested.

BBK School Spring Fling

Beaver Bank Kinsac Elementary Spring Fling will take place June 7th from 10 am to 1 pm. The PTA is currently saving up for equipment to enhance the backfield play area. They are currently looking for volunteers for that day (even ½ hour), donated items (new or used, plants, baked goods, books, cakes/cupcakes for the cake walk, etc). If you can donate time and/or items please call Bonnie Ryan, 864-7609.

Public Notices, Thank Yous, In Memoriam, Church Times and Announcements are printed Free of Charge.
Classified Ads are printed at a rate of \$5 pre-paid for 35 words.
Decisions of the Editor are final in regards to placement and eligibility.
 See Page 2 for Contact Information



For Rent

Fully equipped hairdressing salon, with small established clientele.
 Call Beatrice at 865-6364 Extension 109.

ALARMED & READY
Free Detectors
For Those Who Have None
Inquiries.....490-5546
Requests.....490-5590
FIRE PROTECTION FOR ALL!

RCMP Stetsons & Spurs Youth Service

Crib Night -
 the 1st and 3rd Friday of every month at the Sackville Lions Club starting at 7:15 pm
 \$10.00 per person - for info call Karen at 864-3004
Gift & Services Auction -
 Saturday, May 3, 2003 at the Kinsmen Centre in Lower Sackville - admission \$5.00 - lots of items - for info call Fred at 864-1090

A Unique Mascot For A Unique Community

Only \$15 will buy you this "Beaver" bank, a wonderful symbol of Canada and our Community.



A Great Gift for any occasion.
 Available at Hartlen's Esso; Heritage Credit Union, Lr Sackville; & Ron Moakler, BCAA (contact Info Page 2)

Crime Prevention Association

The Neighbourhood Watch Barrett Woods is a program for neighbours helping neighbours in the prevention of crime. Barrett Woods residents are encouraged to join (it's free). For more information, please contact the RCMP Community Office at 864-6072, where you will be given a contact number to call. Please watch for details of an upcoming event in Community Awareness.

-Neighbourhood Watch Barrett Woods, Est 1993.



Respite bed

Caring for an elderly loved one at home? Need a break?

Call Marilee at 865-6364, Extension 153 for information on our licensed Level II respite bed.
 Available for periods ranging from 2 to 30 days at a time.

Beaver Bank Sewer and Water Update

Please Pull Out This Section and Save for Future Reference

On February 11, 2003 two events occurred in Beaver Bank. The first was the 9th Annual Town Hall meeting, the second, a snow storm. Unfortunately this combination made for a low turn out for the Town Hall meeting, however, as usual, I'm sure that those who were able to attend found it informative. Prior to the meeting I papered and handed out an information update to answer some of the most commonly asked questions in regards to the Beaver Bank Sewer & Water Servicing Project. Since attendance was lower than normal I thought it might be worth while to reprint the hand out in the Bulletin so that everyone might have a copy. As usual if you have any questions please give me a call and I will try to help you.

Thanks,

Brad Johns

FEBRUARY 2003 UPDATE

- Project:** Beaver Bank Sewer and Water Servicing- Phase IV A to E and Reservoir
- Question:** What has happened since the community meeting on February 28, 2002?
- Answer:**
- On April 23, 2002 Halifax Regional Council approved the expanded scope of the project as presented at the February 28, 2002 community meeting.
 - On June 11, 2002 Halifax Regional Council approved By-Law L-108, a copy of which is attached as Appendix A
 - On June 11, 2002 Halifax Regional Council approved a tender for Phase IV A, Tucker Lake Road with construction commencing on August 1, 2002
 - On October 21, 2002, the Federal and Provincial Governments approved infrastructure funding for all phases of the project including the reservoir.
 - On October 22, 2002, Halifax Regional Council approved an amendment in the application of the area rate, which provided for the billing of the area rate only as properties receive sewer and water services.
 - On October 22, 2002, Halifax Regional Council approved an amendment to the area rate boundary for water to make it consistent with the sewer area rate boundary
 - On December 20, 2002 construction on Phase IV A, Tucker Lake Road was completed.
- Question:** What is happening now?
- Answer:**
- The interim frontage fee of \$70.00 per calculated lineal foot will be billed to Phase IV A, Tucker Lake Road properties within the next two months.
 - Approximately 200 billings for the Trunk Sewer Charge of \$500.00 will be sent within the next month to all residents in Phase III, Beaver Bank Road, and Phase IV A Tucker Lake Road.
 - Design of Phase IV B& C sewer and water is expected to be completed by the last week of February 2003.
 - It is anticipated that the two Tenders necessary for Phase IV B& C will be issued by the last week of March 2003.
 - It is anticipated that tenders for Phase IV B & C will be presented to Halifax Regional

- Council for award by the last week of May 2003.
- Construction on Phase IV B & C is anticipated to commence by mid June 2003.
- Construction on Phase IV B & C is anticipated to be completed by year-end, 2003.
- The interim frontage fee of \$70.00 per calculated lineal foot is scheduled to be billed to Phase IV B & C, properties by mid February, 2004

Question: When will the remaining phases be completed??

- Answer:
- Site for reservoir completed by September 2003
 - Design of Phase D & E and Reservoir anticipated to be completed Spring, 2004
 - Tenders for Phase D & E and Reservoir anticipated to be issued Spring 2004
 - Phase D & E and Reservoir award of tender and construction anticipated to commence Summer 2004.
 - Total Project completion Fall/Winter 2004.

Question: How will I receive information about my service laterals?

- Answer:
- Sewer - Halifax Regional Municipality- Construction Inspector- you will be notified prior to construction by a written notice confirming the HRM contact representative. At the time of this notice Mr. Daryl Sheehy, 490-4443 has been assigned.
 - Water - Halifax Regional Water Commission- Construction Inspector- you will be notified prior to construction by a written notice providing the HRWC contact representative. At the time of this notice Mr. Jim Branton, 490-4989 has been assigned.

Question: What if I want some information about my service laterals now?

- Answer:
- If you desire information now about your service laterals, prior to the construction notice you will be receiving as described immediately above, you should contact Mr. Greg Rice, P.Eng, 490-6872

Question: Once serviced, whom should I call about my old septic system?

- Answer:
- Province of Nova Scotia, Department of Environment, 424-7377, General Inquiries, Bedford Office.

Question: Where and how can I get information on the calculated lineal footage of my property?

- Answer:
- Ms. Ann Reid, LIC clerk/records management, 490-6849

Question: Where can I get information about my billing when I receive it, make payment arrangements or apply for assistance programs?

- Answer:
- Ms. Rose Preston, Customer Account Administrator, 490-4197

Corner Lot Frontage Calculations

Corner lot frontages have been calculated in accordance with By-Law L-100. There are three provisions in respect to how the frontage charge can be determined where a property is situated at the intersection or junction of two or more streets.

A - one half of the frontage on the streets where total frontage is 200 feet or less

E.g- 100 by 100=200/2= 100

75 by 120=195/2=97.5

70 by 40= 110/2=55= 60 minimum

B - the total frontage less 100 feet where the total frontage on the streets exceed 200 feet

E.g - 200 by 200 = 400 minus 100= 300

100 by 700 = 800 minus 100= 700

50 by 850 = 900 minus 100= 800

C - B above applies except for a lot that cannot be subdivided due to the location of buildings on the lot, in which case the charge shall be one half the total frontage on the streets

Halifax Regional Municipality

By-Law Number L-108

Respecting Charges For Local Improvement Projects

Be it enacted by the Council for the Halifax Regional Municipality that By-Law L-100, the Local Improvement By-Law, be amended as follows:

1. Schedule "A" of By-Law L-100 is amended by adding the following:

(a) The Beaver Bank Sewer and Water Project is a plan to install sewer and water lines including a reservoir to service properties located within the boundaries identified on a plan entitled "Beaver Bank Servicing Area, By-Law L-108, April 03, 2002" as attached.

(b) The Project will be constructed over time.

(c) The Project will be funded by local improvement charges based on the entire cost of the project less any Federal, Provincial or other revenue.

(d) The local improvement charges will be imposed at an interim rate of \$70 per lineal foot on each property which abuts in whole or in part any street at the completion of each phase.

(e) The interim local improvement charges will be adjusted at the earliest of:

(i) the completion of the entire project, or

(ii) the abandonment of the project by Council, or

(iii) 10 years from the passage of By-Law L-108

and will be calculated on the basis of the total cost of the project at the adjustment date, less any Federal or Provincial or other funding.

(f) The Local Improvement Charges shall be imposed at the rate per linear foot provided in clause (4) or (5) on each property which abuts in whole or in part any street contained within the boundaries of the plan entitled "Beaver Bank Servicing Area, By-Law L-108, April 03, 2002."

(g) A further charge of two thousand one hundred dollars (\$2,100.00) is hereby levied in respect of all future connections to either the water or sewer systems for properties which are not assessed a local improvement charge.

2. By-Law L-102 is repealed.

Done and passed by Council this 11th day of June, 2002.

(Signed by Mayor Peter Kelly and Municipal Clerk Vi Carmichael)



HALIFAX
REGIONAL MUNICIPALITY

Councillor Brad Johns

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