



Beaver Bank Kinsac Bulletin

November/December 2003 Issue # 56

The Voice of the Beaver Bank Community Awareness Association



Beaver Bank Villa Closes

New Adult Lifestyle Community
Proposed

The Beaver Bank Villa is now officially closed. Approximately 80 of the 120 homes have been demolished with the rest expected to be gone by Spring 2004. Many of the other buildings on the site are also slated for the wrecker's ball. Scotia Nursing Homes Ltd. has received approval from the Halifax Regional Council to proceed with plans for a land-lease community with manufactured housing. The first phase of the proposed 295 home-site redevelopment is expected to start later next year. The development will take advantage of the many infrastructure upgrades made to the site over the past 10 years, including the state-of-the-art Solar Aquatics sewage treatment facility. In addition to the existing facilities, new underground services, roadways and landscaping will help to transform the

site into an exciting new community.

Design and amenities will likely cater to the 55+ population wanting an affordable, new home in a community offering security and social activities, as well as a variety of services. The homes will be sold and the land and services will be leased. Work is now progressing on detailed engineering, market research and the development of house designs that offer flexibility, affordability and comfort. It is expected that the homes will be attractive, with particular attention to appealing streetscapes. It is also expected that people will be able to access the services from the Nursing Home, as they are required in the future.

Anyone interested in obtaining more information on the proposed development is asked to call Scotia Nursing Homes at 865-6364, extension 133.

Sunny Skies on November 11th

On November 11, under sunny skies, over 400 friends, relatives and residents of Beaver Bank and Kinsac were welcomed to the 11th Annual Remembrance Day service at the War Memorial by Eric Rideout, Chair, Beaver Bank Kinsac Community Centre. They attended the service to honour those who served in the Army, Air Force, Navy and Merchant Navy during World War I & II, Korean and Gulf Wars.

The service was opened with an Honour Guard, RCMP and Scouting & Guiding leaders and children, marching from the BBK School to the service.

Trina's rendition of "O'Canada" embellished the service. Rev. Liz Early followed with a prayer and "The Lords Prayer". "In Flanders Fields" was recited by Lily Snow. HRM Councillor Brad Johns spoke and read the poem "Why Poppies?"

Wreaths were laid in memory of: Jack Stroud by sister Dorothy Lively; Patrick Cullen by daughter Hilda Doherty; John Meagher by grand-daughter Jo-Anne Pasha, Wilfred Lively by grandson Edward Lively; Harold Huntley and Lloyd Gilby by grand-daughter Gaelynn

(Continued on page 3)

Merry Christmas From



BARRETT 75th ANNIVERSARY
LUMBER COMPANY YEARS OF QUALITY

Proud Sponsor of the
Community DateBook

Please Check Public Notices, School or Church Columns for Details on Events
December

- 1—Christmas Turkey Bingo, Ladies Aux, Villa Fire Hall. 7 pm
 - 10—BBCAA Monthly Meeting, 7 pm, Scotia Admin Offices, BB Villa
 - 6—St John United Church Christmas Tea and Sale, 11 am to 2 pm. Lunch \$3.00
 - 6 & 7—Scout Christmas Tree Lot Opened, Sat 9-4, Sun 12-4
 - 13 & 14—Second Weekend for Scout Christmas Trees
 - 16 & 17—BBK School Christmas Concerts
 - 23—Blood Donor Clinic, 1- 3 pm and 5 - 8 pm, Sackville Legion, call 1-888-2DONATE
- January**
- 2—Deadline for Jan/Feb Bulletin
 - 14—BBCAA Monthly Meeting, 7 pm, Scotia Admin Offices, BB Villa

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.

Merry Christmas and
Happy Holidays
From the Beaver Bank
Community Awareness
Association



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Printing arranged by Councillor Brad Johns, District 19

Fire Dept Says Get Ready for Winter

For the months of Sept. and Oct. your Fire Dept. was kept fairly busy responding to 1 car fire, 1 electrical problem, 1 fire investigation, 2 mutual aid calls, 3 MVA's, 3 structure related fires, 4 illegal burns, 4 wires down or arcing calls, 1 alarm activation, and 9 medical assists, for a total of 29 calls. The total so far this year is 104.

Hurricane Juan kept us busy as we manned our hall for six days helping people in the community with various problems caused by the Hurricane or by lack of power. We also, with the help of our Ladies Aux. and some very helpful community members, managed to give a number of people in the community a hot meal on Friday and Saturday night. I would like to thank all those involved in feeding our members and the people in the community; it was great to see so many people helping those in need. This event sure opened a lot of eyes and gave people a better understanding of how to survive with out that luxury of power. I hope people realize that this winter could bring us a few more power outages, so be ready. Our new hall that should be ready in the spring, sure would of made a big difference for the community in an event like this.

For those hundred or so people who called looking for burn permits, I thank you for your patience, and I apologize for the length of time it took for our people in town to lift the ban. It was great to see, as I drove though Beaver Bank - Kinsac after the storm, all the people out helping their friends and neighbors in the clean up.

In closing I would like publicly thank all the members of the Department who put many hours in during the Hurricane and the days that followed. Also, I would like to remind the community to get ready for winter, clean those chimneys, put some drinking water aside, have those spare batteries etc., because it could be a winter with a few more power outages than usual. Burning permits are still required and can be picked up at either hall on Tuesday nights after 7:00 pm. Play Safe and have a Great Holiday Season!!!!

-Chief Gord West

LA Responds to Hurricane Crisis

The Ladies Auxiliary would like to take this opportunity to thank the members of the community who were such a great help to us during Hurricane Juan.

One of the 'jobs' of the Ladies Auxiliary is to prepare food for the members of the Fire Dept. when they are out on a long call. On Monday Sept. 29th, while contacting members of the LA to prepare food, my phone line went dead. I jumped into my van to drive to the homes of the LA members and instead found many of my neighbours were willing to help as well. Our firemen were very well fed, and many people called for days seeing if they could contribute anything more.

On Friday and Saturday we had hot meals available at the Kinsac Hall for anyone in the community still without power. As many of the LA members were still without power, I called upon people in the community that I knew had had power restored. As a result of their generosity, we were able to feed 55 people on Friday and 18 on Saturday.

We would like to thank the following: Karen Crouse, Linda Keddy, Phyllis Boutilier, Helena Horne, Judy Barkhouse, Joyce Hull, Carolyn Pitts, Marjorie Hartlen and Linda Whynot. It is such generous community minded people as yourselves that make Beaver Bank such a great place to live.

The Ladies Auxiliary will be holding our Christmas Turkey Bingo at the Villa Hall on Dec. 1/03. Doors open at 7:00 pm and bingo starts at 7:30 pm. As always the bingo will be smoke free however a break will be provided.

We would like to wish everyone a very Merry Christmas and a Happy New Year.

-Janice West



**Do You Know Where Your Pet Is?
Pets at Home Make Good Neighbours!**



(Continued from page 1)

MacLeod and by Cpl. Robert Whetmore; Palmer Shunamon by daughter Kathleen Shunamon; Oliver Boutilier by wife Florence Boutilier; Burdett Lively by grand-daughter Sherry Lively; Ted Ettinger by daughter Carol Frank; Fred Efford by Tracey Walsh; Ken Peters by Trudy Ashley; and George & Arthur Thomas by the Hann Family. Wreaths were laid on behalf of: HRM by Coun. Brad Johns; Lions Club by Laurie Campbell; Kinsmen Club by Victor Sampson; MP Peter Stoffer by Lily Snow; BBKV Fire Dept by George Hull; BBK Volunteer Assoc. by Ken Meisner; BBK RCMP Office by Cst. Tom MacLeod; BBK School by Wesley MacNeil; and Church of the Good Shepherd by Rev. Early and Mark Harrison. Wreaths were laid for the Scout & Guide groups for

Beavers by Eddie Clark and Alex Nichols; Cubs by Jan & Jess Ritchie and Wesley McNeil; Scouts by Adam Saunders; Girl Guides by Victoria Goodwin; and Sespenaak Area by Justin Ritchie. The



Coun. Brad Johns Presents a Certificate of Appreciation to Lily Snow. Thanks to Cleona Fenerty for the Photo.

children were invited to lay their poppies at the Memorial. The service ended with "The Last Post" and two minutes silence.

HRM Coun. Brad Johns presented framed "Thank You" certificates to Lily Snow, Trina Kirk and Steven Lunn. The certificates read: "Halifax Regional Municipality and the Residents of Beaver Bank extend Congratulations and Special Thanks for your Contributions toward the

Beaver Bank Remembrance Day Service."

Thank you to members of the BBK Community Centre for organizing the service, Eric Rideout for emceeing, Steven Lunn of Elite Entertainment for sound, the BBKVFD Ladies Aux. for refreshments following the service and Michelle West for her organizing skills.

-Heather Lunn

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The BBCAA would like to thank the following Families and Businesses who took out Memberships since the beginning of summer.

Barrett Lumber Company

Remedial Massage Therapy

Barrett Enterprises

Gartec Industrial Supplies Inc.

Payzant Building Products Ltd

Derek & Charlotte Quirk

Ronald & Myrna Smith

Glenn & Dorothy Selig

Karyn Demone

Murray Ingram

Ken & Dawn Barrett

Wendy & Vince Blanchard

Victor & Theresa Cobb

Mary L. Dagleish

George A. Faulkner

George & Wilma Ward

Gordon & Janice West

Brad Johns

Bill & Val Harrity

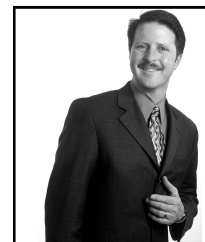


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Scouts and Guides Group Meeting Times

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

Good Shepherd, Wed. 6:15 – 7:30 pm

2nd Sparks

Brown Hall, Mon. 6:30 – 7:30 pm

3rd Sparks

Good Shepherd, Mon. 3:00 – 4:00 pm

2nd Brownies

Kinsac School, Mon. 6:00 – 7:30 pm

4th Brownies

Brown Hall, Tues. 6:15 – 7:45 pm

1st Guides

Good Shepherd, Sat 9:30 am – 1:30 pm
This group meets once per month

2nd Guides

Good Shepherd, Tues. 6:30 – 8:00 pm

1st Pathfinders

Brown Hall, Tues 6:15 - 8:00 pm

Senior Branches

Meet as Needed

For Information on Guiding in Beaver
Bank, Please call Sharon Creaser 864-5106

Scout Christmas Tree Lot Opens Dec 6th

We currently have over 100 youth registered in the Scouting movement in Beaver Bank, and have recently added several new leaders to our ranks! Thanks to the parents and friends of Scouting who have come forward to help in this very important role.

There are 54 Beavers, 34 Cubs and 14 Scouts (the second largest troop in our area). We also have approximately 30 adults volunteers working in the various sections and as group committee members, and there is always room for more!

Our youth have been busy with Thanksgiving, Hallowe'en and Remembrance Day crafts as well as learning what it means to be Beavers, Cubs or Scouts for their recently held Investiture Ceremonies. The colonies will be holding fall camps in mid November and early December. The packs have each held a fall camp, and the troop has participated in the Halifax Region's "Operation Alert", the area's "Operation Outback", as well as a fall camp.

Thank you to our friends in the Beaver Bank and Kinsac community for your support of the Apple Day and Popcorn Campaigns. Once again, with your help, they were huge successes!

We were pleased that the buildings at Fun Forest were unharmed during Hurricane Juan, but like everywhere else, there was considerable damage to the trees in the area. We have held two clean up weekends and have managed to clean the area immediately surrounding the camp so it is safe for youth to use the camp.

We would like to thank Mr. David Green who volunteered his time to come and assist us in the safe removal of many of the damaged trees as well as Lost Creek for the use of their chipper. Thanks also to the leaders, parents, group committee members, Scouts, and 8th Sackville Venturers who have worked tirelessly to help ensure that the immediate area was cleaned up and also the great cooks who kept us all fed. There are many more hours of work left to cleanup trees that have been cut down or weakened by the storm. Helpers are always welcome.

With support from the Lions Club and the Kinsmen we have recently drilled a well at the camp in an effort to ensure clean water. Our thanks to these service groups for their valued support.

Scouting in Beaver Bank also looks after the community hall in Beaver Bank commonly referred to as the "Brown Hall" which unfortunately was not as lucky during the hurricane and sustained damage to its roof. Closer inspection has revealed that the entire roof may need to be replaced. We are getting repair estimates now and it looks like we may have to do some fundraising this fall to help cover the cost of a new roof. Keep an eye on the Scout info sign next to the railway crossing on Beaver Bank Road for information on any fundraiser we may plan.

The Christmas tree lot on Beaver Bank Road (across from Majestic Ave.) will be open for two weekends in December again this year. The lot will be open December 6th, 7th, 13th and 14th. On Saturdays we will be open from 9:00 a.m. to 4:00 p.m. and from noon to 4:00 p.m. on Sundays. We will also be accepting donations for the food bank at the tree lot.

-Wendy Saunders, Secretary

Victoria Gilby, daughter of Buff and Melody, at the Greenwood Horse and Recreation Fall Challenge 2003. Victoria, a grade 11 student at Lockview High School, is riding "Feature Presentation" of Boulderwood Stables.



Christmas Concert Time At BBK

On Saturday, October 11 the PTA installed the playground equipment on the back field. It was a beautiful warm and sunny day. Approximately 30 volunteers spent the day assembling the various pieces of equipment. By the end of the day everyone was tired but very satisfied with the results. Special thanks to all those who donated their time. The project was the focus of the PTA fund raising for the past few years. A huge thanks goes to the members of the PTA, and particularly Bonnie Ryan, for their many hours of work. Our appreciation



goes to the Sackville Lions Club, Barrett Lumber, Councillor Brad Johns, Hertz Rentals, Atlantic Rentals and Bedford Cement.

On November 10 the school assembled at the Memorial for the Remembrance Day Assembly. This is a very special occasion for the students, staff and parents. The school choir, various classes and individuals participated in the event. It is very moving to watch the faces of the children as they stand in silence, each one wearing a poppy. The children have not felt the pain of war but seem to have an understanding of the freedom they enjoy because of the war. The song "Let There be Peace on Earth" carries a message that we hope will be the way of life for the children as they mature into adults. We were saddened to hear of the death of Mr. Joe Metzler, a veteran who always attended our ceremony. Our sympathy is extended to his family.

Our school has received a grant from

the 4C's Foundation, which will be used to develop a history of Beaver Bank. All classes will be involved in various ways. This will unfold during the winter months and will culminate with a celebration in the early spring. We will be looking for community involvement!!! Thanks to Mrs. Boyce and Ms. Oderkirk for submitting the application.

Our school participated in cross-country running and although inclement weather prevented several of the meets the students did enjoy the two events at Millwood Elementary and Harry R. Hamilton. Thanks to Mr. Mayo for his support.

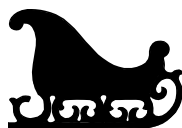
On November 7 we were honoured to have with us five authors of the books "Cries at Kinsac Corner" and "Bagpipes Blowing". The classes from grades 2-6 were able to have several of the stories read to them. Thanks to Mr.

Broadbent for arranging the visit and for the opportunity to purchase the books. Special thanks goes to Dorothy Selig for initiating the reprinting of the book.

Our Christmas concerts will be held on December 16 and 17 at 7:00 pm. Please join us as the children demonstrate the true meaning of Christmas.

-Gail Langille, Principal

Photos Courtesy of Bonnie Ryan.
Top: Bedford Cement donated all the concrete for the Playground
Right: Volunteers set up the new equipment.



To Submit an Article, Column
or Notice Contact
Bonnie Ryan 864-7609
ryanwest@hfx.eastlink.ca

PTA Installs Playground at BBK

The P.T.A would like to thank everyone in the community for their help with the playground. Over the past 4-5 years we have been fundraising for a playground for the students in grades 4-6. We have finally purchased and installed that equipment. Without the help of business and community members we would not have been able to do this.

Special thanks goes to Bedford Cement, they donated all of the cement for the project, and Greg Cox of Beaver Bank who donated his time to deliver the cement. Barrett Lumber donated funds as well as the Sackville Lions Club and Brad Johns, Brian Brewster of Hertz Rentals donated machinery and his time, and we received equipment from Atlantic Rentals. It takes a lot of work and fundraising for a project of this size. I would also like to thank the previous and present P.T.A members that helped to raise funds for this project: Brenda Brewster, Brenda MacDonald, Mavis Cox, Cheryl Leadlay, Gaelyn MacLeod, Meghan Sheen and Ellen O'Brien. The children really seem to be enjoying the equipment.

Thank You, Bonnie Ryan, President
BBK P.T.A

HTB Reporters Still Working Hard

by Holly Banks, Josh Ibelshauer, Mitch Matthews, Amy Wilson

RUN FOR THE CURE was an immense success all students and teachers participated and the Hive Organization team helped out at the checkpoints as students walked or ran the route (on the school property). Some students completed the route seven times-- notably Jason Gilby and Kevin Angell. One of the teachers ran the route 6 times. In all everyone had exercise and fun and raised over \$1000 for Breast Cancer research. Wow, for a population of 200 this is great!

SPORTS TEAMS are great," says Melissa Companion. Thanks to Mr. Hubley providing extra coaching after school, students and staff have a chance to display school spirit. The new HIVE SYSTEM teams have just finished a brief soccer season with the playoff game on Halloween. The Honeybees beat the Hornets 11-0 with Chris Henrion and Kevin Angell guarding their shut-out. Stars on the team were so plentiful that it was difficult to choose one but Jeff Bradley was named top player. Mr. Hubley's Intramural program at noon hour is flourishing and growing.

BEE AWARDS for 'beeing' the best that you can 'bee' highlighted HTB's first Pep Rally. The Big Bee swooped in to present awards to: Zach Fredericks, Jeff Bradley, Aaron Dixon, Thomas MacDonald, Cory Aalders, Brittany Faulkner, Jennifer Veinott, Shileen Gillis, Michael Banks, Ashley Russell, and Kayla Fleet. Multiple certificates were awarded to: Joel Misson (2), Becky Matthews (2), Jessica Demmings (2) and Holly Banks (3). This event was marked by students performing the new Bee Dance.

FUNDRAISING AT HTB "Christmas Catalogues will go out Oct. 7th," Mr. Betuik, the vice-principal had hoped. Hurricane Juan ripped through the province and postponed the fundraising drive but students came up to the goals and raised a little of the \$2000 which will go to an up-to-date multi-media computer which will enable students to make videos and fulfill some of the technological outcomes/expectations in every subject.

SPC CARDS offering student discounts

at local stores have been on sale through Mr. Hubley for \$7.50, with any profits going toward developing interactive physical education machines for the student body to use. More fund raising is being worked on by a parent and SAC committee-- details to come.

DID YOU KNOW THAT Rebecca Matthews won two third place finishes in a Highland Dance competition at the New Hampshire Highland Games? Congrats Becky.

THE HIVE SYSTEM IS ALIVE AND WELL Halloween saw the second general Hive meeting where the students worked on Native History & Women's History. Hive spirit work, like cheers, banners and commercials, have sparked some super spirit at HTB. The 4 Hives are also engaged in healthy competition between the teams. Teachers are also getting into the spirit. Each Hive will plan activity days, which provide artistic, creative, physical and social experiences to the students, as well as fitting into the curriculum

EXPLORATORIES highlight three Wednesdays throughout November. Students have the opportunity to get involved in traditional Step Dancing, Mask Making, Scrapbooking, Break Dancing and many more activities, all in keeping with the curriculum objectives and outcomes-- Students learn to work together and develop new talents and interests on their routes to "lifelong learning"-- and have fun in the process.

THE HTB LIBRARY will be much the same as last year, Ms. Maurice stated. With some new books and new magazines from the Public Library, which are good for light reading, Ms. Maurice, the librarian, is trying to increase use of the library. This year's Book Fair coincided with Parent Teacher Interview times and was run by student volunteers: Justin Corkum, Holly Banks, Adam Saunders, Brittany Faulkner and Jacqueline Peverill. A second book fair will be held in May or June. The library is looking for artwork and would be happy to display any work. If you need a picture for a project you will be able to look through the picture files and select one. Volunteers are needed to cut out pictures. Contact Ms. Maurice at 864-7500



REMEMBRANCE CEREMONY at Barrett was once again organized and

presented by 50 students working together to honour our Veterans, Soldiers and Peacekeepers. Emceed by Adam Saunders, Amy Wilson, Jessica Simms and Ryan Pettipas, some of the highlights were the readings of student crafted poems and journals, the Remembrance Singers who sang songs spanning the two World Wars and our recent Peacekeeping Forces, the crisp Honour Guard escort under Aaron Dixon's guidance, and the school band under the baton of Ms. Wendy Mackey.

THE GARDENING TEAM of Chris Birchell, Caitlin Sampson, Mike O'Quinn and Adam Saunders, with almost assembly line planting, completed the planting of spring bulbs in an incredibly short time between the rains that had deluged the school garden. Students look forward to the spring flowering.

A READ-A-THON will celebrate Canada book week on the morning of November 20. Coinciding with a spirit building Pyjama Day students should be comfy as they read their favourite books while working on Literacy within the school.

THE TEACHING STAFF is engaged in on-going meetings to investigate and improve the Literacy skills of students at HTB. Weekly meetings after school are helping teachers work as a team in this endeavour.

	
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Monarch Choir on Sobey's CD Again

Beaver Bank Monarch finally has its new playground, to be enjoyed by students in upper elementary. For too long those students had very little on their side of the building. Now they can be proud of the new equipment that was recently installed.

Since writing for this Bulletin, our Breakfast Program is once again up and running, staffed by a volunteer group of parents. We have held our Christmas Craft Fair, which unfortunately did not receive the support expected. Should one be considered for next year, a committee will be struck to review all of the possibilities. In a short period of time we will be holding our first Book Fair to coincide with our Parent/Teacher meetings. Our Remembrance Day Service was held on the 10th conducted primarily by very dedicated and thoughtful students. We were pleased to have been joined by a Veteran. Though Christmas is still some time away we are earnestly preparing for Christmas Concert, and in keeping with the Spirit of the Season we are once again pleased and proud to have our school choir gracing this year's Sobey's Christmas CD. If you should like to purchase one you may do so by calling the school to book your copy.

On the 19th of November we will have hosted a Citizenship Court. Some

55 people will become new Canadians. This is a special time both for the new Canadians and everyone at Monarch. Unfortunately this is one event that is not open to the public due to the capacity of the gym. Towards the end of the month we will be opening our annual food bank. This is stocked through the generosity of people within the community, who when they come to visit the school, often bring a non-perishable item or two. Also during the season we care for families less fortunate than us. Should you care to help alongside of us, please call and let the school know. Just last year we cared for 7 families, from presents to the Christmas meal.

Many good things are taking place at Monarch as usual. Should you not have had a chance to visit with us do drop in or visit our web site located on the School Board's site.

-Terry Broadbent, Principal



Beaver Bank Kinsac Elementary
864-6805

Beaver Bank Monarch Elementary
864-7540

Lockview High School News

Canadian Student Leadership Conference

Lockview Student's Council four member Executive attended the Canadian Student Leadership Conference in Newfoundland at the end of September. Together with hundreds of student leaders from across Canada, they participated in debate, heard from outstanding speakers and gained skills that will be used far in to the future.

Canadian Women's Hockey Olympic Team

The Lockview girl's hockey team jumped at the opportunity to practice with the Canadian Women's Olympic Team during their recent stay in Halifax. Our team learned shooting techniques from these Olympic Gold Medalists. In doing so they were able meet all of the individual hockey stars and to collect autographs from them. It certainly was a very memorable experience for our athletes.

-Paul Carnell

Harold T. Barrett Jr. High
864-7500

Lockview High School
860-6000

Massage Therapy to Enhance your Health

By Allison Bowers BA, MT

Has raking leaves taken a toll on your body? Do you have stiff and achy muscles? Suffer from headaches? Want relief from stress? If you answered yes to any of these questions, read on to learn how a Massage Therapist can help you.

What is Massage Therapy? Massage therapy is therapeutic touch. It is the hands on manipulation of the soft tissues, which includes muscles, connective tissue, tendons, ligaments and joints. Through the use of a variety of techniques, massage therapists work to rehabilitate, maintain or improve the function of these soft tissues. Massage Therapy not only helps to restore normal function to the soft tissues it also affects the body as a whole. Massage improves circulation, stimulates the lymph system,

aids in digestion and promotes relaxation to list only a few.

Who Can Benefit? Massage therapy is an effective form of treatment for many conditions/ailments such as: low back pain, repetitive strain injury, athletic injuries, neck and shoulder tension, arthritis, frozen shoulder, carpal tunnel syndrome, tendonitis, bursitis, muscle spasm, stress, insomnia, TMJ dysfunction, and respiratory problems.

What to expect? So you may be wondering... What exactly happens during a massage treatment? Most commonly treatments are 30 minutes or 1 hour in duration. Arrive about 15 minutes early for your first treatment to fill out medical history information. This information leads to an assessment and interview to evaluate your condition and to help your therapist develop an effective treatment plan. Feedback is very

important to your therapist so be an active participant in your treatment and ask questions about things you do not understand.

Treatment time. You should undress only to your comfort level. Your therapist will leave the room while you undress and get onto the massage table. During your treatment you are covered by a blanket and sheet. Only the area being treated is uncovered. If you are uncomfortable at any time it is important to let your therapist know so they can modify the treatment. Your comfort is important as it assists with the relaxation process. Enjoy your treatment as you set out on the path to enhanced health.

-Allison Bowers, BA, MT is a Massage Therapist working with Dr. Glenn Guilderson at Back to Health Chiropractic Clinic and can be reached to answer your questions at 865-8500.

BIRTH ANNOUNCEMENT

Creelman

Cassidy-Rae Creelman and Leah-Marie Creelman are very happy to have a new little brother named Jared Douglas Creelman. He was born on July 12, 2003. Jared Douglas shares his birthday with his mommy and his sister, Leah-Marie. The proud mommy and daddy are Mark and Rhonda Creelman.

IN MEMORIAM

Gilby, Darren Glendon

June 14, 1963 to Oct 31, 1976

"Do not stand at my grave and weep.
I am not there.
I do not sleep.

I am a thousand winds that blow;
I am the diamond glints on snow.
I am the sunlight on ripened grain;
I am the gentle autumn's rain.
When you awaken in the morning's hush,
I am the swift uplifting rush,
Of quiet birds in circled flight.
I am the soft star that shines at night.
Do not stand at my grave and cry;
I am not there.
I did not die."

*Ever remembered Mum, sister Gaelyn, brothers Buff,
Reg, Greg and Scott; Godparents Aunt Mae and
Wayne Joudrey.*

THANK YOU

Thank you to Mr. Gary Hines, MLA, Waverley-Fall River-Beaver Bank

My husband and I would like to express our sincere thanks to you for the very great way you helped us after Hurricane Juan, Thanks Again,
Henry and Mary Morvan, Beaver Bank.

Selig

We, the Family of the late Barbara Selig, of Bridgewater, would like to thank everyone who expressed their condolences during our recent bereavement, in person, by mail and by email. We would especially like to thank grandparents Carolyn & Brian Pitts for looking after the children.

Glenn, Dorothy, Joshua, Matthew & Emma Selig

Wasting time on temporary hair removal?

Women have been enjoying the
benefits of Permanent Hair
Removal since 1875.

Call for your FREE consultation
and FREE gift when booking your
treatment by month's end.

902-865-4692

Hours: Monday - Thursday
10 am - 6 pm

COSMAN
ELECTROLYSIS (1988)



Judy Cosman
Certified Professional Electrologist
6 Imperial Court, Beaver Bank, NS

Private and confidential

Barrett Woods Neighbourhood Watch

The Neighbourhood Watch Barrett Woods is a program for neighbours helping other neighbours to stay tuned to what is happening throughout the Barrett Woods subdivision. This could take the form of alerting them via the phone to maybe a burglary nearby, bears wandering, lost children, suspicious cars or people.

Neighbourhood Watch Captains (and we have 18) have divided up the Barrett Woods streets into sections, each captain is responsible to make 10 or more phone calls should the need arise to their particular street, and thus the information is shared with everyone, everyone that is whose name and phone number we have a record of. Our Barrett Woods captains do a wonderful job, and many of them have given of their time and energy for the past 10 years, the Crime Prevention Association recognizes this important contribution to our community and thanks each and every one of them.

This program is free to join, but we are missing some names and phone numbers, so please give me a call at 864-1533 and I will check to see if we have you on our list for calling, I can then put you in touch with your area captain. You may also call the RCMP Community Office at 864-6072 for more information.

We sure came together as a community after Hurricane Juan left us, it was gratifying indeed to see so many neighbours helping other neighbours as we struggled together to get through the mess of trees and wires, the lack of water and hydro, but we made it, and once again lived up to the Beaver Bank motto, "People Together with Nature".

Have a safe and wonderful Christmas vacation, and all the very best for the New Year to come.

-May Renfrew.

In a previous issue of the Bulletin we had information on the cost of a car in 1928. Does anyone remember the cost to mail a letter in 1971? On Jan 12, 2004 the new cost to mail a letter will be 49¢.

-Heather Lunn



Church of the Good Shepherd

28 Trinity Lane, Beaver Bank
Priest: Rev. Liz Earley 455-6222
Sunday Service: 10:30 am
Sunday School (Nursery Avail): 10:30
Church Office: 865-0203
Church Wardens:
Dwain Gordon 864-0024
Brian Britten 864-0678
Dameon Lowe 865-2320
Sunday School Superintendent:
Pauline Layland 865-0972
Family, friends and new members welcome.

Mark your calendar:

December 7: White Gift Sunday 10:30 am
December 14: 9 Lessons & Carols 10:30 am
December 17: Blue Christmas 7:00 pm
December 21: Children's Pageant 10:30 am
December 24: Crib Service 4:00 pm
December 24: Christmas Eve Service 9:00 pm
December 28: Holy Communion 10:30 am

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

Peace Lutheran Church

975 Beaver Bank-Windsor Jct Crossroad
Minister: Pastor Jim Slack
864-6506
Office: 864-1625
Sunday Worship: 10:00 am
Sunday School: 10:00 am
You're Always Welcome
December 24: Christmas Eve Worship
4:00 pm & 7:00 pm

-Pastor Jim Slack

**Deadline For the Next
Bulletin
January 2, 2004**

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
Upcoming Events:
Dec. 6: Christmas Tea & Sale
11:00 am - 2:00 pm in the Church Hall
Bake Table, Craft Table & New to You
Table, Lunch \$3.00
Any questions? Please call Carol
at 865-2962

For information on our Christmas Eve
service, please contact one of the
following persons after Dec 1:
Rev. Wim Kreeft—445-0480
Blenus or Mary Lively—864-7117
Ron or Carol Cochrane—865-2962

-Carol Cochrane

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

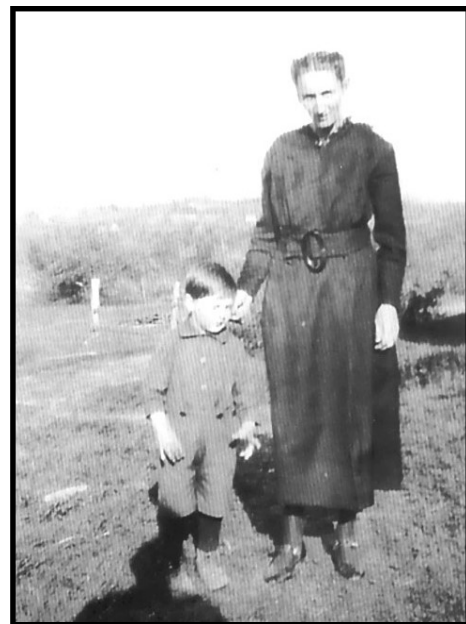
1st Sackville Presbyterian Church

60 Beaver Bank Rd. Lower Sackville.
(Across from Glendale Plaza)
Minister: Rev. Cheryl MacFadyen.
Church Office: 865-3930.
Sunday Service: 11:00 am with
nursery provided.
Sunday School: 11:00 am
Tuesdays: Parents and Tots
9-9:30 arrival.

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

Church of the Nazarene

650 Sackville Dr
Pastor: Rev. Roy Austin
Phone: 865-2135
Sunday School (all ages) - 10 AM
Morning Worship - 11 AM
Evening Service - 6 PM
Everyone Welcome



This 1931 photo is of Donnie Ward and his mother Selina Ward. This photo was taken at the farm at the end of Rosley Rd. The community in the background would be in the area of Kinsac corner, but is unfortunately difficult to see.

-Heather Lunn

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

A Busy Start to the Year For Paul Russell and the HRSB

Dear Hurricane Juan Survivors

It's been a very busy start to the school year. In this issue, I would like to talk about a couple different things. Since the beginning of the year we have seen significant interest and activity about the hurricane; the driveway and parking lot at BBK; the No Smoking policy; the breathalyser at Lockview High; a Special Education report; the Budget and Business Planning process; and our Planning for Improvement initiative, and I would like to discuss two here and I will be sending more information home through the schools.

As we all know, there is no question that the parking lot and driveway at Beaver Bank Kinsac School needs to be repaved. The two things that we don't yet know are who is going to pay for it, and when will it be completed. Earlier in the school year we had a meeting with Ron Heiman and we talked about a number of options related to where we can go, how we can get there, what actual work has to be done, and what the budget and scheduling resources and impacts are. I believe that it was a very informative and open session, and I would like to thank all of those who attended, including the

community members, Ms. Langille, Brad Johns, Gary Hines, and especially Ron Heiman. At the November 18th Committee of the Whole meeting, the community will be making a presentation about the parking lot. It is expected that this presentation will heighten the issue of the problem in the minds of my colleagues around the table, and that we will be able to either devote more resources to paving in general or get assistance from other sources to help out.

One of the main issues that the current Board, and all previous Boards, have had to contend with is the issue of a fixed budget. We are the only elected body with the mandate to consider a single issue - the education of our youth - and that has caused the elected members of the Board to focus exclusively on that issue. The drawback to this is that we have applied resources to the support of the student in the classroom at the expense of things like a minimum walking distance, paving for parking lots, awarding tenders to the lowest bidder, and more. We have been working hard to ensure that the Operations and Maintenance department operates more efficiently so that they accomplish more within the same level of

funding that they have had. This is not an easy job, but it is starting to show very tangible results.

The use of a breathalyser at Lockview High has garnered a lot of attention recently, and I think it should get that attention. We have a strict no alcohol policy at school events, and some kids have not been able to attend events because of drinking. We have now been using the breathalyser to absolutely determine if that is the case or not. I am sure that all students and parents welcome the use of the breathalyser to make the events safer.

It's been a busy couple of months, and I don't see the pace slowing down any time soon. I welcome your comments about anything related to the school system, and I will continue to work on your behalf to ensure the success of our kids.

-Paul Russell



Happy Holidays From MP Peter Stoffer

Hurricane Juan

On behalf of all the constituents in the riding, I want to extend a special thank-you to the emergency personnel, workers, volunteers, and organizers who helped clean up and repair our communities in the wake of Hurricane Juan. Thank you for all of your efforts.

Changes in Ottawa

With Prime Minister Chretien's recent retirement from four decades in federal politics the Liberal Party has elected its new leader. Mr. Paul Martin won this position during the Liberal leadership convention in November.

I am pleased to be the Member of Parliament for Sackville -Musquodoboit Valley - Eastern Shore, and will work with Mr. Martin and his new Cabinet, keeping a close eye on this new government while ensuring that your views continue to be represented and

raising issues that are important to our riding.

Upcoming Boundary Changes

Due to the Census in 2001, the constituency of Sackville -Musquodoboit Valley - Eastern Shore will see significant changes for the next federal election. The new riding, known as Sackville -Eastern Shore, will now include Upper, Middle, and Lower Sackville, the Prestons and all of Lake Echo. Areas that will be in different ridings include: Musquodoboit Valley (Cumberland -Colchester), parts of the Eastern Shore (Antigonish) and parts of Cole Harbour (Dartmouth).

This change saddens me as I have become close to many people and groups in these areas, participating in various community events. At the same time, this change presents new and exciting opportunities. I look forward to meeting and hearing from all of you, as well as the opportunity to represent you beyond the

next election.

For further information on these boundary changes, please contact Elections Canada toll-free at 1-800-463-6868 or visit their website at www.elections.ca, which will be updated early in the new year.

Happy Holidays!

On behalf of my colleagues in Parliament, our constituency office staff, my wife Andrea, our two children and myself, I would like to wish everyone a very Merry Christmas and a safe and Happy New Year! As an Irishman once said: May your best day in 2003 be your worst day of 2004!

As always, If you have any issues you would like to discuss, feel free to contact me at 865-2311, or toll-free at 1-888-701-5557.

-Peter Stoffer, MP



Beaver Bank Kinsac Community Center



"Building a strong foundation in our community."

YES! I want to support our community! Please print clearly and return along with your cheque for either \$25 , for the 2" x 6" tile, or \$50 for the 4" x 6" tile payable to the Beaver Bank Kinsac Community Center at the address below. *(One order form per tile purchased.)*

Name on Tile: _____
 Your Name: _____
 Company: _____
 Mailing Address: _____
 City/Town : _____ Postal Code: _____
 E-Mail: _____ Phone Number: _____

1583A Beaver Bank Road, Beaver Bank, N.S. , B4G 1C5

Your generous support will help the funding of equipment and a variety of activities within the new center.



Your name, or company name, will be engraved on a tile which will be placed in the Main Lobby of the new Beaver Bank Kinsac Community Center.

Our Community is growing, and we need your "growing" support.

Please Purchase a Tile!

"Building A Strong Foundation in Our Community"

Your Name or Company Name here.

2" x 6" Tile
\$25

Your Name or Company Name here.

4" x 6" Tile
\$50

BBKCC Thanks Departed Member Katherine Molloy

On behalf of the Steering Committee and the Board of Directors for the BBKCC, I want to say 'Thank you' to Katherine Molloy, a past member of the BBKCC Steering Committee and Board of Directors. The Board of Directors was saddened by the news of her resignation from the Board as a result of her family being relocated to Greenwood. Katherine has been a dedicated member of the Steering Committee and the Board of Directors. Her enthusiasm for the project, and the landscaping plans in particular, will continue to be a great inspiration to all of us. Katherine, in addition to being a member of the Board of Directors, was also appointed to the position of Society Archivist for the BBKCC. Her dedication to the task will be evident in our community for years to come. We wish Katherine and her family all the best in their new location and look forward to

inviting them back for the BBKCC Grand Opening in 2004! Take care and best wishes.

As you may have noticed, the construction on the Complex is going along at a good pace. With the weather co-operating, they have only lost 1/2 day since they started the building. Even with the start up being 6 weeks late the contractor is still hoping to be finished some time around the first part of March. As a reminder, space has been set aside in the Community Centre for a senior's room and a youth centre. Anyone interested in assisting in the planning of these two rooms / clubs may contact a member of the Board of Directors.

The Board of Directors has spent this fall working on policies and procedures for the operation of Community Centre. A number of sub-committees have been started to assist with the planning and

operation of the Community Centre. In particular, the Fundraising Committee, chaired by Sue McLearn, will be planning a number of events over the next year. One of the ongoing fundraising initiatives is the "Buy a Brick" program, as shown above. Another fundraising event being planned is "Shop for Free". By purchasing tickets you will have a chance to win a shopping spree at a local grocery store. Keep an eye out for us selling tickets when you are doing your shopping! Supporting fundraising is a great way to support the Community Centre. If anyone is interested in helping with fundraising or any of the committees, please contact a member of the Board of Directors. Together we can build a great centre! Until next time....

-Michelle West, Secretary

Authors' 27-Year Reunion “Cries At Kinsac Corner” and “Bagpipes Blowing”

Following several months of planning and searching for former students, many of whom I had not seen since the summer of '77, the event turned out to be quite successful. A huge vote of thanks goes out to Dorothy Selig for planting the idea and to Kelly Edwards who worked tirelessly to make contact with as many persons as possible after such a very long a time.

The event brought together more than 12 former students. There would have been many more had it not been for travel inconveniences, work related commitments and family illness. An evening meal at Mike's Restaurant on Sackville Drive provided the backdrop for sharing memories, many of which I had forgotten, lots of picture taking and autographing a number of the reprinted copies of the books in preparation for our visits to Beaver Bank Kinsac and Monarch Schools the following day.

The visits to both of the schools enabled students, teachers and parents a most unique opportunity. Those authors able to make the visit read from their stories, answered the students questions and signed autographs. The day can best be summed up in the words of Doug Gamble: "It was simply unbelievable. I couldn't believe that anyone would want my autograph. I am extremely glad that I came. It was so much more than I had imagined."

It was truly a memorable time and one that I was so very proud to be a part of. Despite the flurry of those wishing to purchase copies of the books, there are still copies available at either school as well as t-shirts commemorating the reunion.

-Terry Broadbent





Happy Holidays From

Councillor Brad Johns

District 19
Upper Sackville Beaver Bank
PO Box 203,
Lr. Sackville, NS, B4C 2S9
Cell Phone HRM-1234 (476-1234)
869-4748 (Fax 869-4749)
johnsbr@region.halifax.ns.ca

MLA Hines Speaks of The Fall Session

Mr Gary Hines, MLA, sent out a press release after the fall session of the Legislature. The release reiterates the achievements accomplished during the sitting. These include 20% reduction of auto insurance, allowing Nova Scotians the final say on Sunday shopping, 8-week palliative care leave for employees without fear of job loss, removal of mandatory retirement age for civil servants and legislation to protect NS volunteers from legal cost resulting from unsuccessful law suits.

Mr Hines also recognized the many Nova Scotians, who under the leadership of EMO and its partners, did so much to help their

friends and neighbours after Hurricane Juan. “The generous spirit and resilience of Nova Scotians was never so evident as during the days and weeks after the storm,” he said.

Mr Hines also provided the following contact information: Office of the Insurance Commission, 424-6331; and Links to all levels of Care for Seniors 1-800-225-7225. The location and address for Mr. Hines’ constituency office is 1495 Cobequid Rd, suite 201, Waverley, NS, B2R 1M5; 860-4358, fax 860-4356, email hinesgb@gov.ns.ca and website www.garyhines.ca.

-Dorothy Selig

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*