



THANK YOU

On behalf of the Board of Directors and Members,
the Police Association of Nova Scotia
wishes to thank all the citizens and business in Nova Scotia for the
support provided to PANS.

PANS appreciates your interest in our magazine and has been proud
to have had the opportunity for over 30 years to make this project
so successful year after year.

Once again, a sincere "***thank you***" for assisting our organization
with your continued support.

Special thanks also goes to Fenety Marketing Services (Atlantic) for
their extreme excellence in professionalism and their hard work in
helping to make this guide possible.

A handwritten signature in dark ink, appearing to read 'Phil Claybourne'.

PHIL CLAYBOURNE,
PRESIDENT, PANS



Best Wishes



Deep Brook / Waldec Lions Club

Box 117 Deep Brook, NS B0S 1J0

(902) 638-3343



Insurance Brokers' Association of Nova Scotia

Your best insurance is an insurance broker.

To locate an insurance broker closest to you, please visit our web site at: www.ibans.com or for more information please call our office:

902-876-0526

POLICE

Association of Nova Scotia

PANS Office Staff & Email Addresses

David Fisher, CEO
dfisher@accesscable.net

Linda Redden, Administrator
lredden@accesscable.net

Dorothy Marshall, Controller
dmarshall@accesscable.net

Donna Gallant, Legal Secretary
donnagallant@accesswave.ca



Police
Association
of
Nova Scotia

PANS OFFICE ADDRESS:
1000 Windmill Rd., Suite 22
Dartmouth, N.S., B3B 1L7

PHONE: (902) 468-7555 (PANS office)

FAX: (902) 468-2202 TOLL-FREE: 1-888-468-2798

BOARD OF DIRECTORS

POLICE ASSOCIATION OF NOVA SCOTIA

Phil Claybourne, President

Derrah Reid, 1st Vice-President

Kelly Oickle, 2nd Vice-President

Wade Keddy, Secretary-Treasurer

Wilfred Andrews, Director Annapolis Valley

Rick Hickox, Director Colchester County

Dale Johnson, Director Charlottetown, PEI

Front Cover Photo:

On November 30, 2007, PANS Board of Directors presented a cheque to the “**Cops for Cancer**” Program. **Julian Marentette** accepted the donation on behalf of the Canadian Cancer Society.

Left to right, the Board of Directors for PANS are: **Wilfred Andrews** (Director - Annapolis Valley, PANS), **Derrah Reid** (1st Vice-President, PANS), **Wade Keddy** (Secretary-Treasurer, PANS), **Julian Marentette** of the Canadian Cancer Society, **Phil Claybourne** (President, PANS), **Kelly Oickle** (2nd Vice-President, PANS), **Dale Johnson** (Director - Charlottetown, PANS), and **Rick Hickox** (Director - Colchester County, PANS).

Proudly Supporting Crime Prevention



Irving Shipbuilding Inc.

Halifax Shipyard - East Isle Shipyard - Shelburne Ship Repair - Woodside Industries

P.O. Box 9110, 3099 Barrington Street, Halifax, NS, Canada B3K 5M7

Phone: +1 (902) 423 9271 Email: marketing@irvingshipbuilding.com



www.irvingshipbuilding.com

**Thanks to Police Officers
throughout Nova Scotia for
protecting our communities!**



J.D. IRVING, LIMITED





37th Annual Crime Prevention Guide

Table of Contents

POLICE ASSOCIATION OF NOVA SCOTIA

Thank You from PANS!	1
About Us	3
J.W. "Joe" Ross	7
Publisher's Page	13
The Official Opening of the New Bridgewater Police Service	15
Annual Law Enforcement Memorial Service	17
Canadian Police Association Annual Memorial Service	19
"Stanley Cup" Ceremony	19
20 th Annual Scott Zinck Golf Tournament	21
New Glasgow Police Youth Program	21

Operation Christmas	23
Business Crime Prevention Brochure	23
City Police Donate Car Seats	25
Teddy Bear Toss	25
PANS All Stars vs. Tim Hortons All Stars Benefit Hockey	
- New Glasgow	27
- Wolfville	29
- Halifax	31
Advertisers' Index	144

ARTICLES OF INTEREST FROM AROUND THE PROVINCE...

Running the Ship at Age 37	33
New Chief for New Glasgow	35
Share the Road	35
Technology Helps Save Life	37
Kids 'N' Kops	37
Cops Tracking Some Schools	39
Police put Lifelines in Vehicles	41
New Glasgow Police Favour Tasers	43
Cop Wakes Boy as Flames Shoot out Roof	45
Protecting Those on Thin Ice	47
Lockdown Drill Trains Kids to Handle Emergencies	49
Truro School Adds Cop to Staff	51
Electronic Eye on Vandals	53
Retiring Police Chief gets Warm Sendoff	55
Making Communities Better Place Key Goal of Police Academy Leader	57

Signs and Symptoms of Drug Use	69
Tips on Avoiding Drug Use	69
Substance Abuse Issues	71
Misuse and Abuse of Oxycodone-based Prescription Drugs	81
Oxycontin Addiction	83
Wife Abuse - The Impact on Children	85
Child Abuse - Knowing the Signs	91
Potential Effects of Witnessing Family Violence on Children	93
Adult Survivors of Child Sexual Abuse	95
What is dating violence?	101
Dating Violence	105
Crisis Lines	107
Bullying In Canada	109
Everyday Challenges: Children and Bullying	117
Challenging Cyber Bullying	123
Online Dangers	127
Internet Child Exploitation - Internet Luring	129
Managing the Internet	131
Creating a Family Internet Agreement	135
Tracking Where Kids Have Been on the Internet	139
Internet Addiction	141

AWARENESS & PREVENTION INFORMATION...

Canada's Drug Strategy	59
When Does Drug Use Become a Problem?	63
Drug Laws in Canada	67

Atlantic **superstore**

104 Starrs Rd.
Yarmouth, NS
B5A 2T5

*Proud supporters of
Police Association of Nova Scotia*



For the world you live in.™

Proud supporter of the
Police Association of
Nova Scotia

Visit us at ...
www.bmo.com

Compliments
From
A
Friend

Black & McDonald Limited
Is Proud to Support
the Police Association of Nova Scotia



*A Tradition of Quality for
Over 80 Years*

- *Electrical*
- *Mechanical*
- *HVAC*
- *Controls & Automation*
- *Facility Maintenance & Operations*
- *Ongoing Service & Maintenance*
- *Turnkey Installations*
- *Data, Voice, Multi-Media Communications*
- *Millwrighting*

10 Payzant Avenue, Dartmouth, Nova Scotia B3B 1Z6
Tel (902) 468-3101 ~ Fax (902) 468-3102
www.blackandmcdonald.com

J. W. "Joe" Ross



Retired after more than 50 years in Law Enforcement

The story of a lifetime of dedication, achievements and commitment

When Joe Ross stepped down as Executive Director of the Police Association of Nova Scotia over a year ago, we indeed witnessed the end of an era. It seems only fair that we should take a few moments here to recount and summarize a bit of his legacy, keeping in mind it is highly unlikely that we will ever again see his like.

Joseph W. "Joe" Ross was born in Yarmouth, Nova Scotia, on March 19th, 1931, the third child in a family of six. In 1939, the family relocated to Halifax, where Joe finished his formal education, at least for that time, at St. Patrick's School.

At the age of 14, Joe signed on as a crewman on the Lady Rodney, a merchant ship engaged in returning war brides from Europe to Halifax. Shortly afterward, he signed on as a mess boy with Imperial Oil and sailed on various tankers in roles of increasing responsibility from 1945 to 1954.

It was during this period that Joe first became involved in labour relations. At 17 years of age, he was selected to represent his ship's crew at consultation sessions during which Imperial strove to find out how its employees felt about their work and what should be done to improve working conditions. This selection was no small honour considering that some of Joe's shipmates had been at sea longer than he had been in the world.

After nearly ten years at sea, and after careful consideration, Joe came ashore and commenced his police career on April 6th, 1955.

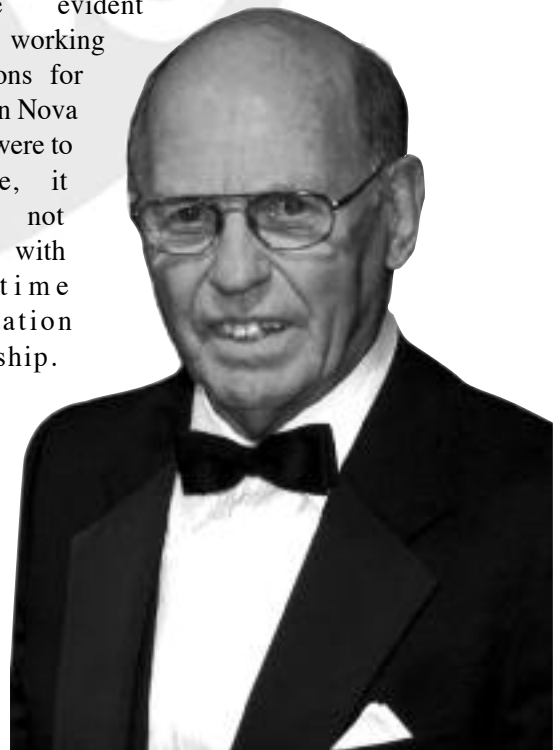
It is fair to say that in Halifax in 1955, working conditions in the police world were far from exemplary. The starting salary was in the range of \$1,800 per year and there were no benefits of any consequence. In fact, the police pension plan had recently gone bankrupt, leaving police officers with virtually no security during their working years and even less after retirement.

In 1961, Joe was elected President of the Halifax Police Recreation and Social Club, with dues set at 25 cents per month. This organization grew, in large part due to Joe's efforts, to the point where it became the Halifax Police

Association and was finally accepted as the bargaining agent for police officers. Despite this progress, in actual fact, Constables had relatively little influence within the association. Consequently, conditions seemed to improve at a faster rate for senior NCO's and Commissioned Officers than for the rank and file. However, this situation was about to change.

In 1966, there were 32 recognized municipal police departments in Nova Scotia. Acting upon his own initiative, Joe contacted every police force in the province and invited representatives to a meeting to discuss possible solutions to what were seen as very significant problems related to salary, benefits, training, equipment and other common issues across the province. The turnout from throughout the province was overwhelming and at this very first meeting the Police Association of Nova Scotia was formed with Joe Ross as its first President.

Joe was, and is, dedicated to police officers in a way that few people know or understand. Very shortly after the Police Association of Nova Scotia came into existence, it became evident that if working conditions for police in Nova Scotia were to improve, it could not happen with part-time association leadership.



(continued...)



P.O. Box 395
North Sydney, N.S.
B2A 3M4

BRIMAC ROOFING

**BUILT UP ROOFING
SHEET METAL**

**COMMERCIAL
RESIDENTIAL**

397 Villa, Bras D'Or B1Y 2Z2

OFFICE: 736-2617 FAX: 736-6149

CAMERON GRACIE 736-7225

*Thank you for serving and protecting us
in the community we live in.
We value and appreciate each
and every one of you.*

Compliments of:

BURNSIDE REALTY LIMITED

1000 WINDMILL, SUITE #12
DARTMOUTH, NOVA SCOTIA B3B 1J4

JOHN KITZ

TEL: (902) 468-2744
FAX: (902) 468-2293



20 years experience in concrete construction
* Form * Place * Finish * Repair * Sawcut
Residential & Commercial

KENTVILLE
375-3520

LIVERPOOL
356-2347

CELL 350-0882

www.apluscement.com



BRILUN CONSTRUCTION LIMITED

P.O. BOX 283
SYDNEY, N.S. B1P 6H1
Tel.: (902) 567-0473
Fax: (902) 562-3673

BRIAN LUND
Owner
Cell.: (902) 578-5566

info@brilun.ca
www.brilun.ca

LUND SELF STORAGE UNITS LTD.

645 Keltic Dr., Sydney

Ph 567-0473
Ph 578-5566
www.brilun.ca

Office
28 Cape Court
Sydney, N.S.
info@brilun.ca

(...J.W. "Joe" Ross continued)

Therefore, on January 1, 1969, Joe resigned from the Halifax Police Department to dedicate his full attention to the association and its members. Very few of his fellow officers in Nova Scotia were ever aware that for the first few years of its existence, the Police Association of Nova Scotia was able to function only because of Joe's dedication and his willingness to wait for pay cheques that were often a few months late in arriving and his "forgetfulness" when it came to submitting expense claims.

Almost from the time Joe became involved in the policing profession, he campaigned to have legislative changes made which would extend to police officers the same rights enjoyed by other trades and professions. When these changes finally occurred, largely through Joe's efforts, it was he who led the charge to bring Nova Scotia police officers into a new era of respectability and professionalization.

It is fair to say that police labour movements throughout Canada were pretty much in their infancy in the early 1960's with the Canadian Police Association just beginning to grow from a foundation in Western Canada. By this time, Joe had been elected as President of the Halifax Police Association and he lost no time in bringing Halifax into the national association. In 1967, Joe was elected President of the CPA and served in that office in 1967 and 1968. It is interesting to note that even in 2008, 40 years later, there has still never been another President of CPA from east of Ontario. Joe continued to sit as a board member of the CPA for 40 years, many of which were spent in executive positions responsible for sound fiscal management of the organization. His interest and dedication were also major factors in the erection and dedication of the Canadian Police Memorial Pavilion on Parliament Hill in Ottawa.

Being thoroughly convinced that the future of policing demanded that officers of all ranks become more professional, Joe made a significant contribution to the professionalization of Atlantic Canadian police officers, serving on the Advisory Council to the Atlantic Police Academy, where his common-sense approach and foresightedness were greatly appreciated and his contributions well received.

As one reads through the foregoing, it would indeed be easy to imagine Joe Ross as a rather one-dimensional person, dedicated solely to professionalization of police officers, but nothing could be further from the truth. Joe has also become a major figure in Nova Scotia as a business and property owner. Of all that he has

achieved, Joe is most proud of what may be his greatest accomplishment - along with his late wife, he raised eight children, including two sets of twins. All of these young people are successful business operators, thanks to the guidance and support, both moral and financial, provided by their parents.



Mr. Ross and his partner, Aline Young, at the Canadian Police Association's Hall of Honour Ceremony, displaying his award upon being inducted into the Canadian Police Association Hall of Honour.

There is very little in Joe's community which does not bear at least a bit of his stamp as he has left his mark on almost everything he ever became involved in, from property owners associations to minor and junior hockey teams, and everything in between. If Joe saw anything that needed fixing or changed, he quickly took up the challenge but did so while ensuring that all of his obligations to family, friends, co-workers and community continued to be met.

If one were to sum up Joe Ross' life, it could be done in very few words. He has always been an honest man with an amazing capacity for work and getting things done without hurting anyone. If Joe Ross shakes your hand, you have a deal, and it will always be a deal that works for both parties. It was, and continues to be, on this basis that Joe applies his efforts in the business world and in the police labour movement. In 2007, as he reached the end

(continued...)

Somewhere out there,
**A HIGH SCHOOL STUDENT HOLDS THE KEY
 TO MAKING OUR WORLD A BETTER PLACE.**

She doesn't know it yet. All she needs is for someone to inspire her to follow her dreams. That's why Acadia University was founded 170 years ago. We know that the way that you learn is just as important as what you learn. Our technology-rich, personalized approach to learning is found nowhere else in the country, and is founded on a simple belief – when you inspire people to learn, you inspire them to change the world.



ACADIA
 UNIVERSITY

CANADA'S #1 OVERALL PRIMARILY UNDERGRADUATE UNIVERSITY
 MACEAN'S MAGAZINE (2007)



Collins Barrow

Chartered Accountants

**Canada's
 Mid-Market Alternative**

*for accounting, tax and
 business consulting solutions*

Collins Barrow Nauss Hornby LLP

260 Brownlow Avenue, Suite 24
 Dartmouth, Nova Scotia B3B 1V9

902.404.4000

fax: 902.404.3099

halifax@collinsbarrow.com

www.collinsbarrow.com

WANTED

**Former and Retired Municipal or
 Royal Canadian Mounted Police**

The mandate of Commissionaires Nova Scotia (CNS) is to provide meaningful employment. We currently employ more than 1550 + security professionals, serving more than 200 clients province-wide.

Our clients trust the experience and qualifications of our employees and are confident in the security and safety services CNS and its employees provide.

CNS offers varied workplaces, including **Special Constable** positions, competitive wages, free federally recognized security training, free uniforms and some benefits.

If you are interested in exploring opportunities with CNS we invite you to browse our website (www.commissionaires.ns.ca) or to contact us at either recruit@commissionaires.ns.ca or 429-8101, extension 229.



Commissionaires
 NOVA SCOTIA

montes showbar



**Atlantic Canada's
 Showcase Venue**

245 Waverley Rd.
 Dartmouth, NS B2X 2C5
 info line (902) 435-1770

(...J.W. "Joe" Ross continued)

of a police career that has spanned well over 50 years, there was still no deviation from the course.

How many of us truly realize the contributions that Joe has made to policing in Nova Scotia and even in Canada? Were it not for his efforts, many of our police officers would not enjoy the security of a decent pension plan, and a better-than-average medical, dental and life insurance plan. As well, those of us who have experienced the support of the Employee Assistance Plan may have been hard pressed to find such support elsewhere. Even the Annual Crime Prevention Guide that you are reading would most likely not have come into existence but for Joe's vision and leadership. Perhaps, all his other achievements notwithstanding, it may well be argued that police officers in Nova Scotia, after years and years of lobbying, finally were able to replace the "right to strike" with binding arbitration. No longer will police officers in this province be forced onto a picket line to obtain fair compensation and decent benefits, and for this fact alone, we all owe Joe a major vote of thanks.

Most of us realize that Joe's efforts were not limited to Nova Scotia, however, you may not all be aware of the degree to which Joe's financial acumen served the CPA in its business partnerships with CBU Publications and the CI Labour Sponsored Venture Capital Fund; two organizations that have played major roles in providing the CPA with financial strength and stability. Whatever honours may have been bestowed upon Joe throughout his career, perhaps his greatest reward has been his induction into the Canadian Police Association Hall of Honour. This achievement is truly an honour and represents a sincere "thank you" from the legions of police officers, past and present, who have achieved a standard of living and a



Mr. Joe Ross (left) displaying his Award of Honour, and Mr. Dave Camp, a lifelong friend, at the Canadian Police Association Hall of Honour Award Ceremony.

standard of professionalism that would have been all but impossible to imagine had it not been for Joe Ross.

For all that he has accomplished personally, Joe never lost sight of the fact that no one person can accomplish meaningful goals without the support of his or her comrades. In his thank-you remarks after being inducted into the Canadian Police Association Hall of Honour, Joe admonished the delegates in attendance to keep in mind that "You can do nothing alone. Your family, your friends and your colleagues make you what you are. Don't ever forget that."

Joe lives his life dedicated to this belief, and we would all be well advised to keep this advice uppermost in our minds and hearts as we progress through our careers and our personal lives. Joe may be gone from our ranks, but we will never be gone from his heart. We can best express our appreciation for all that he has done by carrying on the great works that he played such a major role in starting and nurturing, and by doing so in concert with our fellow officers and friends.

This may be the end of an era, but the torch has been thrown to us to carry on. We have come light years over Joe's fifty-two years in the police profession, but the struggle never ends. It is up to all of us to see that we continue into the future with the same degree of dedication and honour that we have been taught by Joe Ross, a man among men and a police officer with few, if any, peers.

Joe Ross - a man of passion, ideals, dedication, and achievements.



Left to right: Cst. Derrah Reid (1st Vice-President of PANS), Mr. Joe Ross, and Cst. Wade Keddy (Secretary-Treasurer of PANS) attended the Canadian Police Association's Hall of Honour Ceremony for Mr. Ross.



Cape Breton- Victoria

Regional School Board

Lifelong Learning – Developing Our Full Potential

MAIN OFFICE
275 George Street, Sydney, NS B1P 1J7
Tel: (902) 564-8293
Fax: 564-0123 (Educational)
Fax: 562-6814 (Business)

Website: www.cbv.ednet.ns.ca

Chow Family

**ONE OF THE MARTIMES
LARGEST &
MOST MODERN
CHINESE RESTAURANTS**

Authentic Chinese, Polynesian
and Canadian Cuisine Prepared
by Our Chef

- Banquet Facilities For All Occasions
- Take Out Service
- Three Fully Licensed Dining Rooms
- All Major Credit Cards Honored
- Daily Chinese Luncheon Special
- Daily Chinese Lunchin & Evening Specials

OPEN:
HOURS
Mon. thru Thurs.
10:30 a.m. til 11 p.m.
Fri. & Sat.
10:30 a.m. til 12:00 a.m.
Sun.
11:30 a.m. til 11:00 p.m.

CHOW FAMILY RESTAURANT
344 Prince St., Truro, N.S.
895-9256



J'inscris mon enfant au Conseil scolaire acadien provincial

Le mandat du **CSAP** est d'offrir une éducation en français langue première, reconnue pour son excellence.

Les principes d'enseignement du **CSAP** reposent sur la pédagogie qui promeut la responsabilité de l'élève tout en assurant un encadrement pédagogique solide.

Au **CSAP**, l'atteinte des résultats d'apprentissage s'articule principalement autour des sept domaines suivants : la langue et la culture françaises, l'expression artistique, le civisme, la communication, le développement personnel, la résolution de problèmes et les compétences en technologie.

BUREAUX ADMINISTRATIFS :

Siège social

C.P. 88, Saulnierville, N.-É. B0W 2Z0
Téléphone : 902-769-5460 Télécopieur : 902-769-5461

Région Sud-Ouest

9248, Route 1, Meteghan River, N.-É.
Téléphone : 902-769-5480 Télécopieur : 902-769-5481

Région centrale

199, avenue du Portage, Dartmouth, N.-É. B2X 3T4
Téléphone : 902-433-7045 Télécopieur : 902-433-7044

Région Nord-Est

C.P. 100, Petit-de-Grat, N.-É. B0E 2L0
Téléphone : 902-226-5230 T Télécopieur : 902-226-5231

Visitez notre Site Web à l'adresse suivante :
<http://csap.ednet.ns.ca>

*Vous y trouverez une gamme de renseignements
sur le fonctionnement du CSAP.*

D. E. SHEEHAN ELECTRIC LTD.

Electrical Repairs & Contracting

Residential - Commercial - Industrial

BUSINESS LOCATION
**MAIN HIGHWAY, MOUNTAIN
ROAD, NEW GLASGOW, N.S.**

MAILING ADDRESS
**P.O. BOX 2540, STELLARTON,
N.S., B0K 1S0**

BUS.:.....752-7689
JOHN:.....752-5595
JOE:.....752-3439

From the Publisher



Over the past thirty-six years, the **Police Association of Nova Scotia** has presented a wide range of topics in their Annual Crime Prevention Guide. This **37th Annual PANS Guide** contains important information on many topics already discussed in previous editions, allowing us to revisit these seemingly perpetual societal problems. Our community leaders and our law enforcement agencies are keeping a watchful eye on these ongoing issues in our communities, and are diligent in their goal of keeping our homes and communities safe.

On behalf of the **Police Association of Nova Scotia**, I would like to take this opportunity to sincerely thank the businesses who have supported our project by advertising in our publication, and the residential supporters we've contacted through our 2007 Telephone Campaign. **Thank you!**

As always, we welcome your comments or suggestions concerning our annual publication. This unique publication is distributed free-of-charge each year to schools, libraries and public facilities, and it is also available online at the Police Association of Nova Scotia's Community Guide website: <http://www.pansguide.com>, making it easily accessible to everyone.

Sincerely,



Mark T. Fenety
President
Fenety Marketing Services

"Providing quality, professional marketing and fund raising services on behalf of high-profile, non-profit organizations."

This guide was proudly assembled and published by Fenety Marketing Services, with the help and co-operation of the Police Association of Nova Scotia.

w w w . f e n e t y . c o m

CITY CENTRE

A T L A N T I C

L. Bruce Christmas

Property Manager

1475 Bedford Highway, Box 17
Bedford, N.S.
B4A 3Z5

Telephone: (902) 832-9411
Fax: (902) 832-9422

COASTAL RESTORATION & MASONRY LTD. STEEPLEJACKING & PAINTING

EXTERIOR BUILDING & RESTORATION
MASONRY - WATERPROOFING - CAULKING
SANDBLASTING & CHEMICAL CLEANING
EPOXY INJECTIONS

BRICE MORASH

MANAGER

Cell: (902) 497-3522
E-mail: bricemorash@ns.aliantzinc.ca

8 Mills Drive
Goodwood, NS B3T 1P3
Tel: (902) 876-8333
Fax: (902) 876-5072

D. C. HUSKINS & SONS TRUCKING LTD.

BARRINGTON, N.S. B0W 1E0

(902) 637-2436

Fax: (902) 637-1744

Hauling Lobsters & Fresh Fish

Arthur Huskins
President

Cessil Huskins
Vice-President

Dickinson Bros.

RR#3, Southampton
Cumberland County, Nova Scotia B0M 1W0

*Proud to be part of
the NS Agricultural Community as producers
of maple, strawberries & blueberries.*

BUY LOCAL PRODUCTS



Phone:
(902) 546-2342

email: dickinson@xplornet.com

Fax:
(902) 546-2787

The Official Opening of the New Bridgewater Police Service



The new facility for the Bridgewater Police Service was officially opened on June 15, 2007 with a gracious ceremony. The ceremony included the unveiling of the name of the structure which will be called the “Shirlen L. Seamone Building,” in honor of the former police chief who passed away in 2002 after more than 30 years with the department.



The Bridgewater Police Service displays a new crest and a modern look. This facility was years in the making and is now finally complete. The Community can be truly proud of this major accomplishment in their town. This new building is situated at 45 Exhibition Drive in Bridgewater, Nova Scotia.



Left to Right:
Aline Young, Cst. Wade Keddy and Mr. Joe Ross
at the official Ceremony of the opening of the new Bridgewater Police Facility.

Mr. Ross, after more than 50 years in policing, retired as Executive-Director of the Police Association of Nova Scotia in December 2006



Members of the Bridgewater Police Service at the official opening of the new Bridgewater Police Station.

Left to Right:
**Sgt. Richard Milbury, Sgt. Alfie O’Quinn,
Sgt. Allan Cunningham, Cst. Wade Keddy.**



Not all Energy Management Systems were
Created Equal!

Julia Herniak

Marketing & Sales Manager

1328 Highway #6
P.O. Box 821, Amherst, NS
B4H 4B9

Web: <http://www.egenergy.com>

Tel.: 902-661-2007

Fax: 902-661-3709

Email: jherniak@egenergy.com

EAST SIDE FISHERIES LTD.

Telephone N.S. (902) 762-2170

Fax: (902) 762-2666

Email: eastsidefish@klis.com

Main Office:

Lower East Pubnico, N.S.

B0W 2A0

SEAFOOD DEALER

HERMAN LEBLANC

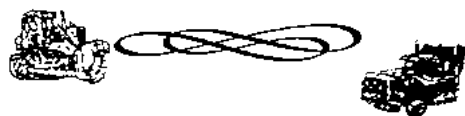
TERRY LEBLANC



ESKASONI BAND COUNCIL

BOX 7040
ESKASONI, NOVA SCOTIA
B1W 1A1
TELEPHONE: (902) 379-2800

George F. MacDonald & Sons Ltd.



R.R. #5, 1889 Sherbrook Rd., New Glasgow, NS B2H 5C8

(902) 922-2007

Annual Law Enforcement Memorial Service



Held in Halifax, NS



Representing PANS at the Annual Law Enforcement Memorial Service held in Halifax were members from the Amherst, Charlottetown & Truro Police Associations.



Members from the Kentville and Bridgewater Police Services participated in the Annual Law Enforcement Memorial Service held each year in Halifax at St. Mary's Basilica Cathedral.



Climate Control



Serving Halifax & Atlantic Region

***1-888-487-7626
(902) 455-9651***

65 John Savage Drive, Unit#1, Dartmouth, N.S.

Refrigeration • HVAC Systems

HUSSMANN™

www.hussmann.com



ICT GROUP INC

690 East River Road

New Glasgow, NS

B2H 3S1

Phone: 902-755-9050

Fax: 902-755-9059

Email: RecruitingNG@ICTGROUP.COM

**Ideal
Concrete
Ltd.**

READY MIX CONCRETE

PLANT WHYCOCOMAGH

Telephone: 756-3325

IF NO ANSWER WAIT FOR AUTOMATIC TRANSFER

Fax: 945-2087

P.O. Box 130

Port Hood, Nova Scotia

B0E 2W0



INDUSTRIAL ALLIANCE *PACIFIC*
INSURANCE AND FINANCIAL SERVICES

***Proud to support
PANS***

Tel: (902) 468-8698

Canadian Police Association

Annual Memorial Service



Held in Ottawa, ON



Left to Right: **Wilfred Andrews** (Director, PANS) & wife **Linda Andrews**, Cst. **Rick Hickox** (Director, PANS), **Aline Young** and **J.W. "Joe" Ross**, attended the Canadian Police Association Annual Memorial Service on Parliament Hill in Ottawa

"Stanley Cup" Ceremony



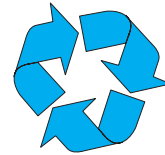
Left to Right: **Joe Dipenta** (Mighty Ducks), along with **Bradley Reid** and his father **Derrah Reid**, attended the "Stanley Cup" Ceremony held recently in Halifax. Derrah Reid is a police officer with the Amherst Police Service and is the 1st Vice-President of the Police Association of Nova Scotia.



The 1000 + members of Local 625 of the International Brotherhood of Electrical Workers support the efforts of the Police Association of Nova Scotia to promote the public's role in prevention of youth violence, Child Abuse, Internet Predators, and Bullying, Together we can do it.

I.B.E.W. - The Union of Hearts and Minds
58 McQuade Lake Crescent,
Halifax, Nova Scotia B3S 1G8
Ph: 902-450-5625 www.ibewlocal625.ca

JOHN ROSS & SONS LTD.



Scrap Metal New & Used Structural

**7 Cummane Street
Truro, N.S.**

**P.O. Box 841
Truro, N.S. B2N 5G6**

**Bus: (902) 893-9429
Fax: (902) 893-9420**



Khattar & Khattar Barristers & Solicitors

*Serving Cape Breton since 1936
A Full Service Law Firm*

378 Charlotte Street
Sydney, Nova Scotia
B1P- 1E2

902-539-9696
1-888-542-8827
khattar@law.ca



Custom choices for an Outstanding home.

When it comes to home improvement, Peter Kohler Windows & Entrance Systems offers the widest choices of styles, colours and design options. Every window we make is custom, so we can make your vision a reality.



www.peterkohler.com

20th Annual Scott Zinck Golf Tournament



Derrah Reid (far right) 1st Vice-President of PANS, and **Sgt. Bill Blakeney** (middle) represented the Police Association of Nova Scotia at the 20th Annual Scott Zinck Golf Tournament held in July 2007. Scott Zinck was a police officer who passed away due to cancer at the young age of 27.

New Glasgow Police Youth Program



Members of the New Glasgow Police Youth Program met with **Prime Minister Steven Harper**.

Always Comfortable... Always Charming.

- ❖ Free continental breakfast
- ❖ Free wireless internet
- ❖ Free movies
- ❖ Earn Lakeview Perks points

TF: 1.877.355.3500



lakeviewhotels.com

Canadian owned • Community focused
PROUD SUPPORT OF NOVA SCOTIA NEST!

Halifax
98 Chain Lake Drive
902.450.3020

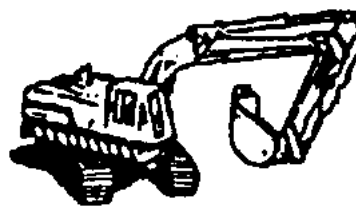
Bathurst
777 St Peter Avenue
506.548.4949

Fredericton
665 Prospect Street
506.459.0035

Miramichi
333 King George Hwy
506.627.1999

LEWIS KELLY EXCAVATING AND LANDSCAPING

Water & Sewer; Septic Systems; Stumping
Lots; Snow Removal; Topsoil, Fill, Manure,
Bark Mulch; Sodding; Hydro-Seeding;
Interlocking Stones; Walls & Walkways;
Lot Grading.



865-3460 / 495-5232 / 209-2186

26 Walker Service Road
Lower Sackville, Nova Scotia B4C 2P7



LUEDEYCONSULTANTSINC.

5991 Spring Garden Rd. Suite 800
Halifax, Nova Scotia B3H 1Y6
www.luedeyconsultants.ca

**EMPLOYEE
BENEFIT PLAN
CONSULTANTS**

Bill Luedey

Vice President

902 482-3642

Fax 902 450-1274

bill@luedeyconsultants.ca

Services

Group Insurance Consulting

Benefit Plans

Worksite Wellness Programs



**MARITIME PAPER
PRODUCTS LIMITED**

We're Packaging Innovation.

Providing Atlantic Canada With
Quality Corrugated Packaging
Since 1931



Premium White



High Graphics



Standard
Containers

Full Range of Services

CAD/CAM
Graphic Design
Packaging Analysis
Diecutting
Specialty Folding
Wax Cascading

Call Us Today At 1-800-565-5353
Or Visit Our Website www.maritimepaper.com
MARITIME PAPER PRODUCTS LIMITED

Operation Christmas



Members of the New Glasgow Police Service, along with **Cyril Lunney** from **Breakfast Television**, during Operation Christmas in December 2007.

Const. Jason MacKinnon, New Glasgow Police Services, staged a checkpoint along Park Street. Law enforcement agencies cracked down on impaired drivers as part of the kickoff to Operation Christmas.

Sarah Regan - The News



Business Crime Prevention Brochure



Const. Gary Clow, Charlottetown Police Service; **Shawn MacKenzie** and **Troy MacKenzie**, Kwik Kopy; and **Const. Denise Weddle**, Stratford RCMP, show the new Business Crime Prevention brochure which was donated by Kwik Kopy. The Stratford RCMP and the Charlottetown City Police partnered in the implementation of the brochure which was distributed to all businesses in the Charlottetown and Stratford areas.

Guardian Photo
August 14, 2007

**Thank You
PANS!**

**Mic Mac
Bar & Grill**

**217 Waverley Rd.,
Dartmouth**

434-7600

mic mac
Gas & Convenience

101 Membertou
Street
Sydney, NS
902.539.3281

**Tax
Free
Shopping**



**1663 Brunswick St., Suite 200
Halifax, NS
B3J 2G3**

902.420.1786

*Proud to support
PANS*

To the Police Association of Nova Scotia:

Thank you for providing the highest quality
police service to all Nova Scotia residents and
visitors.

Best wishes for another successful year!

**MORNEAU
SOBECO**

**HUMAN RESOURCE AND
ACTUARIAL CONSULTANTS**

*Calgary • Fredericton • Halifax
London • Montreal • Quebec
St. John's • Toronto • Vancouver*

www.morneausobeco.com

City Police Donate Car Seats



The Charlottetown City Police Association was proud to donate car seats to Public Health in an effort to promote child safety on Island highways. In the photo are **Const. Gary Clow**, right, and **Const. Tim Keizer** of the Charlottetown City Police. **Michelle Vloet-Miller** of Public Health Nursing accepted the donation. Guardian Photo, October 6, 2007

Teddy Bear Toss



Const. Gary Clow, left, of Charlottetown City Police, **Pierre-Luc Lessard** of the P.E.I. Rocket, **Chris Doyle** of the Rocket, and **Cpt. Reg Campbell** of Queens RCMP, were on hand for the annual Teddy Bear Toss on Sunday, Dec. 9, at 4 p.m. at the Charlottetown Civic Centre. All fans were encouraged to bring a stuffed animal to throw on the ice after the Rockets scored their first goal. All teddy bears collected were used by the City Police and the RCMP in their work with sick children in need during the holiday season.

Guardian Photo, December 7, 2007



THE MUNICIPALITY OF THE COUNTY OF CUMBERLAND

1395 Blair Lake Road, Upper Nappan
PO Box 428, Amherst, NS B4H 3Z5

Phone: 667-2313
Toll Free 1-888-756-6262

After Hours Emergency 667-2358
Fax 667-1352

E-Mail: info@cumberlandcounty.ns.ca

Website: www.cumberlandcounty.ns.ca

HOURS OF OPERATION 8:30 A.M. 4:30 P.M. Monday - Friday

If it is not convenient for you to call during business hours, leave your concerns with our 24 hour message system and a municipal employee will respond the next business day.

Always make sure the proper permits are obtained from the Municipality before you have any construction related work done on your property. Make the most of our building inspection service, it is there for your protection.

For further information on permits, call 667-1142.

Important Numbers

ALL EMERGENCIES 911

911 is a 24 hour-a-day service. Calls to 911 are free... even from pay phones. You should call immediately when an emergency occurs even if it is in the middle of the night.

Amherst RCMP	667-3895	Cumberland Central Landfill	667-5141
Oxford RCMP	447-2525	County Canine Control Officer	597-8737
Parrsboro RCMP	254-2424	Cumberland County Municipal Office	667-2313
Power Outage Information Line	1-877-428-6004		
Family Doctor		Pharmacy	

Please keep this list near your telephone



MUNICIPALITY OF THE DISTRICT OF LUNenburg

210 Aberdeen Rd.
Bridgewater, NS
B4V 4G8
902-543-8181

*Proud supporters of
PANS*



Nova Scotia Firefighters' School
48 Powder Mill Rd.
Windsor, NS, Canada
B2N 1E2

Offering a 22 Week
Pre-Service Program,
Industrial & Commercial
Fire Safety Training



Phone: (902) 861-3823
Toll Free 1-866-861-3823
Fax: (902) 860-0255
Toll Free 1-866-399 FIRE
Email: nsfs@accesswave.ca
Website: www.nsfs.ns.ca



CADILLAC



Mercedes-Benz



TOYOTA



KIA MOTORS



SUBARU

O'REGAN'S

AUTOMOTIVE GROUP

oregans.com



CHEVROLET



HYUNDAI



LEXUS



NISSAN



INFINITI

**Proud to support the
Police Association of Nova Scotia.**

Benefit Hockey

2007-2008

PANS All Stars vs Tim Hortons All Stars



For fourteen consecutive years, the **Tim Hortons All Stars** have laced up their skates to tour the Maritime provinces. This team of retired pro and semi-pro hockey players battle against local law enforcement to raise much-needed funds for local charities.

The crowds love the antics of the **Tim Hortons All Stars**, the Police love the challenge, and the groups who receive the funds are very grateful for the financial assistance to their programs. It really is a WIN-WIN situation!

Our **9th Annual Benefit Hockey Game in New Glasgow** held January 23, 2008, raised over \$6,000 in proceeds to support PANS' many activities in the area, including generous contributions made to **Sutherland Harris Memorial Hospital - Veteran's Wing**, the **Aberdeen Hospital Palliative Care Society** and the **Tim Horton Children's Foundation**.



PANS presented the Tim Horton Children's Foundation with a donation of \$1,000.00 to help send children in the area from economically challenged homes to a Tim Horton Summer Camp.

PANS presented the Sutherland Harris Memorial Hospital - Veteran's Wing and the Aberdeen Hospital Palliative Care Society each with a cheque for \$1,000.00.



Stellarton Chief of Police, Amby Heighton, drops the puck at the 9th Annual Benefit Hockey Game. Also present, were **New Glasgow Chief of Police, Delaney Chisholm** (left) and **Trenton Chief of Police, Robert White** (right).

Left to right: **Robert White, Trenton Chief of Police; Delaney Chisholm, New Glasgow Chief of Police; Amby Heighton, Stellarton Chief of Police.** The Chiefs of Police attended the opening ceremonies of the 9th Annual Benefit Hockey Game in New Glasgow.

nscc

Truro Campus

36 Arthur St.
Truro, NS
B2N 1X5

902.893.5384

*Proud sponsor of the
Police Association
of Nova Scotia*



Pictou County Solid Waste
is proud to support PANS
For all your Waste Reduction
questions in Pictou County
call our Waste Reduction Hotline
at 396-1495
or check out our web site at
www.pcwastemgmt.com



Getting a job in today's tough economy is difficult enough. It can be even more difficult to find work when you have a disability. **We can help!** We offer programs and services designed to get you into the workforce.



*Building Bridges
to Employment*

500 George St., Ste. 250
Sydney, NS B1P 6R7
Tel.: (902) 539-5673
Fax: (902) 539-6226
Email: info@employabilitypdpa.ca

toll free 1-888-336-1135
www.employabilitypdpa.ca



Supporting Our Community

Stantec is proud to support PANS and crime prevention in our community.

Neill and Gunter is pleased to announce that we have joined Stantec, a professional consulting services firm with over 7,000 employees operating out of more than 100 locations in North America. For more information, please visit stantec.com.

Stantec is One Team providing Infinite Solutions.

ADAMS2007SEP26P21



Same Great Company. Different Name.

Benefit Hockey

2007-2008

PANS All Stars vs Tim Hortons All Stars



With the help of the Tim Hortons All Stars, PANS' **10th Annual Benefit Hockey Game** in Wolfville was hosted on February 7, 2008, and raised over \$8,000.00 in proceeds to support many of PANS' activities in the area. PANS was able to make generous contributions to the **Valley Regional Hospital Cardiac Rehabilitation Program**, the **Brain Injury Association** and the **Tim Horton Children's Foundation**.



PANS presented the Valley Regional Hospital Cardiac Rehabilitation Program and the Brain Injury Association each with a cheque for \$1,000.00.



The Tim Hortons All Stars and the PANS All Stars faced off at center ice at the Acadia University Arena at the 10th Annual Benefit Hockey Game in Wolfville.



Anna Crosby sang the National Anthem at the game. In the background of this photo is one of Wolfville's **Finest** standing at attention beside his cruiser on the ice.



Referee Larry "Magic" Christian, and members of the Tim Hortons All Stars threw Tim Bits into the crowd after each Tim Hortons' goal.

STUART PONTIAC BUICK LTD.

265 Robie Street, Truro, N.S.
B2N 5E5

895-1671

One Stop Shopping
For All Of Your Motoring Needs



WELCOME!
TO ENTERTAINMENT CENTRAL
HALIFAX METRO CENTRE
www.halifaxmetrocentre.com

Turn every room into a peaceful sanctuary with REWARDWALL System ICFs. Steel-reinforced, super-insulated walls ensure even temperatures year round, while saving you energy costs. Plus, they keep out noise and allergens. And when it comes to durability, there's nothing stronger.

REWARDWALL-built homes:

- Withstand winds up to 200 mph, fire and earthquakes
- Require less maintenance and repairs
- Make it easy to build green

Let us show you how to ensure nothing comes between you and comfort.

Your Choice
for Comfort.

Insulation Solutions
Available at your local
building supply store.
www.TrueFoam.com

**BATH
FITTER®**

One Day Bath Remodeling

www.bathfitter.com

Serving
Nova Scotia
since 1967

The BATH FITTER® advantage:

- Installed in just one day, with no need to disturb existing flooring or plumbing
- Less expensive than conventional bathroom remodeling
- A wide range of bathtub and shower styles to choose from
- Our unique, one-piece seamless wall system can be installed right over your existing wall
- Tub-to-shower conversions, too
- Hundreds of thousands installed nationwide since 1984
- Backed by our Lifetime Warranty (see store for details)

When it's time to remodel your bathroom, trust BATH FITTER®.

In just one day, we will install a beautiful new bathtub or shower **RIGHT OVER** your old one.

Call NOW for a FREE in-home estimate

454-9228
1-877-690-5966

© 2008 Bath Fitter, all rights reserved.

Benefit Hockey

2007-2008

PANS All Stars vs Tim Hortons All Stars



PANS hosted the 12th Annual Benefit Hockey Game in Halifax on February 21, 2008 at the Halifax Forum. They raised over \$12,500 in proceeds to support their many activities in the area. As a result, PANS was able to make a \$4,000.00 donation to **Feed Nova Scotia** and a \$1,000.00 donation to the **Tim Horton Children's Foundation**.



PANS made a \$1,000.00 donation to the Tim Horton Children's Foundation at the 12th Annual Benefit Hockey Game.



PANS presented a donation of \$4,000.00 to Feed Nova Scotia from proceeds of their 12th Annual Benefit Hockey Game.



Representatives of Feed Nova Scotia dropped the puck at the game.



Kathy Gilbert and Kyra Fenety, of Fenety Marketing Services, helped to sell Tim Hortons All Stars souvenirs at the game. Proceeds from the souvenir sales went to the Tim Horton Children's Foundation, which sends children from economically challenged homes to Summer Camp.



serving up
**CUSTOMER
SATISFACTION**
www.wavesseafood.com

MORE THAN JUST THE BEST
FISH & CHIPS

STEAKS, BURGERS, PASTAS
AND HOMEMADE DESSERTS

Eastside Plaza, Bridgewater
543-2020

14896757



Jeff Black
Regional Sales Manager

Pitney Bowes Canada
133 Ilsley Avenue, Unit M
Dartmouth, Nova Scotia
B3B 1S9

T: 902.481.4006
F: 902.425.3282
jeff.black@pb.com
www.pitneybowes.ca



1855 Hollis Street 5669 Spring Garden
902-423-7827 902-429-6229

3045 Robie Street IWK Gallery
902-454-8866 902-420-1639

6443 Quinpool Road 1560 Argyle Street
902-422-7225 902-420-1880

SUBWAY® is a registered trademark of Doctor's Associates Inc. Prepared fresh.

Running the Ship at Age 37

David MacNeil sets his sights on a safe Truro after becoming the province's youngest police chief

By **CATHY VON KINTZEL**

TRURO — An imposingly large, tidy desk and comfortable chair dominate the corner office of Truro's new police chief, David MacNeil.

But Nova Scotia's youngest chief, at 37, isn't sitting there. He's on a nearby couch — relaxed, approachable, and anxious to talk about the town's 36-member municipal police force, including where it's been and where it's going.

"I want to have a very transparent department and to be very open," said the veteran officer who became chief in October after Ken MacLean retired.

"I say, 'Give me a call.' I want to hear from people."

Chief MacNeil's learning curve hasn't been particularly steep. He's been on the force 15 years and became its deputy chief in August 2005.

He inherited the relatively young force — the bulk of members have five to 10 years of service — at a time when it appears to be experiencing strong public support. Several projects focusing on drugs, traffic issues and young people were implemented in the past year under the former chief and appear to have gone over well with residents.

As well, the force was part of a nine-month undercover drug sting that culminated in sweeping raids and nearly 20 arrests throughout Colchester County in September and also helped break up an alleged theft ring in recent weeks. It also appointed an officer this year to work with students at the Cobequid Educational Centre, the region's largest high school.

Chief MacNeil said he intends not only to maintain successful programs but to build on them.

"We need to keep that momentum going," he said. "We have a fairly young, energetic department" but with a "healthy mix" of veterans and newcomers.

"We live here, we volunteer here."

Residents attending a recent round of community meetings said mostly positive things about how things are going in the town but wanted the department to have a higher profile with more street patrols.

Chief MacNeil will launch a new patrol plan in 2008 to ensure that on-duty officers, who always have more than enough paperwork to do, aren't at the station doing it at the same time.



Truro's new police chief David MacNeil stands outside the downtown offices of the 36-member force.

(CATHY VON KINTZEL / Truro Bureau)

The chief's new office is another work in progress. A husband and father, he has family pictures.

"But I still need to get some art up, personalize it a bit," he said, looking around.

A bookshelf beside him holds half a dozen police hats he's collected from contacts in Hong Kong, London, the Philippines, Poland and elsewhere. It's a hobby for the graduate of J.L. Ilesley High School in Halifax, who got a double degree in sociology and criminology from Saint Mary's University and went on to graduate from the Atlantic Police Academy on Prince Edward Island. He did his on-the-job training in Halifax and got his first job in Truro.

Chief MacNeil also comes from a family of police officers — he has five cousins in the service in Nova Scotia and Alberta.

Nova Scotia has 12 police chiefs, two heading the larger regional police forces in Halifax and Sydney and others in small-to-mid-sized communities.

Truro also has a new chairman of its volunteer police board, Allen Bruce, and a new deputy chief, Jim Flemming.

"We're doing a good job," Chief MacNeil said. "But I also want to hear when we're not."

(cvonkintzel@herald.ca)

*As originally published
The Chronicle Herald*



Pelham Electric & Refrigeration Ltd.

Service Since 1967

Contracting • Rewinding • Repair

Electrical Contracting
Commercial Kitchen Equipment
Refrigeration & Air Conditioning
Home Security & Monitoring
Machine Shop Service
Voice & Data Cabling
Electric Motor Repair
Appliance Repair
Telephone Service
Computer Aided Shaft Alignment

477-4621

Fax: 477-3056

20 Battery Drive, Halifax, Nova Scotia, B3P 2G8



Trevor Zinck, MLA
Dartmouth North

327 Windmill Road
Dartmouth, NS B3A 1H7
TEL: 461-0181
FAX: 461-0775
tzinck@ns.aliantzinc.ca



An American Italian Eatery

RKO STEEL LIMITED

- Supplier & Fabricator of All Structural & Misc Metals
- Welding of Steel and Aluminum to CWB Standards W47.1, W47.2
- Quality Assurance
ISO 9002 Certified - 2000
- 24 Hour Service • AISC Certified

468-1322

www.rkosteel.com Fax: 468-6870
85 MacDonald Avenue
Dartmouth, N.S. B3B 1T8

New Chief for New Glasgow

By **MONICA GRAHAM**

NEW GLASGOW - A veteran officer has taken over as police chief in New Glasgow.

Delaney Chisholm, who became deputy chief in 2002 and was named acting chief after Lorne Smith retired in July, assumed his duties Wednesday.

Originally from Heatherton Antigonish County, and an Atlantic Police Academy graduate, Chief Chisholm began his career 34 years ago with the Pictou County Regional Police, which was formed to serve the towns of Trenton and New Glasgow but later disbanded.

Promoted to corporal in 1975, he was appointed detective in 1983 to serve with the major crime unit. The job took him across Nova Scotia as an undercover investigator working on drug crimes and stolen property offences.



Delaney Chisholm

(Contributed)

In 1989 he was promoted to sergeant in charge of a platoon and in 1999 he became a detective-sergeant, heading the major crime unit.

In 2002, the year he was appointed deputy chief, he was also made officer in charge of the police emergency response team.

Throughout his career, Chief Chisholm continued his professional development by studying administration, leadership management, executive development, major crime case management and emergency measures at the Atlantic Police Academy, Canadian Police College and Dalhousie University

The biggest challenge in rural areas is keeping police officers on staff in a competitive industry, said the new chief, adding that he plans to maintain existing connections with other police agencies and the community.

(mgraham@herald.ca)

*As originally published
The Chronicle Herald, September 13, 2007*

Share the Road

Motorists will be getting used to more cyclists sharing Pictou County roads with them, including East River Road in New Glasgow where a share the road sign has been posted. With her bicycle is Ruth Mitchell, who began a two-year term in July as an active communities co-ordinator on behalf of the Pictou Regional Development Commission. Part of her mandate is helping Pictou County Bikeways, a commuter and recreational cycling project. The initiative has designated 270 kilometres of bike routes in Pictou County and more than 60 kilometres of commuter routes that connect Pictou County's five towns. With her are Constable Ken MacDonald of the New Glasgow Police Service and Sherman Knight, New Glasgow's transportation supervisor.

(Goodwin photo)

The Advocate, November 21, 2007



SCOTIA EMERGENCY VEHICLE SYSTEMS

Scotia Emergency is a Proud Distributor of:



Whelen
Pro-Gard
Havis-Shields
Sefina
CruisersCorp

We do custom work with fiberglass, and all metals to suit your needs

We carry all your needs in truck accessories

We sell and install remote car starters 

Drop in or call us for your free quote on all your emergency equipment and truck accessories needs

Visit us at our web site

www.scotiaemergency.com

Phone: 457-3273 Fax: 404-3975

767 Old Sambro Road

Harrietsfield Industrial Park Unit # 7

Halifax, Nova Scotia

Lloyd MacLellan

CONSTRUCTION SERVICES LIMITED

- Excavating
- Heavy Equipment Rentals
- Demolition
- Water & Sewer
- Snow Removal
- Boom Truck Rentals

475-1314

METRO AREA

Fax: 475-1847



**Self
Help
Connection**

Celebrating 20 years of
Helping People Help Themselves!

63 King St.
Dartmouth, NS
B2Y 2R7
Phone: (902) 466-2011
Fax: (902) 404-3205
selfhelp@eastlink.ca
www.selfhelpconnection.ca

Looking for a self-help group? Want to start your own group?

Our directory has hundreds of groups and resources for youth, adults and seniors on a variety of issues on abuse & violence, bereavement, depression, care giving and tons more!

The **Self-Help Connection (SHC)** provides information and referral for self-help groups on a variety of health issues throughout Nova Scotia. The SHC also provides tailor-made workshops on:

- Facilitation skills
- Self-help group development
- Group transitioning
- Healthy living education... and more!

The **Consumer Initiative Centre (CIC)** was set up by the SHC in 2002 to increase the capacity of persons living with mental illness. The CIC provides

- Peer Support
- Personal Development
- Informatics Education
- Entrepreneurship and Employability Enhancement

The SHC and CIC will be putting on an Anger Control Train-the-Facilitator fall 2007!
Please contact the CIC for more information at (902) 404-7800.

www.AtlanticLobster.ca

**Atlantic Canada's Site
for
Premium Seafood at
Wholesale Pricing**

Proud to support PANS

Technology Helps Save Life

Police revive senior thanks to portable defibrillator

By **BEVERLEY WARE**

BRIDGEWATER — Town police saved a 79-year-old woman's life here Thursday morning because the department bought defibrillators for its police cars.

"They did a good job," Sgt. Alfie O'Quinn said of the three officers who worked together to save a woman who had a heart attack and crashed her car into a retaining wall. "Their training kicked in and the officers recognized right away what they were dealing with."

The police department bought four automated external defibrillators — one for each of its cars — four years ago. Det. Const. Trevor Mitchell was the original proponent of the plan and was one of the three officers involved in saving the elderly woman's life.

Det. Const. Mitchell had been a paramedic before he joined the town's police force and did the research to determine which one the department should buy.

Bridgewater is the first municipal police department in Nova Scotia to buy portable defibrillators for its police cars and was able to do it because of a donation from the local legion.

Only one other department in the Maritimes — Miramichi — had them at the time. Bridgewater Police Chief Brent Crowhurst said he wanted the units because police officers are often the first on scene in an emergency.

And that's exactly what happened Thursday morning.

Sgt. O'Quinn said Const. Ward Beck was on foot patrol when he learned of the accident at the corner of Dufferin

and King streets at 9:24 a.m. The woman was driving her car down the Dufferin Street hill when she went across the oncoming lane and hit a wall.

A pedestrian on the sidewalk managed to get out of the way.

An officer in his patrol car rushed to the scene, picking up Const. Beck on the way.

"Const. Beck right away got her out of the car" and Const. Jennifer Russell got the defibrillator — called an AED — from her car and set it up, Sgt. O'Quinn said.

Det. Const. Mitchell arrived and put the two electrodes on the woman as Const. Russell performed CPR. The unit charged up and then Det. Const. Mitchell hit the orange button that sent a shock into the woman's body.

The unit analyzed information on the woman's condition, relayed it to the officer on the digital screen and the machine indicated whether she needed to be shocked again.

She did and the officers repeated the procedure.

Paramedics arrived moments later, the woman's heart began beating again and they rushed her to South Shore Regional Hospital, where she was listed in guarded condition Thursday afternoon.

*As originally published
The Chronicle Herald
March 23, 2007*

(bware@herald.ca)

Kids 'N' Kops

Big Brothers Big Sisters of Pictou County and New Glasgow Police Service are gearing up for the fall recruitment of volunteers for the 11th annual Kids 'N' Kops program. From the left, front, are 'Littles' Jarred Crossman and Justin Guthro. Middle: 'Littles' Daniel Mason, Ryan Roach, Kimberley Daniels and Desiree O'Donnell. In back are: sponsor and Big Brother Lawrence Mason of Mainstay Security Services and Investigation, BBBS of Pictou County executive director Margie Grant-Walsh, sponsor Howie Anderson of CIBC/Wood Gundy, and Const. Ken MacDonald of New Glasgow Police Service.

Submitted photo, August 13, 2007



VinArt

Fine Wines & Good Spirits

Tel: (902) 482-9463
Mobile: (902) 877-1224
Fax: 443-6470

362 Lacewood Drive, Unit #11
Halifax, Nova Scotia
B3S 1M7



LEGAL EXPRESS COURIER
34 Grimes Ave.
Dartmouth, N.S.

Shawn Boutilier
SALES AND OPERATIONS MANAGER

Bus.: 434-2600

Specializing in time sensitive documents



- | | |
|-----------------------------------|--------------------------------|
| No Room?? | Need Space?? |
| • 24-hour access – 7 days a week. | • Heated units available. |
| • Affordable rental rates. | • Individual alarmed units. |
| • Moving supplies for sale. | • On line banking. |
| • U-Haul trucks | • Friendly Knowledgeable Staff |

8 Locations to serve you!

NEW PHONE HOURS MON TO FRI 8:00AM TO 10:00PM AND SAT &
SUN 8:00AM TO 5:00PM

450-5656

WWW.METROSELFSTORAGE.ACL.CA

METI

MARI TIME
ENVIRONMENTAL
TRAINING INSTITUTE

Environmental Health & Safety
Scaffolding Erection Program

- H2S Alive • C.S.T.S. • OSSA Training • Petroleum Safety Training
- Confirmed Spacecraft Protection Training

465 George St.,
Sydney

www.metiatlantic.com

539-9766

REWARD

Rewards for Major Unsolved Crimes Program

The Department of Justice is offering cash rewards of up to \$50,000 for information leading to the arrest and conviction of those responsible for specified major unsolved crimes. Individuals coming forward with information will be expected to provide their name and may also be called to testify in court.

A list of current cases can be found on-line at:

www.gov.ns.ca/just

Anyone with information about a major unsolved crime is encouraged to call toll free

1-888-710-9090.

NOVA SCOTIA
Justice

Kaulback P & B Building Ltd.

Commercial & Residential Construction
Fully Insured, Licensed Carpenters
"Do It Right The First Time"

Bridgewater **543-8595**

Dr. John Swaine
and ASSOCIATES Ltd.

SUITE 365
Halifax Professional Centre
5991 Spring Garden Road
Halifax, NS. B3B 1J6
(902) 469-0088

Cops Tracking Some Schools

FBI-developed system to help police stop crime, respond faster in New Glasgow

By **MONICA GRAHAM**

NEW GLASGOW — Students returning to school here this week are a bit safer thanks to an emergency response and crime prevention system introduced by town police.

The two-prong system involves a database of school activities and a detailed collection of information on each school in the town that will improve response time when there's a school emergency, as well as identify potential problems before they develop into undesirable activity, said community policing officer Const. Ken MacDonald.

Schools across Nova Scotia are in varying stages of introducing emergency response initiatives, he said. New Glasgow's FBI-developed database is called School COPS, an acronym for software named School Crime Operations Package that has proven successful in the United States, Const. McDonald said.

It took almost two years to key data into the program, so that the software keeps track of police visits to the schools, whether in response to problems, or for presentations and other proactive roles.

The programs record the location and times of problems like schoolyard fights, and collates the data so police and school personnel can take steps to prevent them, Const. MacDonald said. "It's a school crime reporting system strictly a resource so we can target problems effectively," he said.

If the data shows that most fights take place in the parking lot after school in early October, steps can be taken to prevent the circumstances leading to the incidents. But without the hard data, staff and police may end up paying extra attention to an issue that doesn't need it, while a problem goes unaddressed, he added.

"School criminal activity has not changed in terms of frequency over past years, it's just different," he said, adding that horrifying events like murders at Columbine, Colo., Tabor, Alta., and Montreal schools spurred the project forward.

The second part of the New Glasgow program is a comprehensive emergency response plan, similar to the School Action For Emergencies program developed nationally by the RCMP.



New Glasgow police Cpl. Joe Dipersio studies the force's new school emergency response system, now operational after months of preparing data and keying it into police computers.

(MONICA GRAHAM)

Police catalogued floor plans for each school, aerial photos of the school and surrounding properties, locations of heating ducts or fuel tanks, and a myriad of other information tidbits to provide a complete image of the building's exterior or interior in the event of an emergency.

Whether the emergency is a fire, chemical spill or intruder, police have plans ready — backed up with hard copies in case of a power outage — to evacuate students, handle the problems, inform parents, provide medical care and other responses.

"This is the police end. Chignecto-Central schools have the Zero to 30 program that tells staff what to do in an emergency until police arrive," Const. MacDonald said.

Police don't want to waste time during an emergency looking for a key to open a particular door, or trying to reach a particular official, so that kind of information should be available beforehand, he said.

"Planning is crucial to minimizing confusion and saving lives, and it allows us to deal with emergencies more effectively," he said. "The interesting thing about this is that every school is different, and we have a system that can deal with every specific school."

*As originally published
The Chronicle Herald
September 2007*

A & A Roofing Ltd.

1459 Lakewood Rd.,



KAROL AALDERS

P.O. Box 175

Kentville, N.S.

B4N 3W4

PH: (902) 678-4422

FAX: (902) 679-1513

*"We are your Professional Roofing Contractor
serving the province of N.S."*

A-1 TIRES LIMITED

895-5704

567 Willow St., Truro



"More Than Just Tires"

• Brake, Shocks, Struts • Wheel Alignment • Oil/Lube •
• M.V. Inspections • We stock Trailer Tires •

Open: Mon. - Fri. 8am - 5:30pm, Sat. 8am - 12 Noon
Mobile Service Truck - Regular Hours



A.D.E. METRO-MIDTOWN TAXI LTD.

**24
HOUR**



**24
HOUR**

AIRPORT SERVICE

752-5451

Direct Lines: Hospital & Sobeys Fax: (902) 752-5452
(West Side Plaza, Aberdeen Business Centre)

138 Archimedes St., New Glasgow, NS

AML Painting Ltd.

Sand Blasting & Spray Painting Contractors



*Industrial, Commercial,
Marine & Heavy Equipment*

Arnold MacLeod

Tel: 736-1144 or 625-0256

Cellular 227-5757 Fax: 736-0266

A R B SCOTT MASONRY LTD

Over 20 Years in Business
All Types of Masonry Work
Concrete Foundations & Floors
Chimneys and Liner

Barrington **637-2178**

BROWN BUILDING
3500 KEMPT ROAD
P.O. BOX 8028

HALIFAX, NOVA SCOTIA
CANADA B3K 5L8

A. G. Brown & Son Limited
CANADIAN SALES BROKER

ROBERT BROWN

VICE-PRESIDENT

BUS.: (902) 453-0350

(902) 454-6407

FAX: (902) 454-4528

Calvin Millett
mmillett@eastlink.ca

Tel: (902) 676-0515
Fax: (902) 676-4646

ACADIA ROOFING & CONTRACTING LIMITED



R.R. #2, Canning, Nova Scotia B0P 1H0



*Acadian
Fish
Processors
Ltd.*

RICHARD (BEE) D'ENTREMONT
President & General Manager

P. O. BOX 209
LOWER WEST PUBNICO
YARMOUTH COUNTY, N.S.
B0W 2C0

PHONE - BUS. 762-2700
RES. 762-2605
FAX 762-3316

ALL-WAYS EXCAVATION

BOB FOWLER
Ditch Cleaning 36", 24" & 12" Buckets
12" & 18" Auger



ALL-WAYS EXCAVATION

B-896-0045 C-899-1647

H-986-1647

2301 Hwy #311

Truro, NS B2N 5B4



ALUMICOR

THE LEADER IN PROVIDING VALUE

Rick Thomas, CTR
Vice President and General Manager

ALUMICOR LIMITED

155 Bluewater Rd., Bedford, Nova Scotia B4B 1H1
(902) 835-4545 Fax: (902) 835-4547
Cell: (902) 488-7214
rick@alumicorhfx.com
www.alumicor.com



Police put lifelines in vehicles

By **DEBBIE HARVIE**



Const. Ken MacDonald and Const. Nicole Martin holding the new 100-foot lifeline, a recent addition to every marked New Glasgow Police Services patrol car.

(Harvie Photo)

New Glasgow Police Services has invested in new safety lifelines for all marked patrol cars, five in total.

The lifelines cost roughly \$50 a piece but can “add precious seconds or minutes as a first responder to saving a victim,” says Const. Ken MacDonald of New Glasgow Police Services.

Police are usually the first responders to a scene and since New Glasgow has the East River running through it, New Glasgow Police Services took the initiative to be proactive and purchase the lifelines in the event that someone falls into the river or through the ice, which can be very unstable due to the tides.

The lifelines are “well worth the money as an extra tool for patrol officers,” said MacDonald.

The lifelines vary in size, from 80 feet to more than 100 feet long.

They can be deployed by a single officer (trained on how to use the device) who may have spotted someone in danger and is awaiting aid from fire and rescue, the ultimate team to respond to such a situation.

The rope is slipped around the wrist of the officer and then the orange bag is tossed to the victim in the water. The victim must be conscious in order to grab the bag, wrap the strap around their wrist, and be pulled into safety.

The bag also has a soft end on it so that it can act as a flotation device, but also not cause injury to the victim if they are struck with the bag.

The lifelines increase the chance of a successful rescue and New Glasgow Police Services are the first police service in Pictou County to obtain these life-saving devices. (debby@pictouadvocate.com)

*As originally published
Pictou Advocate, January 9, 2008*



1909 Upper Marsh Street, Suite 1701, Purity's Wharf Tower II, Halifax, NS B3J 3R7, Canada
 T 902.420.8880 F 902.422.9998
www.thealtusgroup.com



Small Animal Hospital

Amherst Veterinary Hospital

- Dr B Taylor
- Dr D Stephens
- Dr C Hollis
- Dr J Saunders
- Dr M Burgoyne

Pet Foods • Pet Supplies
667-8405
vet1@eastlink.ca
 311 Willow St., Amherst B4H 3Z2

Anicom Signs Ltd.

134 Joseph Zatzman Dr.
 Dartmouth, NS B3B 1M4

902.468.8001



Annapolis Valley
 REGIONAL SCHOOL BOARD

Proud to support PANS

www.avrsb.ednet.ns.ca



ANTIGONISH

Reward Your Senses

VISIT STAY WORK PLAY

100 Main Street, Suite 2-1
 Antigonish, NS B0G 2B8
 Phone: (902) 863-3330
 Fax: (902) 863-4095
info@antigonishns.com
www.antigonishns.com

Archibald Drilling & Blasting 1986 Ltd.

Upper Musquodoboit

902-568-2223



"Our Driving Force is People"

www.armor.ca

Telephone: 506-857-0205
 Toll Free: 800-561-7987
 Facsimile: 506-859-9339

689 Edinburgh Drive
 Moncton, NB
 E1E 2L4

ARMSTRONG'S AUTO SALES

Quality Used Cars & Trucks

On the spot financing, OAC
 Trades welcome - Extended warranties

JIM ARMSTRONG
 TEL: (902) 798-3009
 FAX: (902) 798-9297
 CELL: (902) 798-7611

Exit 5A Windsor
 26 Morison Dr.
 Windsor Industrial Park

ATHENS RESTAURANT

SPECIALIZING IN
 GREEK ITALIAN FOODS
 STEAK & SEAFOOD
 EST 1982

6303 QUINPOOL ROAD
 HALIFAX, NOVA SCOTIA

B3L 1A4

PHONE: (902) 422-1595



For your total security solutions, contact:
 Pour tous vos besoins de sécurité, contactez:

ATLANTIC ALARM & SOUND LTD.

Serving the Maritimes For Over 20 Years

(902) 468-3110

Burglar Alarms - Card Access Systems - Photo ID
 Fire Alarms - Video Surveillance Systems (CCTV) - Intercoms
 Home Automation - Sound Systems - Structured Wiring

New Glasgow Police Favour Taser, Other Reviews Mixed

By **SEAN KELLY**

NEW GLASGOW — Police in this town say they are still confident that the use of a Taser is an effective, safe means of force. In other municipal departments, it's a mixed reaction.

New Glasgow Deputy Chief Eric MacNeil said it's considered a level-two force, in the same category as pepper spray or a police baton.

And, unlike the other two, he said the Taser doesn't have a lasting effect. He points out, however, that police will first use communication as a means of dealing with a subject.

"We view the Taser as an intermediate weapon. We see it as a very useful tool, for public safety first and foremost and for police officer safety."

"It's an alternative to using level-three force, which would be your firearm. Because, really, if someone approaches a police officer with a weapon in hand — and the officer has nothing to combat or to respond to that, if he didn't have a baton, pepper spray or Taser, he'd ultimately have to use his firearm," MacNeil said.

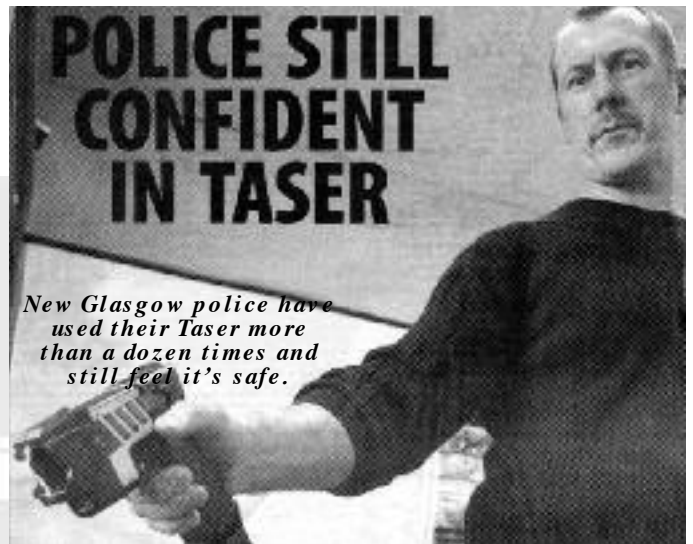
"We feel that it's a safe method of use of force. We think it's safer than getting into a physical struggle with a subject because of the possibility of the subject and the police officer being injured."

Police in New Glasgow have had a Taser since 2004. Sgt. Steve Chisholm, the department's use-of-force instructor, said it was first used in 2005. Since, he said police have unholstered the Taser 15 times. Of those times, it was discharged 13 times, "Either the probes were deployed or it was used in the touch method." Often, he said, the presentation alone is enough to gain complain compliance.

Six officers carry the device, MacNeil said, the shift supervisors, who are either corporal or sergeant rank. Every officer to carry one has had training.

Additionally, members of the Emergency Response Team have had training in how to use a Taser and MacNeil adds more officers are likely to be trained in their use in the future.

He wouldn't say whether or not the Oct. 14 incident, which led to the death of Polish immigrant Robert Dziekanski, will change their policy towards use of a Taser. The department's current use policy is very similar to that of Halifax, where a number of the New Glasgow police officers received their training.



Sgt. Steve Chisholm discharges a Taser at the New Glasgow Police Department. Police in New Glasgow say they feel confident the Taser is still an effective police tool. Stellarton police have Tasers, but haven't had to use them, while the other two municipal departments haven't purchased them.

Sean Kelly - The News

And Chisholm points out that it isn't policy that dictates use of force, it's the perception of the officer who is confronting a subject.

"All policy is, is a guideline for how it is to be used, but the decision is always based on perception."

In Stellarton, Police Chief Amby Heighton said Stellarton police acquired Tasers about a year ago. About five or six officers carry them. And, so far, they haven't been used.

In the wake of the incident in B.C., Heighton said he's debating the future use of the Taser in the department.

"I'm debating it right now," he said.

But, at the same time, he said the officers that use them are confident in their use.

In Westville, Chief Don Husher said the department doesn't currently have a Taser. Although some the officers in the department are trained, he said "we were considering them, but basically, we haven't gone down that road yet."

In Trenton, Chief Bob White said the department doesn't have a Taser either. It was an option, he said, but for now White said he's going to watch how the public inquiry unfolds."

"Until some of this gets straightened out, I won't be purchasing one."

*As originally published
The News*



YOUNG DRIVERS® of Canada

Your licence to survive.

www.youngdrivers.com ISO 9001:2000
Registered

Young Drivers of Canada is the only driver training program that:

- Offers the Collision *free!* Approach to Driving™ (defensive driver Training)
- Teaches emergency maneuvers • Includes exclusive DriveFit™ cognitive training
- Teaches rear and head-on collision avoidance • Retrains all YD instructors annually
- Transforms student drivers into safe drivers

Prepare for the road ahead.



Visit **youngdrivers.com** for course
dates or to enroll online

Courses Available

425-1322

6169 Quinpool Rd.
Halifax



ATLANTIC
FUNERAL HOMES



ELROY M. MATTATALL
GENERAL MANAGER

767 Main Street
Dartmouth, N.S.
B2W 3T9
(902) 462-1434

6552 Bayers Road
Halifax, N.S.
B3L 2B3
(902) 453-1434

125 Sackville Drive
Lower Sackville, N.S.
B4C 2R3
(902) 864-1434

This space sponsored by:

Atlantic News Stand

5560 Morris Street
Halifax, NS

429-5468

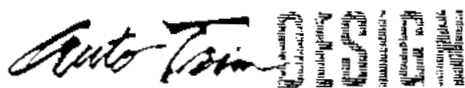


Member of the Quality Home Builders Association

187A Blue Water Rd.
Bedford, N.S.
B4B 1H1

Phone: (902) 835-9219
Fax: (902) 835-4526

www.austincontracting.com



Graphics & Sign Specialists

NEW GLASGOW – CAPE BRETON
902-922-2915

WINDSOR – SOUTH SHORE
902-689-2745

TRURO – ANNAPOLIS VALLEY – YARMOUTH
1-800-565-2208

Atlantic Hardchrome Limited

Paul D. Ferguson
President



ISO 9001

6 Milling Court
Burnside Industrial Park
Dartmouth, Nova Scotia
Canada B3B 1N2

Telephone 902 469 3606
FAX 902 464 1051
Toll Free 1 800 665 3606

Email
pferguson@atlantic-hardchrome.com



American
Petroleum
01801708

Auto Dent & Paint King

A Division of Shropshire Unlimited Inc.

Your Vehicle Appearance Specialist

www.dentking.ca

Michael Shupe (902) 455-5464

Owner Fax (902) 455-0731

2457 Maynard Street, Halifax, NS B3K 3V2

Autolot Collision Centre

259 Windmill Rd., Dartmouth

466-6676

Good Luck!

AVIS.



Get away from it all

11 convenient locations within Nova Scotia
For reservations call **1-800-879-AVIS (2847)** or reserve
online at **avis.ca**



AVIS Car Rental



Avon View High School

225 Payzant Drive, P.O. Box 700
Windsor, N.S. B0N 2T0

PRINCIPAL

LARRY FRENETTE

PHONE 792-6740

VICE PRINCIPALS

DEBRA E. CLARKE

FAX 792-6762

PETER JOHNSTON

DOUG KEYES

GUIDANCE

SHAWNA SHIERS

BARBARA HUGHES

http://avhs.ednet.ns.ca

Cop Wakes Boy as Flames Shoot out Roof

New Glasgow officer banged on door at 5:45 a.m. until sleeping teen answered

By **MONICA GRAHAM**



A tarp-covered hole next to a blackened chimney and blistered paint along the eaves of this New Glasgow house are the only exterior signs of a Saturday-morning fire that made the home uninhabitable.

(MONICA GRAHAM)

NEW GLASGOW — The quick action of a local police officer is credited with getting a boy safely from his burning house early Saturday morning.

The unidentified officer was patrolling near the New Glasgow courthouse about 5:45 a.m. when he noticed smoke and flames coming from a house on the opposite side of the East River, said police spokesman Const. Ken MacDonald.

He called the town fire department and went directly to the Albion Street house, where flames were shooting from the attic.

The officer, who didn't know whether anyone was home, kept banging on the front door until a teenage boy answered.

The 16-year-old, who had been asleep downstairs, was home alone and unhurt.

The fire appears to have started in an old flue serving a wood and oil furnace, said Fire Chief Russ Mosher.

The liner cracked, and flames leaked through the bricks to ignite rafters in the attic.

Firefighters had to tear down an up-stairs ceiling to gain access to the flames.

Fire damage was contained to the upper portion of the house, but the lower floor sustained water damage.

The flames left a gaping hole in the roof, and the home will need extensive repairs before it can be lived in again, Chief Mosher said.

The Red Cross responded to help the boy, whose mother was out of the province at the time of the fire.

He has gone to stay with neighbours temporarily.

The agency also supplied the boy with food and clothing vouchers, a service it offers through its volunteers and donations, said Bill Campbell, Nova Scotia regional director of the Red Cross.

(mgraham@herald.ca)

*As originally published
The Chronicle Herald
December 23, 2007*



B.J. MACPHEE TRUCKING LTD.

R.R. NO. 1, Shubenacadie, NS B0N 2H0
758-2461

B. G. MAXX MANAGEMENT LTD.

Commercial Cabinets & Store Fixtures

113 ABERCROMBIE ROAD
BRUCE MacDOUGALL NEW GLASGOW, N.S. B2H 1K4
CONTRACTORS PHONE (902) 755-1200
• PROJECT MANAGERS FAX (902) 928-0191



BJElectric
MOTOR & CONTROL LTD.
"FROM INPUT TO OUTPUT"



225 GEORGE ST, STEWIAKKE, NS
GENERATOR SALES/SERVICE
PUMPS * ELECTRIC MOTORS
MACHINING//WELDING//FIELD SERVICE
(902) 639-2464 OFF (902) 639-2184 FAX
www.bjelectricmotor.com - bjelectric@rushcomm.ca



Heather D. Banfield
Board Certified Ocularist

1000 Windmill Road, Suite 24
Burnside Industrial Park, Dartmouth, N.S. B3B 1L7
Toll Free: 1-800-565-1027 Local: (902) 468-2610
Offices throughout the Maritimes

Barr's Small Engine Sales and Service

6882 Hwy. 340, Weymouth, N.S. B0W 3T0

Lawn and Garden Equipment

• Sachs Dolmar • Husqvarna

• Shindaiwa • Echo

GORDON E. BARR

Tel: 837-5304 Fax: 837-5924

"Service is not our Motto, It's our Business"

Peter Mason, Sales Representative

Cell (902) 221-2244

Tel (902) 471-1338

Fax (902) 461-0877



BASIL
Audio - Visual

300 Prince Albert Rd., Suite 105
Dartmouth, NS
B2Y 4J2

BEAUMONT GARAGE DOOR CO.

Service, Repair, Installations
Commercial & Residential Overhead Doors & Operators

BERNIE
(902) 538-7442

PO Box 123
Waterville, NS B0P 1V0



**Burchell
MacDougall**
LAWYERS

Put experience on your side.

Truro
895-1561
710 Prince St.
1-800-565-1200
Halifax
1-800-553-1451
Wolfville
1-800-329-0121

Taxation • Litigation • Family Law
Wills/Estate Planning • Personal Injury
Criminal Law • Insolvency • Real Estate
Corporate & Commercial
www.burchellmacdougall.com

Best Wishes
to
P.A.N.S.
from

Brookfield Golf & Country Club

18 Hole Golf Course
RR#2, Brookfield, NS B0N 1C0
673-3352



**CANADA
LIMITED**

19 Isley Ave
Dartmouth, NS
B3B 1L5

Transportation of Money and Valuables

Protecting Those on Thin Ice

New Glasgow police add ice rescue kits to their everyday equipment

By **SARAH REGAN**

NEW GLASGOW - Police are taking extra precaution this winter by installing ice rescue kits in all of their patrol cars.

As of this week, each of the New Glasgow Police Services' five vehicles will be equipped with an 80-foot throw line contained in a floatable and reflective bag.

"A lot of the time we are the first emergency responders on scene," said Const. Ken MacDonald, New Glasgow Police Services. "This device gives us a couple of extra minutes until the fire department can get there, which could, in turn, help save a life."

MacDonald says the decision to purchase the kits was prompted by reports that there were people walking across the ice on the East River last year.

The rescue kit can also be used for open water rescue, and will remain in the patrol cars all year long.

"It's very simple to use," MacDonald said. "You just throw the rope to the person in distress, they hold on and the bag acts as buoy."

The Canadian Red Cross commends the New Glasgow Police Service for taking this extra precaution.

"With the recent fluctuation in weather, it is unlikely there is an ice surface in Nova Scotia that is currently safe enough for use," says Aileen Nauss, technical/program associate with the Canadian Red Cross.



Const. Chris Pitts, New Glasgow Police Services, uses one of the department's new Life Line Kits to demonstrate proper ice safety procedures.

Sarah Regan - The News

"It's such a good idea for police to have this, especially in Nova Scotia."

Nauss reminds the public that the colour of ice can indicate whether the surface is strong enough to walk on.

"Clear blue ice is strongest," she said. "White ice, which is formed by wet snow freezing on the ice, is half as strong as blue ice."

And grey ice is unsafe. The greyness indicates the presence of water."

*As originally published
The News, January 2, 2008*



The Bridgewater Bogan Villa Inn

35 High Street
Bridgewater, Nova Scotia
B4V 1V8

Telephone: 1-800-565-8171 OR (902)-543-8171

Email: stay@bridgewatermotorinn.com

Fax: (902) 543-7113

BORCHERDT
concrete products ltd.



Member



Certified
Precast Plant

*For all of your structural and architectural
precast products contact us at:*

D. Thomas Borchardt, P.Eng.

President

Tel: (902) 742-7811

Fax: (902) 742-7127

Box 5618

R.R. #4, Hardscratch Road

Yarmouth, N.S. B5A 4A8



Sharee Lewis Turner

Executive Director

Blue Water Business Development Corporation Ltd.

24 Rowlings Drive

P.O. Box 39

Musquodoboit Harbour

NS B0J 2L0

Tel: (902) 889-9040

Fax: (902) 889-9101

Toll Free: 1-800-565-2773

Email: sturner@bwbdccbdc.ca



**Birds Eye
Builders Ltd**

Woodside, Canning, NS

B0P 1H0

902-582-7746



Best Western Glengarry

"Truro Trade and Convention Center"

150 Willow Street

Truro, Nova Scotia B2N 4Z6

(902) 893-4311 Fax (902) 893-1759

For Reservations Call 1-800-567-4276

www.bwglengarry.com

BEST TOYOTA

Jeffrey Best

We Care

840 PARK STREET

KENTVILLE, NS

B4N 3X9

Bus: (902) 678-6000

Fax: (902) 678-6455

WEB: www.besttoyotasales.com

You're a Customer and an Owner

It's a better relationship that suits your style. Giving you the power to take ownership of your financial future.

www.bergengrenccu.com

CREDIT UNION **BERGENGREN**

BOC

BOC Canada

10 Thornhill Drive, Unit 12

Dartmouth, NS

• 468-6595 •



Benoit Electric Limited

1268 St. Margaret's Bay Rd.

Beechville, Nova Scotia

B3T 1A7

Phone: (902) 876-0904

Fax: (902) 876-5089



Bernard L. Mailman

Projects Ltd.

RR # 2 Bridgewater, NS B4V 2W1

Office 543-3936 Fax 543-2714

2258 Hwy # 10 West Northfield

*** Trucking * Dozer * Excavator * Backhoe ***

*** Stone Slinger * Gravels ***

Septics – Driveways – Dug Wells

Rock Walls – Road Building

Excavations – Site Services

Lockdown Drill Trains Kids to Handle Emergencies

By **MONICA GRAHAM**

NEW GLASGOW — It was halfway through morning classes at North Nova Education Centre in New Glasgow, and none of the high school's 900 students could be seen.

The darkened classrooms were locked and silent, and no movement — not even a glow from a computer screen — could be seen through the windows.

No one answered when police tapped authoritatively on classroom doors.

Offices, hallways, cafeteria and common areas were deserted.

And that's the way it should be in a lockdown, said Const. Ken MacDonald of New Glasgow police, who launched Wednesday's "code blue" drill, the school's first this term, to simulate the entry of a dangerous intruder.

Both students and teachers have to be trained to respond quickly, he said.

"They lock the door and close the drapes, and you can't see into the classrooms," he said.

Lynn MacLean, family of schools supervisor for the Chignecto-Central regional school board, echoed the officer's description.

"If I'm an intruder and I come down looking for people, I can't find anyone," she said.

Minutes after the lockdown was called, police and school staff finished patrolling the building and pronounced the site all clear.

As if by magic, classroom lights switched on, doors opened and staff and students emerged from their hiding places.

Before a half-hour had passed, the drill was a memory — except for police and staff, who would pore over every aspect to look for ways to improve.

In-school safety used to mean annual fire drills, but campus violence, beginning with the Columbine High School shootings in Colorado in 1999, changed attitudes about student security, said Const. Mark Young of Halifax Regional Police.

"That was the turning point for all of us, right across North America," said Const. Young, who is also the

'Students have to feel safe. Drills make students feel safer because they know what to do. They don't panic.'

CONST. MARK YOUNG
Halifax Regional Police

provincial school safety adviser in charge of developing security protocols for Nova Scotia schools.

The most-feared school violence, involving a stranger-intruder, is the least likely to happen, but drills based on that scenario makes a school more ready to handle other threats, ranging from violent acts by its own students to a power outage.

"The more it's practised; the more second nature it becomes," Const. Young said, adding that the North Nova model is similar to others in Nova Scotia but tailored to its unique circumstances.

Lessons from North Nova's exercise can help other jurisdictions and vice versa, he said.

Student safety involves both prevention and response, but it's impossible to stop people from entering school buildings, he said.

Instead, teachers and students need to be able to identify and assess potentially threatening behaviour.

"Students know a lot of the time when incidents are going to take place," he said, adding that sharing the information would protect schoolmates and teachers, and get help for the perpetrator.

The nature of youth violence — whether it's increasing or decreasing, or whether girls are more involved than boys — is mostly about perception, Const. Young said.

"If fear is increased, we have to address that.

"Students have to feel safe," he said.

"Drills make students feel safer because they know what to do. They don't panic."

(mgraham@herald.ca)

*As originally published
The Chronicle Herald
October 11, 2007*



Steve Hecimovich, Outside Sales Representative
Ronald Cantin, Inside Sales Representative
Kevin Wilson, Inside Sales Representative

100 Wright Avenue
Unit 24
Dartmouth, NS B3B 1L2

Phone: (902) 468-2520
Fax: (902) 468-2859
Internet: www.bfpna.com

WAL★MART®

720 Sackville Drive
Lower Sackville, NS
B4E 3A4

Phone: 902-865-4000
Fax: 902-865-4261

C&D MEDICAL CARE PRODUCTS

For All Your Home Health Care Needs

Cathy McIntyre, Ph.D., Registered Orthotic Fitter (Owner)

1 Sampson Street
Glouce Bay, Nova Scotia B1A 6H4

Tel.: (902) 849-4700
Fax: (902) 849-1322

C.C. MacDonald Ltd.

MECHANICAL CONTRACTOR
PLUMBING, HEATING, SHEET METAL AND VENTILATION

68 McQuade Lake Crescent
Halifax, NS B3S 1G8

Phone: (902) 450-5184
Fax: (902) 450-5187



CKF Inc.

P.O. Box 419
Hantsport
Nova Scotia, B0P 1P0



C.F. Construction Ltd.

Environmental Soils Services
Craig Fraser

Tel (902) 752-5932 Cell (902) 396-6849 Fax (902) 752-7220
R.R. #4, New Glasgow, N.S. B2H 5C7

cabot shipping supplies LTD.

SIGNODE

S.T. (STEVE) WOOD
GENERAL MANAGER

TOLL FREE: 1-800-565-0606
PHONE: (902) 468-2057 ext. 231
FAX: (902) 468-2251
www.cabotss.com

75 AKERLEY BLVD., UNIT P
DARTMOUTH, N.S.
B3B 1R7
www.902468cabotss.com



Correctional Services Canada
Service Correctionnel Canada

The Correctional Service of Canada, as part of the criminal justice system and respecting the rule of law, contributes to the protection of society by actively encouraging and assisting offenders to become law-abiding citizens, while exercising reasonable, safe, secure and humane control.



Canada



Canadian

LINEN AND UNIFORM SERVICE

CONGRATULATIONS TO PANS IN
CELEBRATING 37 YEARS IN SERVICE
TO OUR MARITIME COMMUNITIES

41 Thornhill Dr. Dartmouth Tel: 902 468-7520

Truro School Adds Cop to Staff

By The Canadian Press

TRURO — There's a new face at Nova Scotia's largest high school and she carries a badge and a gun.

Const. Karen DeGroot is the first school resource officer for the Truro Police Service and Cobequid Educational Centre.

"I think initially the students were kind of shocked to see a police officer there," DeGroot said in a recent interview.

"But I think ... they're becoming accustomed to seeing me walking around the halls."

The 10-year veteran of the force is not at the school because criminal activity is running rampant.

"We have over 1,600 students in this school," said principal Rosalie Stewart-Fisher.

"The majority of our students are law-abiding citizens that are here for an education. Academics come first and they see her as just part of the staff."

Deputy chief Dave MacNeil said it is a proactive approach to policing.

"We're there to enhance the safety and security and to have a positive learning environment for the kids," he said.

Stewart-Fisher is pleased with how well the program has gone.

"I give the Truro Police Service full credit for picking an officer who is student-centred and someone that gets along well with the students," she said. "We see Karen as a very positive role model."

MacNeil and Stewart-Fisher had spoken last year about such a partnership before funding from the provincial government was made available through the safer



Const. Karen DeGroot is the first school resource officer at Cobequid Education centre in Truro, the province's largest school.

(CP)

communities initiative. A request was submitted to the Department of Justice and approved.

When the position was posted, De-Groot jumped.

"I really think, for me, it was the challenge," she said. "It was going to be something totally different for me from being on patrol."

DeGroot will assist with Class presentations such as law and journalism, is on the student advisory council and safe grad committee and will help foster relations with the student body by providing an open door policy.

But she is still a police officer, a responsibility she takes seriously.

"I have to enforce the law if I see a criminal offence," DeGroot said.

Students have asked her if she felt it was necessary to carry a gun in school.

"This is part of my uniform. Part of being a police officer is I have a gun," she said. "It's not situational. It's who I am as a police officer."

*As originally published
The Chronicle Herald, October 6, 2007*

Compliments of

Canso Chemicals Ltd.

New Glasgow, N.S.



CanWel Building Material Ltd.

120 Ilsley Avenue
Dartmouth, NS B3B 1S7

Ph: (902) 468-8585
www.canwel.com



CBNS RAILWAY
*Cape Breton & Central
Nova Scotia Railway*



Roy Budgell
Manager Market Development

121 King Street
P.O. Box 2240
Stellarton, NS B0K 1S0

Phone: 902.752.3357 ext. 238
Cell: 902.759.4662
Fax: 902.752.6665
roy.budgell@railamerica.com



CAPE BRETON BEVERAGES

P.O. Box 1536
Sydney, N.S. B1P 6R7

Tel: 564-4536 Fax: 468-6180

Capital Ventilation Systems Ltd.

62 Bluewater Rd., Bedford

835-9224

Supporting the Community through PANS'
Annual Community Guide

Carl Anthony Trucking
P. O. BOX 112, SHUBENACADIE, NS B0N 2H0
(902) 758-2643



Topcuts

WHEN IT'S YOUR HAIR, DON'T SETTLE FOR LESS

Casa Dante

International Hair Studio

"The Name Says It All"

AT: The Court Yard 1569 Dresden Row
Halifax, N.S. B3J 2K4

423-4089 422-3940

Central Tile & Terrazzo Co. Ltd.

Specialist With Over 40 Years Experience In



Granite Counters
Marble, Stone, Granite
Vinyl Floor Covering
& Carpet

Dennis Hartlen - President
454-9577 - Fax: 455-1152

P.O. Box 9045
Station A, Halifax, NS
B3K 5M7

CHATER'S MEAT MARKET

250 Wyse Road
Dartmouth, N.S. B3A 1N2

464-4777

Electronic Eye on Vandals

Surveillance system installed after damage at veterans park

By **BEVERLEY WARE**

BRIDGEWATER — A small copper plaque sits atop a larger one honouring 33 men and women who died in the Second World War. Etched on it is the name Cpl. Paul Davis, the first to be added to the cenotaph since 1946.

The 28-year-old former Bridgewater resident died in Afghanistan on March 2, 2006. His name joins those of 101 other Bridgewater-area men and women killed in the two world wars.

Four granite pillars around the cenotaph in the Veterans Memorial Park honour those who fought in conflicts in Europe, Korea and the Persian Gulf.

The local legion has spent \$200,000 over the past four years creating a “lovely park” said Roger Purnell, who chaired the legion committee overseeing the refurbishment. Toddlers run on the grass, seniors sit on the benches and high school students have impromptu picnics.

“It’s now become a major park in the middle of town but it still holds that wonderful remembrance for the fallen.”

Skateboarders use it, as do courting youngsters, and Mr. Purnell thinks that’s just wonderful. “We’ve created something that’s living.”

The park has been vandalized, too. Four brass nameplates were stolen from benches and have to be replaced at a cost of about \$1,500 each. The most recent incident was just before Remembrance Day when three beer bottles were smashed against the cenotaph.

But if anything like that happens again, it’ll be caught on tape, thanks to a video surveillance system bought by some retired RCMP officers.

The South Shore district of the RCMP Veterans’ Association received a \$15,000 federal grant to buy the system.



Surveillance cameras watch over Veterans Memorial Park in Bridgewater.



Bridgewater police dispatcher Susan LeBlanc keeps an eye on Veterans Memorial Park. Local retired RCMP officers received a grant to install a surveillance system.

“When you’re in the RCMP they always told us to get involved in the community,” said Dave Waterhouse, and that’s something the 80 retired Mounties from Chester to Shelburn want to continue.

Many of them also give back as members of their local Lions and Rotary clubs, legion and churches, said Mr. Waterhouse, who retired nearly 10 years ago after almost 30 years service.

The retired officers worked with the local legion to install the system late last fall. Images are fed into the Bridgewater police headquarters, where they are monitored 24 hours a day.

“We have enough cameras to cover the whole park,” said Mr. Waterhouse.

Bridgewater Police Chief Brent Crowhurst said he thinks the system is a good deterrent. “We’ve not had any problems since it was installed and hopefully those who are prone to such acts are aware there is video surveillance and it’s being fed to the police dispatch centre live and monitored.”

Police have the same setup at the Bridgewater Mall and at the Bridgewater and Parkview high schools. “We haven’t had to rely on it but if something happens there’s a record of it,” Chief Crowhurst said.

And if police get called to an incident at either of the schools, they can check the video cameras and know what they’re dealing with before they get there.

(bware@herald.ca)

*As originally published
The Chronicle Herald, January 23, 2008*



Cherubini

Group of Companies

50 Joseph Zatzman Drive
Dartmouth, Nova Scotia, Canada B3B 1N8
Tel: (902) 458-5630 Fax: (902) 468-5742
Cell: (902) 456-1577
email address: sross@cherubinigroup.com



Chris d'Entremont

MLA/Député, Argyle
PO Box 94 Tusket, NS
B0W 3M0

Tel/tél: 902-648-2020
Fax/télé: 902-648-2001
info@chrisdentrement.com
www.chrisdentrement.com



chuckwagon freight

582-7109

Canning, NS

Citadel Amateur Boxing Club

238 Old Sackville Road
Lower Sackville, N.S.

B4C 2J6
864-1252

Citadel Coins

Buying & Selling of



60th
Anniversary
Silver Coin
Available



- Gold & Silver Coins • Jewellery
- Pocket Watches • Paper Money
- Mint Sets • Coin Supplies • Medals

Authorized Dealer
Royal Canadian Mint - New Mint
Products Available

Located at
1903 Barrington Street
(Barrington Place Shops)

492-0130

Open: Monday to Saturday

City Printers Ltd.

180 Townsend Street
Sydney, NS

902-564-8245

CLARE Mutual

Insurance Company

Belliveau Cove

Digby Co., N.S. B0W 1J0

Bus: 902-837-4597

Toll Free: 1-877-818-0887

Fax: 902-837-7745

Proud To Support PANS



CLEAR CHOICE WATER SHOP

Free Water Testing

Service • Sales • Rentals

- Water Systems for Homes and Business
- We Fix All Water Problems. Guaranteed

UV Water Sterilizers Up to 50% Less Than Most Competitors
Dayton, N.S.

742-8666 1-800-268-8669

Taste The Clearwater Difference



www.clearwater.ca

We pack for travel!

11 Little Albert 1962-033-4567
3300 Sheppard Highway E W 2441-0333

COASTAL WOODWORKERS LTD.

150 Akarley Blvd.
Burnside Industrial Park
Dartmouth, NS B3B 1X3

KEITH COLE

Ph: 468-7776
Fax: 468-1632



Retiring Police Chief Gets Warm Sendoff

MacLeod roasted by colleagues from across Canada

By **LAURA FRASER**

SYDNEY — Police brass from across the country showed up in Sydney on Saturday to salute one of their own.

Politicians and lawyers joined the blue bow ties for the gala evening marking Cape Breton Regional Police Chief Edgar MacLeod's official send-off.

"I was really humbled and honoured," the departing chief said Sunday, despite the good-natured roasting he endured at the hands of several mischievous colleagues. "It was light-hearted ... I never really take myself too seriously."

Chief MacLeod will officially turn the reins overs to Associate Chief Dave Wilson at the end of January, but the force is already preparing for his departure to the Atlantic Police Academy in Prince Edward Island.

"I think we've built an adaptability for change," Chief MacLeod said. "Twelve years as a chief of police is abnormally long. You need new energy (and) new vision for organizations."

"And the change also has to be for myself. I have to look for new challenges to keep motivated."

Chief MacLeod has been at the helm of the 180-member force since its amalgamation in 1995. During that tenure, he said, he focused on collaborating with other organizations within the municipality.

He cites the drug rehabilitation partnership, school liaison officers and a recent crime prevention



Cape Breton Regional Police Chief Edgar MacLeod will retire from the force at the end of January.

(LAURA FRASER/Cape Breton Bureau)

initiative as examples of how police can be a community partner rather than just the arm of the law.

"There's been a major change in attitude in our police officers (and) they've embraced the notion of really getting a hold of community ... and working together."

Chief MacLeod has made the force understand that policing is about crime prevention as much as it is about law enforcement, Mayor John Morgan said Sunday.

"He's aware that the seeds of criminality are sown in the areas of the community that are not functioning well" and tries to address those underlying issues, Mr. Morgan said.

The chief weathered a rocky transition, however, when the public vehemently objected to the amalgamated force taking over municipal policing duties from the RCMP. The public wasn't confident that the new force was large enough or had the proper training to cover the entire municipality, Chief MacLeod said.

"That was a huge challenge. We had to address that perception and do more training ... and regain public confidence."

Chief MacLeod will be sworn in as executive director of the police academy at Holland College on Tuesday.

(lfraser@herald.ca)

*As originally published
The Chronicle Herald
January 21, 2008*



Proud Sponsor of the 37th Annual Crime Prevention Guide

1-800-218-COKE



starting
or expanding
a business?

Business Loans, Training, Counselling & Advice
1-888-303-CBDC (2232) www.cbdc.ca

CONNORS DIESEL LIMITED PARTS & DIESEL REPAIRS INTERNATIONAL



165 JONES ROAD, NEW MINAS
N.S. B4N 4J6

BUS: 681-2122 FAX: 681-1465 PARTS: 681-1251 SERVICE: 681-0425



HOUSE OF COMMONS
CANADA

Hon. Peter MacKay, P.C., Q.C., M.P.

Central Nova
Minister of Foreign Affairs & Minister of ACOA

Room 509-S, Centre Block
House of Commons
Ottawa, Ontario K1A 0A6
Tel: (613) 992-6022
Fax: (613) 992-2337
E-mail: mackap@parl.gc.ca

Constituency Office
980 East River Road, New Glasgow
Nova Scotia B2H 3S8
Tel: (902) 752-0226
Fax: (902) 752-0284

THE GAME...

Blood, Sweat And Occasional Tears. You Eat It, You Drink It, You Live It.
So Do We... the Team Of Sport Professionals At Cleve's Sporting Goods.
Come Test Our Muscle. We've Got What Your Game Needs. Every Sport.
Every Day. Everywhere. 16 Locations To Service Your Sporting Needs!



**CLEVE'S
Source
for sports.**

DSS

MARINE INC.

71 Wright Ave.
Burnside
Dartmouth, N.S.
B3B 1H4

Tel: (902) 835-4848
Fax: (902) 835-6269
Website: www.dssmarine.com

D. A. MacGREGOR ELECTRIC LTD.

*Electrical Construction
and Maintenance*

292 Finlay Dan Rd.,
Thorburn,
Pictou Co., N.S. B0K 1W0

Bus.: (902) 922-2586
davemacg@eastlink.ca

Dalhousie's Student Newspaper since 1868

Gazette

6136 University Ave
Halifax, NS B3H 4J2

902.494.2507
www.dalgazette.ca



Located at the Delta Sydney

300 Esplanade Street, Sydney, Nova Scotia

562-7500

Open Mon – Sat 5:00 – 9:00

Casual atmosphere, harbour view, elegant dining.
Menu features fish, steaks, pork, pasta, chicken, sandwiches.

Compliments of

Digby Salvage & Disposal Co.

West Street, Digby

245-4297

Making Communities Better Place Key Goal of Police Academy Leader

Edgar MacLeod first academy graduate to become institution's executive director

By **MIKE CARSON** - THE GUARDIAN

SLEMON PARK — Making communities a better place to live is at the forefront of the goals of the Atlantic Police Academy's new executive director.

Edgar MacLeod, a 35-year veteran of police services, was last week officially named the new head of the Atlantic Police Academy at a ceremony at Slemmon Park.

MacLeod said the duties of police in this day and age go beyond dealing with crime and criminals.

They also involve eliminating those elements within a community that breed crime and that happens in the development of young officers.

"For me, training and education, the opportunity to shape the minds of young recruits, that is just a tremendous opportunity for me to be involved," MacLeod said following the ceremony.

"This is what it's all about for me, trying to influence the new officers that will be going out into our streets."

MacLeod cited three areas that work together to build on serving the public — community, leadership and teamwork.

"That's what it's all about," he said.

"It's not about the police or the institution, it's making the communities a better place to live. These recruits have a tremendous opportunity when they graduate to go out and reach out to people, to help people, to work in teamwork with other officers and with the community. Really and truly, that's what it's all about. That's the



W J.R. (Mac) Macdonald, right, former Summerside police chief and the founding director of the Atlantic Police Academy, presents Edgar MacLeod with the police academy's executive director's badge during a recent ceremony at the academy. MacLeod, who graduated from the academy in 1973, is the first graduate to be named executive director of the institution.

Guardian photo by Mike Carson

"It's not about the police or the institution, it's making the communities a better place to live. These recruits have a tremendous opportunity when they graduate to go out and reach out to people, to help people, to work in teamwork with other officers and with the community. Really and truly, that's what it's all about. That's the message I want to get loud and clear."

Edgar MacLeod, Atlantic Police Academy executive director

message I want to get loud and clear."

MacLeod wants to create partnerships and work with the leadership within the community.

"As much to be tough on crime but also to be tough on some of the underlying issues associated with crime," he said.

"Poverty, the lack of proper recreation and work with the communities to do those things so that we're actually altering the conditions where crime would otherwise breed if you don't have good recreation, if you don't have literacy and good education, good health services. This is about a collaborative approach and bringing it all back to one thing, one common denominator — it's about the community."

MacLeod graduated from the Atlantic Police Academy in 1973 in Squad 4 and is the first academy graduate to be named executive director.

After graduation, he went on to a storied police career with the Charlottetown, Shelburne, New Waterford and Sydney departments before becoming the first chief of the Cape Breton Regional Police Service.

He is past president of the Canadian Association of Chiefs of Police and has received numerous awards including an honorary doctor of law degree from Cape Breton University.

(summerside@theguardian.pe.ca)

*As originally published
The Guardian, January 28, 2008*



Tami James

General Manager Directcash Atlantic

WE HAVE HAD TO MAKE YOU AGENCY™

127 Joseph Zatzman Drive, Suite 1

www.directcash.net

Dartmouth, NS B3B 1W1

Tel: 902-435-3283

Toll Free: 1-877-506-5545

Fax: 902-435-5236

Email: tjames@directcash.net

Dismas /Lavers House

454 Queen Street

Truro, NS B2N 2C6

893-7226

Proud to Support P.A.N.S.

Dooley's Pharmacy

PO Box 210

Arichat, NS

B0E 1A0

Ph# 902-226-3133



Doug Bragg Enterprises Ltd.

Custom blueberry harvesting and mowing equipment.

112 Bragg Rd., Collingwood Nova Scotia

Canada B0M 1E0

Phone: (902) 686-3355 Fax: (902) 686-3898

E-Mail: info@dbe.ca

Homepage: <http://www.dbe.ca>

Best Wishes from

Dr. Cheryl Conrod

Thank you for keeping our
community safe.

*"From
a Friend"*



ORTHOPAEDIC SURGEON

Queen Square

45 Alderney Drive, Suite 1802

Dartmouth, Nova Scotia

B2Y 2N6

Tel: (902) 466-2555

Fax: (902) 469-4753

DOUGLAS A. LEGAY, B.Sc., M.D., F.R.C.S. (C)
Dip. Sport Med



Definite
Food Services Limited

24 Simmonds Dr, Unit 3, Dartmouth, NS B3B 1R3

Office: 902-462-7712

Definitely the Right Choice

for all your Vending & Foodservice needs.

Proud Sponsor of the Cst. Bruce Miller Memorial
Golf Tournament and MADD

R.R. #2, Brookfield, NS B0N 1C0

**Curtis
& Velma**
FISHER

TELEPHONE: 673-2611

5655 STANLEY ST.,
P.O. BOX 9164, STATION "A"
HALIFAX, N.S.,
B3K 5M8

BUS. 902-453-1001
FAX. 902-479-2259

E.C. Armitage Hardware Co. Ltd.

HARDWARE DISTRIBUTORS
LOCKSMITH SUPPLIERS

ERNEST C. ARMITAGE, A.H.C.
PRESIDENT

Canada's Drug Strategy - Straight Facts About Drugs and Drug Abuse

What are the Harmful Consequences of Drug Use?

Drugs can be considered harmful when their use causes physical, mental, social, legal or economic problems.

Not all drugs are equally hazardous. Drugs sold legally in Canada for medicinal purposes are generally considered safe when taken according to the directions on the label. However, some of these drugs may produce unpleasant side effects even when used under medical guidance. Drugs obtained illegally are more likely to be hazardous; their effects are much less predictable and potentially dangerous. Many drugs are harmful when used in large doses, or in combination with other drugs.

Safety Hazards

Most psychoactive drugs can reduce physical coordination, distort the senses or impair memory, attention and judgment. These effects can lead to serious safety risks, especially if the person who uses the drugs drives a vehicle or operates machinery. Many road injuries and fatalities are caused by drivers intoxicated by alcohol or some other drug or combination of drugs. Also, effects such as reduced physical coordination and impaired judgment can lead to falls and other serious accidents. People who have taken alcohol or other drugs are often unaware of the extent of their impairment.

This makes the risk that much greater.

Physical Health Problems

All psychoactive drugs have effects other than those for which they are used, and some of these can be very damaging to physical health. Smoking marijuana or tobacco, for example, can cause lung damage. Alcohol abuse can cause liver damage. Sniffing cocaine can damage the inside of the nose. People who inject drugs by hypodermic needles can get infections such as hepatitis or HIV.

Mental Health Problems

Some drugs can cause short-term confusion, anxiety or mental disturbance ("bad trips"). In the longer term, drug abuse can result in personality disturbances, learning problems, and loss of memory, and can contribute to mental health problems. A person who turns to drugs as a way of avoiding normal anxiety and sadness may be establishing a pattern of behaviour that can be hard to break. Many people who use drugs in this way come to believe that they cannot function normally without drugs. People with histories of serious emotional or mental health problems may also turn to drugs as a way of coping with unpleasant feelings. Also, experience of physical or sexual abuse is common among people with alcohol or other drug problems.

Violence and Crime

Use of drugs is sometimes associated with violence and crime. Although, alcohol or other drugs do not cause violence, both the victims and perpetrators of violence may be using certain drugs. Date rape is one example, where the effects of benzodiazepines or alcohol may put the victim at increased risk for such violence. Two drugs, Rohypnol (flunitrazepam) and GHB (gamma-hydroxy butyrate) have been associated with date rape because their effects incapacitate the victim and make the person unable to resist the sexual assault. Because they are colourless, odourless and tasteless, the victim may not be aware that the drug has been deliberately added to their drink.

People may also commit crimes in order to make money to buy drugs, and drug problems are frequent among criminal offenders.

Tolerance

Tolerance means that, over time and with regular use, a person who uses drugs needs more and more of a drug to get the same effect.

Tolerance increases the physical health risks of any drug simply because it can result in increased drug use over time. Tolerance also increases the risk of dangerous or fatal overdose, for two reasons.

First, the body does not necessarily develop tolerance to all the effects of the drug to the same extent. Long-term use of barbiturates, for example, causes a person to become tolerant to the mood-altering effect of barbiturates, but less so to their depressant effect on respiration. When this happens, the dose required to achieve the mood-altering effect may be dangerously close to the lethal dose and death can result from respiratory failure.

Second, if a person has not taken the drug in a long time, the expected tolerance may actually have decreased. So, after a long period of abstinence, the size of the dose the person had previously become accustomed to may actually be enough to cause a life threatening or fatal overdose.

As people age, physiological changes may mean they need less of a drug to get the same effect.

This result may be compounded if their liver or kidneys have been damaged by chronic disease.

Physical Dependence

Physical dependence occurs when a person's body becomes so accustomed to a particular drug that it can only function normally if the drug is present. If people who use drugs drastically reduce their level of use or stop using the drug

(continued...)

Eagle's Nest Recovery House

P.O. Box 263, Shubenacadie
Nova Scotia B0N 2H0
Telephone: (902) 758-4277
or (902) 758-2776
Fax Number: (902) 758-4229
E-mail: nest@cnova.net
www.eaglesnestrecovery.ca
Director - Bernard Knockwood

EARL FRANCIS SPRYFIELD MEMORIAL ROYAL CANADIAN LEGION

BRANCH 152

Spryfield, NS



WE CARE

EASONS

TRANSPORT LTD

P.O. Box 159, 151 FOSTER Street,
Berwick, Nova Scotia
Canada B0P 1E0

(902) 538-8045

EAT•N

Corporation

Eaton Corporation is a global leader in electrical control, power distribution and industrial automation products and services.

Visit us at www.eatonelectrical.ca

Elegant Flooring

226 Bedford Rd.
Bedford, NS
B3M-2K3

443-3700

SUBWAY

269 HIGHWAY 214 #10, ELMSDALE

883-7827
(subs)



ESRI Canada

ESRI Canada Limited (Atlantic Region)
1496 Bedford Highway Suite 606
Bedford, NS B4A 1E5
Mr. Eric Melanson
Phone: 902-423-5199 Fax: 902-492-3912
E-mail: atlanticsales@esricanada.com
URL: <http://www.esricanada.com>

Evangeline Excavators Boreco Atlantic Ltd.

- Directional Drilling (Rock Capable)
- Cased Auger Boring • Ground Piercing

From Road Crossings
To River Crossings...We Drill it.

**Bret Miner
Greenfield**

542-5577
Cell: 679-0303



EVANS, MacISAAC, MacMILLAN

Barristers & Solicitors

Bus. (902) 625-0580
Fax: (902) 625-2811

**409 Granville Street
Port Hawkesbury, NS
B9A 2M5**

email: info@emmlaw.ca



F & K Computer Sales & Service

"For all your Computing Needs"

142 South Albion St. Unit 200
Amherst Center Mall
Amherst, N.S. B5H 4H1

Ph: (902) 667-1982
Fax: (902) 661-9649
f.k.computers@ns.alaridno.ca

abruptly, they may experience a variety of signs and symptoms ranging from mild discomfort to seizures. These effects, some of which can be fatal, are collectively referred to as "withdrawal."

Withdrawal symptoms are often opposite to the effects produced by taking the drug, e.g. when a person stops using a stimulant drug such as cocaine they may become depressed, need to sleep a lot, and have increased appetite when they awaken. To avoid the discomfort of withdrawal, the person who uses drugs may start to use again or feel unable to stop using the drug. Not all drugs produce physical dependence, but they may still be abused because the person who uses drugs becomes psychologically dependent on the drug's effects.

Psychological Dependence

Psychological dependence exists when a drug is so central to a person's thoughts, emotions and activities that it is extremely difficult to stop using it, or even stop thinking about it. A strong desire or craving to use a drug may be triggered by internal or external cues such as the end of a meal for smokers or seeing injection equipment for people who inject drugs. Like physical dependence, psychological dependence is a cause of continued drug use. An individual may be both psychologically and physically dependent on a drug.

Overdose

An overdose of any drug is a dose that can cause serious and sudden physical or mental damage. An overdose may or may not be fatal, depending on the drug and the amount taken. Dangerous overdoses are more likely to occur in people who have developed a tolerance for some effects of a drug more than others, those who return to drug use after a long period of abstinence, or those who use drugs illegally and have no way of knowing the exact potency of what they are buying. Sudden increases in the purity of some illegal drugs (e.g., heroin), have resulted in unintentional fatal overdoses.

Hazards of Using Drugs Illegally

Using drugs illegally has its own set of risks. People who use drugs that have been obtained illegally can never know exactly what they are taking. Dealers may not know (or reveal) exactly what they are selling. Some drugs are laced with other drugs or chemicals, or contaminated by fungi or moulds, that can be harmful. Often one drug is sold in place of another, e.g., PCP sold as LSD. As a result, many bad drug reactions, including fatal overdoses, have occurred. People who use drugs heavily may use any drug that is available at the right price.

As well, people who regularly use drugs illegally, particularly people who inject drugs, are at increased risk for a range of health, legal and social problems.

Combining Drugs

Many drugs become more dangerous when they are mixed. People may combine drugs intentionally to enhance the effects, or to counteract undesirable side-effects, or they may use a hazardous combination of drugs without intending to do so. For example, they may take sleeping medications after drinking alcohol without being aware that using these drugs together is hazardous. Even if the person is aware that mixing drugs is dangerous, they may do so anyway. Today a mixture of heroin and cocaine is a common example. People who use drugs illegally may mix drugs unknowingly because they do not know what they are taking.

Many drugs taken together have the potential to interact with one another to produce greater effects than either drug taken by itself. Or, the combination of drugs may produce a new or unexpected effect. For example, alcohol, opioid analgesics (like codeine), barbiturates (like Seconal®) and benzodiazepines (like Valium®) are all depressant drugs. When taken alone, they can cause relaxation, disinhibition, loss of coordination and sleepiness. If these depressant drugs are taken at the same time, these effects are increased. Such combinations may result in confusion, injuries from falls, depressed breathing, coma and death.

Some antidepressants and many drugs taken to treat epilepsy, nausea, allergies and colds also have depressant effects. When taken with other depressants like alcohol, they can dangerously slow or stop breathing. Alcohol can also interact with common medications for heart problems, blood clotting disorders, fungal and bacterial infections, and diabetes, either making them less effective or producing unexpected and undesirable effects.

Although classed as a stimulant, cocaine can also cause irregular and shallow breathing. Taking cocaine with heroin, a depressant, increases the risk of death from respiratory depression.

Combining drugs may also seriously impair a person's ability to operate a motor vehicle or other machinery.

Legal Problems

A drug-related conviction can have serious consequences for the individual. The conviction may result in a fine or prison sentence as well as a criminal record. Having a criminal record may restrict employment opportunities and travel outside the country. A subsequent conviction may result in a harsher sentence.

Athletes who use a substance that is banned by their local, provincial, national or international sporting organization may be convicted of a doping infraction. This may result in being banned from participating in sports and may also have consequences for their future career opportunities.



Best Wishes From
**Facts
Engineering**
477-4062

**Electric Motors Sales & Service • Portable Tools & Pump Repairs
• Balancing & Vibration Analysis**

FADER AGENCIES

83 SHORE ROAD
DARTMOUTH, NOVA SCOTIA B3A 1A5

Phone: (902) 466-2333

Fax: (902) 466-6399

MYLES KEATING

President

Home: (902) 435-1588

Cellular: (902) 452-6226

PIERRE FAUCHER

After Hours

(902) 434-1675



*Metro's Only Independently Owned Ford Store .. Since 1948
Our Customers Are #1*

580 Windmill Road
Dartmouth, NS
B3B 1B5

Ph: (902) 463-1220
Fax: (902) 468-7270
www.fairleyandstevens.com

**FITZGERALD
AND SNOW**

General Contractors
Established 1961

Commercial • Industrial • Institutional

Design Builders

Project Managers

www.fitzgeraldandsnow.com

Email: nelson@fitzgeraldandsnow.com

436-9256



Building Systems

468-9536

Fax: 468-4646

131 Ilsley Ave.
Dartmouth

24 Hour
Emergency Service

FIVE

5

STAR

ROOFING & MASONRY
FIVE STAR SERVICE

SHINGLED & FLATS
CHIMNEY REPAIRS

FREE
ESTIMATES

Cell: 499-6857
Phone: 425-2506



FRED M. DUNPHY
Excavating & Construction Limited

P.O. BOX 2970, D.E.P.S.
DARTMOUTH, N.S. B2W 4Y2
Email: fmdunphy@eastlink.ca

Bus: (902) 435-4171
Res: (902) 434-1016
Pager: (902) 458-1471
Fax: (902) 435-4187
Cell: (902) 456-1219



Halifax C & D Recycling Ltd.

Dan Chassie, President

Phone 902-876-8644

Fax 902-876-1878

16 Mills Drive

Goodwood, N.S.

B3T 1P3

Recycling the Present to Preserve the Future



Halifax Psychological Services Inc.

Cognitive Behavioral Therapy for Adults, Couples,
Adolescents and Children

Psychodiagnostic, Personality and Pain Assessments

Suite 305, 6155 North Street
Halifax, Nova Scotia B3K 5R3

Phone - (902) 453-2200
Fax - (902) 453-5868
www.hfxpsych.com

Halifax Regional Fire & Emergency



Practice Your Escape Plan

490-5530

Visit our website: www.halifax.ca/Fire



Halterm Container Terminal Limited

*In Operation
Since 1969*

P. O. Box 1057
Halifax, N.S.

(902) 421-1778

When Does Drug Use Become a Problem?

Drug use becomes a problem when use of a drug results in negative consequences for the person who uses the drug. These may be physical, mental, social, emotional, legal, economic or environmental consequences. When a person continues to use a drug despite negative consequences to him or herself or to other people such as family, friends or employer, this use is often informally referred to as drug or substance abuse. Other terms used to describe drug use associated with negative consequences include "misuse", "dependence" and "addiction". As well as being used informally to describe the negative consequences of drug use, the terms "abuse" and "dependence" are also used by professionals in classifying substance-related disorders, e.g., drug dependence, alcohol abuse.

"Drug or substance misuse" is generally used to describe drug problems that are less serious or longstanding or, in some cases, inadvertent, such as not complying with prescription medication instructions.

When used informally, "dependence" refers to when a person who uses drugs feels unable to function without taking the drug. Dependence may be either psychological or physical or both. Dependence includes continued use of the drug despite adverse consequences and usually, but not always, the presence of tolerance and withdrawal symptoms.

Although the term "addiction" is no longer used as a medical diagnosis, it is still commonly used to describe a range of compulsive behaviours, including drug abuse and gambling problems. It is also often used to describe specialized services (as well as related policies and activities) for people with drug abuse problems.

Drug abuse can result in increased risk of health problems such as illness, injuries and physical damage to the body or death.

Drug abuse can result in personal problems such as loss of motivation, or physical and/or psychological dependence, problems at work or school.

Drug abuse can result in family problems like strained and unhappy family relationships and family breakdown.

Drug abuse can contribute to social problems like increased crime and traffic crashes.

Drug abuse can also result in financial costs to society for things like health care, crime or lost productivity.

Sometimes even the use of a drug for medicinal purposes can cause problems. These problems may occur because of side effects from the medication, or because the drug is used for too long, at the wrong dosage or because the person does not use it as directed.

Different Types of Drug Problems

Drug problems can develop for a variety of reasons and from use of any type of drug.

Using Drugs Too Much

Use of a drug can cause a problem if too much of the drug is taken at one time or if the drug is taken too frequently.

These problems may include immediate consequences such as unpleasant side effects or even a harmful or fatal overdose. Other problems may take some time to develop, such as needing more of the drug to achieve the same effect and becoming dependent on the drug.

Some medicinal drugs can have a beneficial effect if taken at the correct dose for that person, but cause problems if too large a dose of the drug is taken or if the drug is used more frequently than prescribed. In the same way, a drug like alcohol may not be harmful if taken in moderation. Many of the problems caused by alcohol result from drinking too much at one time.

Using Drugs for Too Long

A drug can cause problems if it is taken regularly for a long period of time. Some medicinal drugs, like pain killers, as well as drugs taken to aid sleep or reduce anxiety, can cause problems if they are taken after they are no longer needed. For instance, people who use drugs may have difficulty stopping use of the drug because they have become dependent on it.

Taking Drugs for the Wrong Reasons

A drug can cause problems if it is taken for the wrong reason. A common example is using alcohol as a way of coping with unpleasant feelings, rather than drinking as part of a social or celebratory occasion.

(continued...)



Suite 222, 1496 Bedford Hwy.
Bedford, NS B4A 1E5

For information or assistance:
Phone: 426-2217
Fax: 426-8339
email: geoff@geoffregan.ca
www.geoffregan.ca

G FRED HORNE INVESTIGATIONS

Criminal Insurance & Civil
Quality Surveillance photo & video
gfhorne@eastlink.ca

Hantsport **684-9682**
Fax **684-9038**

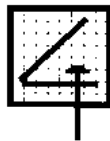


G. M. MacDONALD WELDING LTD.

HEAVY EQUIPMENT REPAIRS
COMPLETE MACHINE SHOP FACILITIES
PORTABLE LINE BORING
PAINTING AND SAND BLASTING
FIRE TRUCK FABRICATION AND REPAIR

GORDON M. MACDONALD
RES. (902) 756-2209

P.O. BOX 249
WHYCOCOMAGH
C.B., N.S. B0E 3M0
BUS. (902) 756-2575
FAX. (902) 756-2943



GRIGGS ENGINEERING LIMITED

CIVIL / STRUCTURAL ENGINEERING
& PROJECT MANAGEMENT

PAT P. GRIGGS, P. Eng

122 Grand Lake Drive
Wellington
Halifax Co., Nova Scotia
B2T 1A2

Tel: 902-860-0752
Fax: 902-860-0757



Jean-Claude Savoie
Président

251, Route 180
Saint-Quentin, N.-B.
Canada E8A 2K9

Tél.: 506.235.2228
Fax: 506.235.3200

Email:
jeanclaudio.savoie@groupe Savoie.com



Mechanical Ltd.

P.O. Box 131, Lakeside, N.S. B3T 1M6
Phone: (902) 497-2619 Pager: (902) 459-2552

H.A. HORSNELL GENERAL INSURANCE (1995) LTD.

James A. Russell
F.I.I.C. C.C.I.B. (N.S.)
President

P.O. Box 279
Aylesford, N.S.
B0P 1C0

Phone: 847-3274
1-800-588-3274
Fax: 847-1773
Res: 678-1694

HAILEY'S APPLIANCE REPAIRS LTD.

Repairs To All Makes and Models of
Major Domestic Appliances
"Refridgeration A Specialty"

BILL HAILEY

Dartmouth 466-2217 49 Cannon Crescent 861-3672



Tel: (902) 835-8377 Fax: (902) 835-8376
Toll Free: 1-800-263-5558

726 Rocky Lake Drive, Bedford, NS B4A 2T7
www.fraserway.com

Sales • Rentals • Parts • Service



Mina & Reza Arefi

tel: 902 455 0889
fax: 902 852 9184
web: www.healthywaycafe.ca
email: info@healthywaycafe.ca

Taking Drugs Without Following Directions

Taking drugs without paying attention to label directions and warnings can also lead to serious problems, especially with drugs that can impair driving performance and drugs that should not be mixed with alcohol. Taking a drug prescribed for someone else is another example of not following directions as a prescription label designates that the prescription is for a particular individual. Also, taking less than the prescribed dose of a drug or stopping its use too early can result in problems.

Combining Drugs

A drug can cause problems if it is taken in combination - either knowingly or unknowingly - with certain other drugs. Some combinations can produce unwanted and unexpected effects. Using alcohol with a benzodiazepine increases the likelihood that the person who uses the drugs may feel increased effects such as drowsiness, dizziness and confusion. Other combinations, like barbiturates with alcohol, can cause death.

Extremely Dangerous Drugs

With a few drugs, like PCP (Angel Dust), and inhalants such as gasoline, the potential dangers are extremely

high and there are no legitimate human uses. These drugs can cause serious problems no matter how or when they are taken. With such drugs there is no difference between use and abuse. To use them is to abuse them.

Commonly Used and Abused Drugs

Caffeine is the most commonly used psychoactive drug in our society. However, alcohol and tobacco are the most widely abused drugs by both young people and adults. Abuse of these two drugs results in enormous costs to both the individual person who uses drugs and society. Among smokers, those who begin smoking as adolescents often become regular, lifelong smokers. Smoking and heavy drinking are major causes of health problems and premature death among Canadians, and they result in enormous costs to both the individual and society.

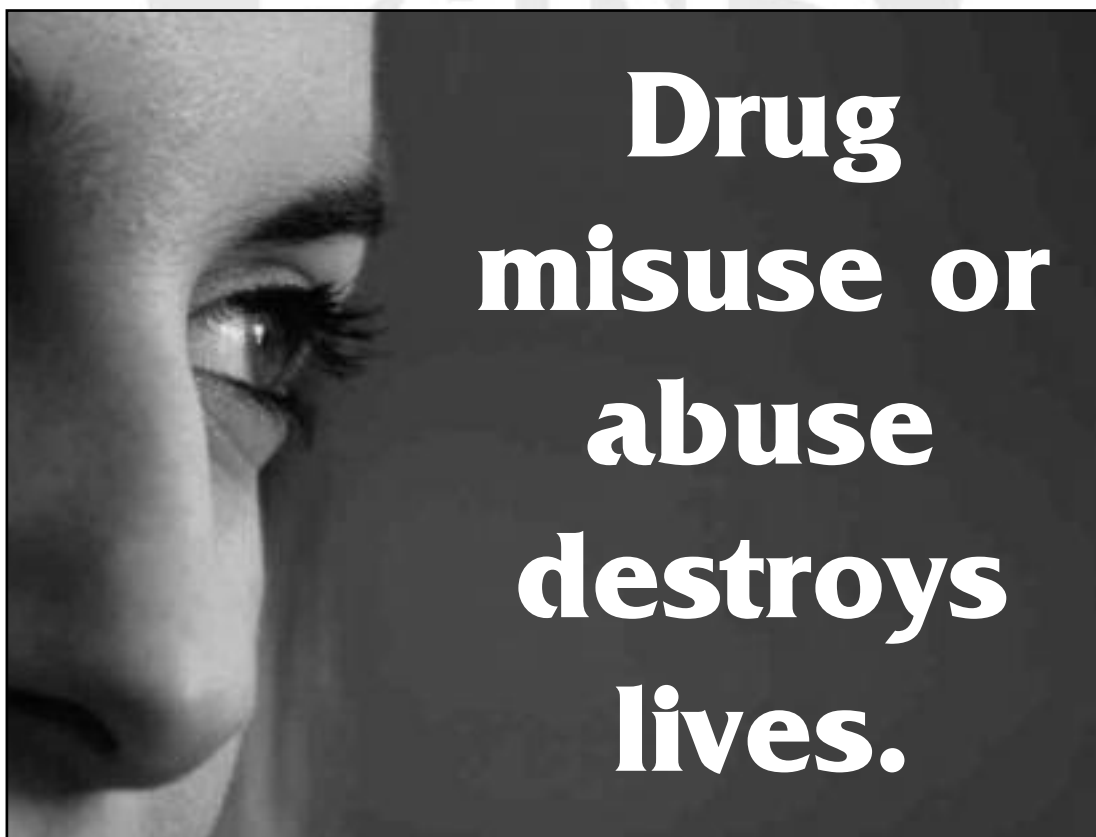
Illegal use of drugs is more common among adolescents and young adults than other age groups. Several surveys have found that as many youth report using cannabis in the past year as tobacco. In contrast, use of medication to aid sleep or reduce anxiety is more common among seniors than other age groups.



Health
Canada

Santé
Canada

www.hc-sc.gc.ca



Head Office (902) 443-8311
P.O. Box 9078, Stn. A, Halifax, N.S. B3K 5M7

HARRIS & ROOME SUPPLY, A DIVISION OF GRAYBAR CANADA LIMITED

Atlantic Canada's Leading Electrical Distributor with
18 fully stocked branches including:

HALIFAX	DARTMOUTH
3600 Joseph Howe Dr.	260 Brownlow Ave.
Tel. (902) 443-8311	Tel. (902) 468-6665
Fax (902) 443-5171	Fax (902) 468-2696

HARRIS



Let Our Professional Staff
Installers Do the Work for You

**Guaranteed Quality
Workmanship**



895-2839

Fax: 893-2933

451 Pictou Road, Truro

**Custom Kitchen
Design Centre**

*Featuring the latest computer
technology to create your
dream kitchen*

Visit Our Home

Planning Centre Today



Reservations and Information

1-800-565-4500

*Famous For
Fabulous Food!*

And Convention Centre

Trans Canada Highway 104, Exit 24

Foord St., Stellarton, Nova Scotia

www.heatherhotel.com



FOREST PRODUCTS LTD.

230 Lucasville Rd., Lower Sackville, N.S.

- 3/4" & 1/2" pine for tole painters • Pine & spruce siding
- V-joint panelling • Spruce & pine flooring • Green & K.D. lumber

865-1158

HIGHLAND PULP LTD.

25 Tamarack Dr.
RR # 2, Truro, N.S. B2N 5B1
895-8684



Homeport Motel

- Air Conditioning
- Cable TV & Telephones
- Housekeeping units
- Suites with double Jacuzzi, FCR, A/C



Hosts: Elisabeth & Gertrud

167 Victoria Road, Hwy #3
Lunenburg, NS
Canada B0J 2C0
info@homeportmotel.com

Tel: 902-634-8234
Fax: 902-634-7100
Res: 1-800-616-4411
www.homeportmotel.com



**JAMIE MUIR
M.L.A.**

Representing Bible Hill, Millbrook,
Salmon River and Truro

Office Hours: Mon.-Thurs. 8:30 a.m. - 1:00 p.m.
2:00 p.m. - 4:30 p.m.

28A Esplanade (Truro Centre)
Truro, N.S. B2N 2K3

893-8679

Honeywell

Dave Storey, MBA

Field Service Leader

Automation & Control Solutions

Building Solutions
51 Raddall Avenue, Unit #6
Dartmouth, NS B3B 1T6

902 468 8512 Direct
902 225 9112 Cell
902 468 2416 Fax
dave.storey@honeywell.com



No Job Too Difficult!

Blair Humphreys

Landscape & Construction Consultant

12 Fielding Avenue, Dartmouth, N.S. B3B 1E1

462-1772 Fax: 482-1771

humphreys@ns.aliantzinc.ca

www.humphreyslandscape.com

902-434-5511



100 Main St., Dartmouth, Nova Scotia B2X 1R5

Drug Laws in Canada

Drugs in Canada are regulated under the *Controlled Drugs and Substance Act*. Offences under this act include: possession and trafficking or possession for purpose of trafficking.

Penalties under the *Controlled Drugs and Substances Act*

Substance	Possession	Trafficking or Possession for purpose of trafficking
Cannabis (ex: marijuana)	30 grams or less: up to 6 months imprisonment or \$1000 fine or both More than 30 grams: imprisonment up to 5 years less a day	3 kilograms or less: imprisonment up to 5 years less a day More than 3 kilograms: up to life imprisonment.
Cocaine	Up to 7 years imprisonment	Up to life imprisonment.
Ecstasy	Up to 3 years imprisonment	Up to 10 years imprisonment
GHB	Up to 3 years imprisonment	Up to 10 years imprisonment
Heroin	Up to 7 years imprisonment	Up to life imprisonment.
Ketamine	Up to 7 years imprisonment	Up to life imprisonment.
Methamphetamine	Up to 7 years imprisonment	Up to life imprisonment.
Psilocybin	Up to 3 years imprisonment	Up to 10 years imprisonment

Youth

Young people who commit offences under this act can be arrested and charged, and can get a criminal record, subject to the Youth Criminal Justice Act.

In 2006, 6,382 young persons between the age of 12 and 17 were charged with a drug offence. Among them:

- 4,737 (74%) were charged with a cannabis offence;
- 794 (12%) with a cocaine offence; and
- 851 (14%) with other offences.

For more information about the Youth Criminal Justice Act including information about youth records, contact the Department of Justice Canada.



Health Canada
Santé Canada

www.hc-sc.gc.ca

IML

Funeral Services

- Traditional funerals, cremation & memorial services
- Funeral pre-planning service
- "AfterLoss" Grief Recovery Program
- Servicing all faiths



3450 Hwy 206
P.O. Box 138

Petit De Grat, NS B0E 2L0

Bus: (902) 226-0138

Res: (902) 226-2113

Cell: (902) 227-8536

Email: iml@ns.sympatico.ca

**I.M.P. Group Ltd.**

400-2651 Joseph Howe Dr.
Halifax, NS B3L 4T1

902-453-2400

*"Sincere Appreciation to our
Law Enforcement Officers"*

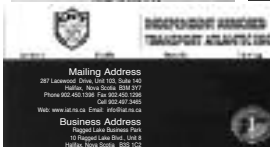
In Focus Optical
L. Edward Wall
Optician - Contact Lens Fitter
307 MAIN ST.
YARMOUTH, N.S.
B5A 1E3
Ph: 742-1115 Fax: 742-9397

Same Day Service!



"THE NEXT
LEVEL OF
PROTECTION"

"Industry
Professionals
in Loss
Prevention and
Risk
Management"



Mailing Address
287 Leaveland Drive, Unit 105, Suite 105
Halifax, Nova Scotia B3B 3Y7
Phone 902 453-1388 Fax 902 453-1388
Cell 902 453-1388
Web: www.iata.ns.ca Email: info@iata.ns.ca

Business Address
Regent Lane, Dartmouth, Nova Scotia
B3B 3Y7
Phone 902 453-1388 Fax 902 453-1388
Cell 902 453-1388



Mailing Address
287 Leaveland Drive, Unit 105, Suite 105
Halifax, Nova Scotia B3B 3Y7
Phone 902 453-1388 Fax 902 453-1388
Cell 902 453-1388
Web: www.issa.ns.ca Email: info@issa.ns.ca

Business Address
Regent Lane, Dartmouth, Nova Scotia
B3B 3Y7
Phone 902 453-1388 Fax 902 453-1388
Cell 902 453-1388

Lawrence Conrad
Director
Range Master
Tactical Firearms Instructor
Officer Safety Instructor
First Aid 2000 Trainer

**intertape polymer group**

50 Abbey Ave.
Truro, N.S.

902-895-1686

*Is Proud To
Support*

**INVENTIVE**

Marine
PRODUCTS LTD.

112 Thornhill Drive
Dartmouth, Nova Scotia
Canada B3B 1S2
Telephone 902 468-2611
Fax 902 468-2681
Cellular 902 456-8376

Douglas C. Judge
President

Developing Products and Ideas for the New Wave in Fishing



Mike Marsh
Regional Manager, NS & NL

Toll Free: 1-800-561-2726

Telephone: (709) 726-8794

Direct Line: (902) 494-5877

Cell: (902) 456-2589

Residence: (902) 835-8546

Fax: (709) 726-8799

Web: www.irvingequipment.com

mmarsh@irvingequipment.com

IRVING EQUIPMENT

43 Atlantic Street
Dartmouth, NS
B2Y 4P4

**ISLAND FRESH SEAFOOD
(FAMILY FINE SEAFOODS)**

Dealers in Lobster & Salt Fish

Don Ross
Clarks Harbour, NS
745-2801

**J. ARMSWORTHY
EXCAVATING LTD.**

BACKHOE • TRUCKING • DOZER
LAND CLEARING • GRAVEL

P.O. Box 1683, Antigonish, N.S. B2G 2M5

Tel: 863-2991



j. m. giffin engineering inc.
structural consultants

James M. Giffin, PEng.
President

21042 Lower LaPlance Street
Box 189, Amherst, N.S. B4H 3Z2
Tel. (902) 667-3300
Fax. (902) 667-9399
E-Mail giffin.eng@ns.sympatico.ca

Signs and Symptoms of Drug Use

What are the signs that your teen is using drugs? These are not easy to detect because they often overlap with very common teenage behaviours such as changes in sleeping habits, changes in hobbies, and changes in mood or attitudes. So, are there more specific things to look for?

Although they may not necessarily be signs or symptoms of drug use, keep an eye out for signs of depression, withdrawal, carelessness with grooming or hostility. Other signals might be changes in school performance, ability to socialize with friends, or active engagement in sports or other activities.

Things to watch for:

- Changes in friends
- Negative changes in schoolwork, missing school, or declining grades
- Increased secrecy about possessions or activities
- Use of incense, room deodorant, or perfume to hide smoke or chemical odors
- Subtle changes in conversations with friends, e.g. more secretive, using "coded" language
- Change in clothing choices: new fascination with clothes that depict drug use
- Increase in borrowing money
- Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid, common household products); Rags and paper bags are sometimes used as accessories
- Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- Missing prescription drugs--especially narcotics and sedatives

This list is meant to provide you with behavioural cues that something harmful could be occurring with your teenager - and it may involve drugs. If you think you see some or many of these changes occurring in your teenager, you may want to consult resources such as your family physician, pediatrician or your teenager's school counselor. Continue to talk with your teenager about your observations and ask them for an explanation about what may be causing these changes in behaviour.

Tips on Avoiding Drug Use

Here are two ways to avoid drug use:

- Refusing drugs
- Avoiding drug situations

Refusing Drugs

It can sometimes be difficult to say no to friends or peers without offending them. Here are some tips on refusing drugs.

- **Be Polite, But Firm**
 - ◊ You can be clear that you don't want to use drugs without telling others that their decisions are wrong. It can feel good to stand your ground when you know you're right. And you could earn more respect from other friends who also want to avoid drug use.
- **Give Reasons.** There are lots of reasons why people don't use drugs. Here are some common ones:
 - ◊ I don't want to.
 - ◊ I don't feel like it.
 - ◊ I have asthma. (Or bronchitis, or any other health problem that could be made worse by drug use.)
 - ◊ I have to be home soon and I don't want to get in trouble.
 - ◊ I have to go to work soon.
 - ◊ I don't have any money.
- **Talk About What's Important to You**
 - ◊ Drugs interfere with the other parts of your life. Things like sports, relationships, music, family, work, school or other activities. Pick something that's important to you and tell people you don't want to mess it up by using drugs.

Avoiding Drug Situations

Drugs are more likely to be present among certain groups of people and in certain locations. Here are some tips on reducing the chances of being offered drugs.

- Hang out with people that are less likely to use drugs.
- Spend time in places where you're less likely to encounter drug use.



Health Canada Santé Canada

www.hc-sc.gc.ca

OFFICE:
P.O. Box 700
Mahone Bay, N.S., B0J 2E0

PHONE: (902) 624-2400
FAX No. (902) 624-2402

JAYMAR DIESEL LTD.

REPAIR SHOP:
391 BLUEWATER ROAD
ATLANTIC ACRES, BEDFORD, N.S.
B4B 1J7 PHONE: (902) 835-4212
FAX No. (902) 835-5212

IAN C. GRIFFITHS



JENTRONICS

Electronic Components & Industrial Controls

15 Weston Court, Burnside Industrial Park, Dartmouth, Nova Scotia B3B 2C8

We support PANS

Tel.: (902) 468-7987 • 1-800-456-6598 • Fax: (902) 468-3430
www.jentronics.ns.ca



JIM'S WINDOW & DOOR Service

902 562-2286
110 Douglas Street,
North Sydney, NS. B2A 4G9

Johnny on the Spot

Toilet Rentals

902-823-3043

From A
Friend



Karen Casey MLA, Colchester North

30 Duke Street
Truro, Nova Scotia B2N 2A1

Phone 902-893-2180
Fax 902-893-3064
Email karen Casey@ns.aliantzinc.ca
Website www.gov.ns.ca



KILLAM PROPERTIES INC



Best selection of apartments, locations
and prices in Halifax.
Choose from over 3000 units.
Rental Inquiries 902.430.3243
General Inquiries 902.453.9000

3700 Kem pt Road • Suite 100 • Halifax, NS • B3K 4X8

www.killamproperties.com | tsxp k

L&A ELECTRIC

A Source Atlantic Company



401 Willow Street
Truro, Nova Scotia
B2N 6X6

Phone: (902) 897 0787 Fax: (902) 897 9896
www.sourceatlantic.ca



LAFARGE CANADA INC.

P.O. Box 5, Brookfield, Nova Scotia B0N 1C0
Telephone: (902) 673-3709 Fax: (902) 673-3471
Email: james.kirkpatrick@lafarge-na.com

Best Wishes

From

LASTPORT MOTEL

R.R. #1, Canso B0H 1H0

366-2400

Substance Abuse Issues

Substance Abuse: A basic understanding

What do we know about substance abuse?

Substance abuse comprises more than illicit drugs-- as you will see, there are higher social and economic costs associated with alcohol and tobacco than with illicit substances.

- Substance abuse negatively affects the safety and quality of life in our communities.
- Substance abuse prevention is crime prevention.
- A balanced approach to prevention and treatment must include enforcement.
- Well-informed Canadians help us in making our communities safe and healthy.
- Substance abusers deserve effective treatment.
- Police are making a difference through partnerships with education, social services and health agencies.

Police have a role to play in preventing substance abuse, as well as in communicating the reality of its causes and impacts. Substance abuse is frequently a symptom of larger social problems, and only through education can we attempt to highlight this issue.

As police officers, we have a responsibility to work in co-operation with agencies who address the social and economic roots of substance abuse.

The causes and effects of substance abuse are as varied and complicated as the individuals affected. It is the role of police officers to try to understand these complex circumstances in their community; always in partnership with other community services.

Costs of Substance Abuse

In a cost estimate study completed by the Canadian Centre on Substance Abuse, it was revealed that substance abuse cost Canadians more than .45 billion in one single year (1992). And by most experts' calculations, that's an underestimation of the problem's cost.

While dollar figures can never wholly explain the human misery that substance abuse causes and perpetuates, they help illustrate its impact in terms of the dollars that could be put towards related social services.

As such, substance abuse affects more than the user. We all pay the cost in monetary as well as social terms; those close to the abuser also pay on an emotional level.

The social and economic costs of substance abuse come in many forms, including hospitalizations, courts costs, productivity losses, ambulance services, social welfare, research and training, traffic accident damage, and much more. These are the substantial costs of substance abuse to highlight to the public and the media.

Results from an on-going CACP-supported scientific study are expected in Fall of 2000 (see www.ccsa.ca). The study will highlight the impact and costs of crime attributable to substance abuse. This will likely increase the estimation of the overall costs involved with all substances, but especially those attributed to illicit drugs and alcohol.

Issues and Explanations

There are many heated arguments on substance abuse issues circulating in the media, in town halls and in school rooms. The following explanations are meant to clarify the CACP and RCMP positions on various substance abuse issues.

a) Alcohol and Tobacco

Alcohol and tobacco have more negative social and economic costs than do illicit drugs. Nationally, alcohol alone accounts for more than .5 billion per year in terms of financial costs, or 5 per Canadian, for tobacco it is .56 billion, or 6 per capita, and illicit drugs are estimated at .37 billion, or per capita.

(continued...)



**CONSTRUCTION MATERIALS GROUP /
ATLANTIC DIVISION**
209 Kearney Lake Road, P.O. Box 2106,
Halifax, Nova Scotia B3J 3B7
Phone: (902) 443-0440
Fax: (902) 443-4817

Leisure Pools

Sales • Service • Installation

567-0321

272B Sydney Shopping Center, Prince Street, Sydney B1P 6H2

supfence@auracom.com

Best Wishes

LEONARD BROWN GARAGE

SHUBENACADIE
758-3838

LESLIE EXCAVATING LIMITED

PHONE: 456-4116 FAX: 434-5608
lesexc@eastlink.ca

Commercial & Residential – Excavation to roof complete
Water & Sewer – Roads
Lot Clearing – Landscaping – Topsoil
Allan Block Walls



Stephen McNeil

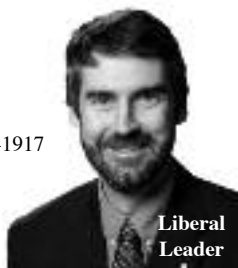
5151 George Street, Suite 1402
PO Box 741
Halifax, NS B3J 2T3

Phone: (902) 424-8637 Toll Free: 1-877-778-1917

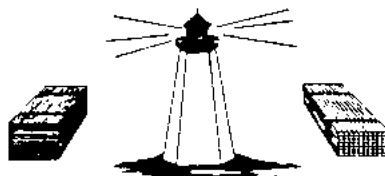
Fax: (902) 424-0539

www.nsliberalcaucus.com

*Congratulations on 37 Years
of Continued Service*



Liberal
Leader



LIGHTHOUSE LUMBER WHOLESALERS LIMITED

2031 Lawrencetown Road, Dartmouth, NS B2Z 1C5
Telephone (902) 433-0857 Ext. 115 Fax (902) 433-0502

BRUCE S. OLAND
President

Lindwood Holdings

Keith Hall
P.O. Box 2066
Halifax, Nova Scotia
B3J 2Z1

Tel: (902) 429-6530

Lloy's Denture Clinic

141 Commercial St.
Glace Bay, NS
B1A 3B9



902.849.1496

Logan Drilling Group Inc.

P.O. Box 188
Stewiacke, NS
B0N 2J0

902.639.2343



Louisiana-Pacific Canada Ltd.
2005 Hwy. #3, PO Box 2010
Chester, NS B0J 1J0
Telephone: (902) 275-3556
Facsimile: (902) 275-5722
www.lpcorp.com

In Canada, policing alcohol costs three times more than policing illicit drugs. In 1992, the cost of policing alcohol (violations of provincial liquor acts; impaired driving; violence related to alcohol) was 5 million whereas drug enforcement cost 8 million. (Canadian Centre on Substance Abuse, 1996)

Many researchers consider alcohol and tobacco to be the true "gateway" drugs, leading to the increased potential for the use and abuse of other drugs such as marihuana, prescription medication, MDMA (ecstasy), cocaine, etc.

b) Marihuana

Effects

At present there is a great deal of misinformation circulating surrounding the properties of marihuana; more seriously, there is an almost complete lack of public debate based on the facts and consequences of marihuana use.

The Centre for Addiction and Mental Health (CAMH) position statement on cannabis (spring 2000), comments on the severity of its regular use, through the following: "CAMH emphasizes that the most effective way of avoiding cannabis-related harms is through not using cannabis, and encourages people to seek treatment where its use has become a problem... Cannabis is not a benign drug. Cannabis use, and in particular frequent and long-term cannabis use, has been associated with negative health and behavioural consequences... the consequences of use by youth and those with a mental disorder are of particular concern. However, most cannabis use is sporadic or experimental and hence not likely to be associated with serious negative consequences."

Penalties for possession - decriminalization / the use of alternative justice measures

In regards to cannabis (marihuana) and penalties for possession, support exists for the following CACP position from our expert partners on substance abuse issues, such as the Canadian Centre on Substance Abuse (CCSA), Council on Drug Abuse (CODA), and from the Centre for Addiction and Mental Health (CAMH).

To *decriminalize* a drug is to keep it a controlled substance, only remove criminal sanctions for its consumption or possession. In other words, with decriminalization, instead of facing a criminal penalty and/or record for possession of a small quantity of a controlled substance, the accused could receive an alternative penalty, including a fine or community service.

If the government were to create initiatives aimed at integrating all of the following components, including prevention, education, enforcement, counselling, treatment, rehabilitation and diversion programs, the CACP would consider endorsing initiatives to decriminalize certain offences related to the possession of small amounts of marihuana or other cannabis derivatives.

Alternative justice measures could be used, as set out in Bill C-41, for summary conviction offences of possession of cannabis after a mandatory assessment of the accused. A range of options should include, but not be limited to drug and life skills counselling, fines, community service or a combination of alternative measures.

The CACP has heeded calls by experts to alter our approach to the first-time cannabis/marihuana user, and modify the consequences they face. We also want to improve the tools and processes to maximize the options available to law enforcement officers. Because cannabis/marihuana is not a benign drug and our goal is to reduce drug use, we are asking that offenders be assessed to determine an appropriate response.

Legalization

To *legalize* a drug is to make it legally available for consumption without a prescription, within the limits of government regulations, such as with currently legal drugs, alcohol and tobacco.

The CACP stands in opposition to the legalization of any and all illicit drugs in Canada, including the possession of small amounts of marihuana.

(continued...)



**LOOK HO HO...
A TASTE OF THE ORIENT!**

Good Chinese food
Fully Licensed. Take out and Delivery.
Open 7 days a week

6420 Bayers Rd., Hfx. 455-5479



M&C Ltd. AUTO SERVICE

- All Types of Vehicle Repairs
- Car, Motorcycle & Trailer Inspections
- An Affiliate of Best Auto Service Centre

**564-0648 1982 KINGS ROAD
SYDNEY**

MTP POWER ENTERPRISES INC.

Nova Scotia's Largest ADT DEALER
Fire • Security Systems • CCTV

16 Titus St., Halifax, NS B3N 2Y9

Residential & Commercial - Call:
866-678-2784 902.443.5777



M.V. OSPREY LTD.

385 Purves Street
D.O.T. Wharf, P.O. Box 188
North Sydney, N.S.
Canada B2A 3M3

Tel: (902) 794-1600
Fax: (902) 794-1416

Proud to Support PANS

Mabou Freshmart

P.O. Box 99
Mabou, NS

• **902-945-2084** •

MacLEOD
GROUP

Suite 305 Kirk Place
219 Main Street
Antigonish, N.S. B2G 2C1
Tel: (902) 863-6800

FAX: (902) 863-6622
Cell: (902) 867-7065
Hfx: (902) 429-0539
E-mail: bmacleod@ns.sympatico.ca

**BRIAN MacLEOD
PRESIDENT**

MACair

*Refrigeration & Air Conditioning
Sales & Service*

CLARY MACPHERSON
OWNER

49 N. Albert St.
New Glasgow, N.S.
B2H 3T9

24 Hour Service

BUS: 902-752-4144
RES: 902-752-4493
FAX: 902-928-1343



A. DALE REDMOND
MANAGER

V.J. MCGILLIVRAY
FUNERAL HOMES

GLACE BAY
16 Reserve Street
Glace Bay, Nova Scotia B1A 4V8
(902) 849-4505
Fax: (902) 849-8343

NEW WATERFORD
380 Smith Street
New Waterford, Nova Scotia B11 4K4
(902) 862-6439
Fax: (902) 862-7006

ARBORCARE

Mader's Roofing & Masonry

Lower Sackville

492-2868

Proud to Support PANS

MAINLINE

mainline2@eastlink.ca
1-877-904-4555 toll free
830-3853 outreach
423-9991 bus
423-1619 fax

Site Location:
5511 Cornwallis St.
Halifax, NS B3K 3B4

Mailing Address:
2158 Gottingen St.
Halifax, NS B3K 3B4

A
Health
Promotion
Project

Police do not target marihuana users.

Police do not target those who possess minor quantities of marihuana for personal use. A recent study conducted in Ottawa, by the RCMP Drug Awareness Service, confirmed that over 90% of marihuana related offences were secondary charges to more serious primary charges of trafficking, possession of other drugs, weapons offences, fraud, assault, and most commonly, court/parole breaches.

For example, a police officer stops an impaired driver and during the search finds marihuana in the car or on the person. A warrant is executed to arrest a Break and Enter suspect and when arrested, is found to be in breach of parole and having marihuana in his possession.

Both charges are laid, but there is no data base to show how they were linked, or that the possession of marihuana charge was only laid, after the person was arrested for another criminal offence. At present you can only identify the link by examining court records. To presume that police set out and target people for possession of small amounts of marihuana is inaccurate. (RCMP Drug Awareness Service, 1999)

Police continue to advocate enforcement to stem the importation, cultivation and distribution of marihuana which is controlled and fuelled by organized criminals, including outlaw motorcycle gangs.

Medicinal marihuana

The CACP supports research into medicinal uses of any currently illicit drug. We accept that it is the responsibility of Health Canada scientists and Federal Legislators, through their research and regulatory approval process, to safeguard the interests of all Canadians.

Pertaining to the issue of the medicinal use of marihuana and any and all other current illicit drugs, the CACP, as with all Canadians, are concerned with the potential hazards, the health care costs, safe storage, misuse and a host of other issues. Health Canada scientists and our Federal Legislators will take the necessary action in the best interest of all Canadians to assess, through their research and regulatory approval process, if marihuana or other current illicit drugs and their derivatives should be

approved for medicinal use, in a similar vein that currently enables tranquillizers, morphine and other drugs to be legally prescribed, despite their potential for addiction. (1999 CACP policy)

The Ontario Court of Appeal has recently ruled that existing legislation regarding the use of marihuana for medicinal purposes is unconstitutional. They have requested that legislation be enacted by the federal government by July 2001 to allow sick persons easier access to marijuana to treat their symptoms, over and above the current exemptions from law (*ie. Section 56 of the Controlled Drugs and Substances Act*) offered by the Minister of Health toward selected individuals. The Minister of Health recently announced that his department will take the steps necessary to develop regulations in response to the Court's decision.

c) Harm reduction

The stated goal of Canada's Drug Strategy is to "...reduce the harm to individuals, families and the community at large caused by the use of substances such as alcohol, pharmaceuticals, solvents and illicit drugs...."

Because there is no single definition of harm reduction, the term should always be defined in context, and any debate on harm reduction should be entered into carefully.

For example, the reduction of harm has been effected through designated driver programs that prevent drinking drivers from getting behind the wheel; as a result of public education and sensitization, people were challenged to think about the consequences of driving drunk. As such, this public awareness initiative was a successful harm reduction measure.

Methadone maintenance and needle exchange programs are two of the examples most commonly associated with harm reduction. Police fully support these measures, in principle, to save lives. We believe that once lives are saved, the quality of that life should not be forgotten.

The view of the Canadian Society of Addiction Medicine (CSAM) is that no treatment can be effective if it involves the addict's continued use of drugs; the effectiveness of harm reduction efforts

(continued...)

VOLVO



MacKay's Volvo Truck

Centre

124 Lower Truro Rd.
P.O. Box 723
Truro, N.S. B2N 5E8
Tel: (902) 895-0511
Fax: (902) 893-0111
Toll Free: 1-800-565-6221
www.mackaystruckcenter.ca

Helen E. Williams, Administrator

MAPLEWOOD MANOR

**150 Blair Avenue PO Box 237
Tatamagouche, NS B0K 1V0**

**(902) 657-2876 voice
(902) 657-1022 fax**

Mariners Centre

PO Box 188, 31 Cottage Street
Yarmouth NS B5A 4B2
(902) 742-2155 or 742-3232
Fax: (902) 742-1359



A Multi-Purpose Facility:

- Recreational Activities
- Catered Events
- Weddings
- Trade Shows
- Concerts

Your Meeting Place!

www.mariners-centre.com



R.R. 1, Westville,
Nova Scotia, B0K 2A0
Undercarriage, Final Drives,
Teeth, Engine and
Transmission Parts,
Used Equipment

LAWSON COOK
Sales & Service

Order Desk: 902-396-4116
Toll Free: 800-565-4332
Fax: 902-396-5540
Res: 902-396-3381



Anne & Bill Ireland

Market Realty

805 Prince Street
Truro, Nova Scotia B2N 1G7
Anne: 902-895-1115
anne@realstatestruro.com
Bill: 902-895-5749
bill@realstatestruro.com
Fax: 902-895-1389
www.realstatestruro.com

Maxim's Moves



Owners

McLeod Safety Services

54 Spring Street, Amherst N.S. B4H 1S5

Cell (902) 887-8129

Fax (902) 885-7206

Office (902) 694-3212



Janice T. Marshall

Manager, Administration / Development

Providing and promoting safer work environments to industry since 1988

TEL: (902) 392-2997

FAX: (902) 392-2552

**DWIGHT MACGILLIVARY WELDING &
METAL FABRICATING LTD.**

MIGHTY MAC LOG SPLITTERS AND MAC TRAILERS

DWIGHT & SCOTT MACGILLIVARY
Owners/Operators

P.O. BOX 35
ADVOCATE HARBOUR
NOVA SCOTIA B0M 1A0



Rock Crushing & Screening Equipment
Sales/Rentals/Service/Parts

Truro Industrial Park
www.metsominerals.com

68 Upham Drive 902-895-8500
Facsimile..... 902-895-3249

Mik'mau Family & Children's Services of N.S.



Box 179, Shubenacadie
Nova Scotia B0N 2H0

Tel. (902) 758-3553
Fax (902) 758-2390
1-800-253-8585

**Mike MacDonald's
Electrical Contracting**

Residential - Commercial
Meeting ALL Your Electrical Needs
No Job is Too Small

FREE ESTIMATES

Phone Mike Today
563-6068 / 564-8058
28 Years Experience

should be considered helpful only if they encourage abstinence from substance abuse as their final goal. (Canadian Society of Addiction Medicine, Policy Statement, 1999)

There is no agreement within addictions medicine concerning the best approach to addiction. There is support within the health services community for both an abstinence and a harm reduction approach. As addictions medicine is not a law enforcement area of expertise, we are not well positioned to argue these issues or support one approach vs another.

d) Needle exchange programs (NEPs)

The CACP and the RCMP supports the National AIDS Strategy in advocating a community-based needle exchange program model including [all of the following integral components]: outreach, education, counseling, testing of needles and drug users, the provision of condoms and the exchange of needles. (CACP policy from 1995)

Our partners in addiction medicine have told us needle exchange programs are only effective when offered in conjunction with full service support (housing and employment outreach programs, counseling, and community support services). The NEP must also employ needle-return measures, so the number of addicts using the service can be registered and the prevalence of communicable diseases can be assessed. (Addictive Drug Information Council, British Columbia, 2000)

e) Community Injection Sites

At this time, further research is needed to show how they can be beneficially applied in Canada. It is not clear that what seems to work in a few European communities can effectively be applied within a Canadian context.

f) Methadone maintenance programs

Methadone maintenance can provide addicts with a period of stabilization and transition while they try to put their lives back together, if they are properly supported by counselling and social services. However, there are significant risks involved in providing easy access to methadone because it is an extremely powerful opiate similar to morphine or heroin. (Dr. Douglas Coleman, Addiction Medicine

Specialist, "Speech to International Conference on Drug Use", Montréal, March, 1999)

g) Medicinal uses of heroin / heroin substitution - clinical trials

Currently, heroin is available by prescription as a painkiller. It is not frequently prescribed because other, less addictive, alternatives have proven more effective. Clinical trials using heroin would require a controlled structure, including a limited number of test subjects, urine tests, high levels of counselling and all other available social support, including housing and employment programs.

The CACP and RCMP supports research into medicinal uses of any currently illicit drug. We accept that it is the responsibility of Health Canada scientists and Federal Legislators, through their research and regulatory approval process, to safeguard the interests of all Canadians.

h) Club 'designer' drugs

Club or 'designer' drugs are being used by young adults at all-night dance parties such as "raves," dance clubs and bars. MDMA (Ecstasy), GHB, ketamine, methamphetamine (speed) and LSD are some of the party drugs gaining in popularity.

No precursor drug, including ecstasy, is benign, as some of the effects of use include: intensified sensory perception, heightened interpersonal feeling toward others, acute serotonin depletion, toxicities such as tachycardia, panic, and could induce seizures, coma or death especially if used in high doses or combined with other drugs. (see www.clubdrugs.org for more specific information)

Club drugs are generally produced by organized criminal groups, with little care for the quality of the drugs they manufacture or distribute, or the health risks they may present. (Cpl. Scott Rintoul, "Designer Drugs and Raves", 2000)

i) Raves

Police strive to protect the health and safety of youth, who are the main audience at rave parties. By working with rave promoters and providing substance abuse training to security guards, and by working

(continued...)

The Mill Beverage Room

LIVE ENTERTAINMENT

Friday & Saturday
DAILY FOOD SPECIALS
(11 a.m. - 8 p.m.)
FRIENDLY PARTY ATMOSPHERE
PLENTY OF DANCE SPACE
NO COVER CHARGE
TRURO NOVA SCOTIA
902-893-7779



TEL. (902) 662-3820
FAX (902) 662-2891



MILLEN FARMS LTD.

CERTIFIED STRAWBERRY PLANT NURSERY
STRAWBERRY U-PICK

CURTIS MILLEN
President

80 LITTLE DYKE ROAD
R.R. 1 GREAT VILLAGE
N.S. B0M 1L0

MINAS VIEW GOLF LINKS

9 HOLES OF GOLF
OVERLOOKING
THE SPECTACULAR
MINAS BASIN.



330 Hiltz Rd.
R.R. #1
Walton, NS B0N 2R0
902.528.2360



Misty Meadow Farms

P.O. Box 490
Lunenburg County
Chester, Nova Scotia
B0J 1J0



Fax: 275-4726 Joseph S. Baker, Manager Telephone 275-5307



F. Morrison & Sons Ent. Ltd.

UltraMar Branded Distributor

P.O. Box 31
Whycocomagh,
Nova Scotia B0E 3M0

Tel: (902) 756-2336
Fax: (902) 756-2772

Mosher LIMESTONE

for land's sake, use lime!

Upper Musquodoboit, Nova Scotia
Phone (902) 568-2654 Fax (902) 568-2983

Motion Picture Studio Production Technicians Local 849 of the I.A.T.S.E.



The best production technicians in Atlantic Canada
15 McQuade Lake Crescent, 2nd Floor, Halifax, NS B3S 1C4
phone: (902) 425-2739 fax: (902) 425-7696
email: info@latse849.com www.latse849.com

MOTORMART

Your GM Store

Sales
Service
Parts
Body Repairs

742-7191



24 Hour
Towing



Chev - Olds - Pontiac - Buick - Cadillac - GM Trucks

45 Starrs Road, P.O. Box 610, Yarmouth, N.S. B5A 4B6



EAT IN or TAKE OUT

*Famous throughout the Maritimes for our
ENGLISH Style Deep Fried Haddock &
Whole Digby Clams*

Gerard Anderson
Dave Anderson
895-1275

Truro, NS
112 Esplanade

directly with youth to educate them regarding the dangers of designer drugs, police officers can work to facilitate positive, recreational events while simultaneously preventing any possible tragedies in their communities.

We agree with many of the recommendations of the Rave Inquest held in Toronto in May 2000, including having municipal by-laws in place requiring the following safety provisions for raves:

- Both city property and private venues be made available for raves, subject to licence or permit system.
- That public health departments work with health-care practitioners, police and school boards to educate people about the risks associated with drug use.
- A restriction on admission to those 16 and older.
- A ban on depictions of drugs and drug use on advertising material.
- Unlimited access to drinking water.
- That a paramedic be present at all times, with access to a proper first-aid room.
- That bonded security guards be used to ensure safety.
- That security guards have search privileges, at the entrance door, and admission be refused to those found with drugs.
- Unrestricted access to exit doors. (City of Toronto Coroner's Inquest into raves, May 2000)

Although these drugs are primarily available at this time at Raves, it is important to note that the focus of attention needs to be on the illicit, harmful drugs and not the venue.

j) Other emerging and important substance abuse issues

Mental Health and Drugs

We know there is a high correlation between drug use/abuse and crime. We know from our expert partners in addiction and health services, that mental illness can be a powerful factor in the motivation to use drugs, and in the attempt to stop drug use from escalating into abuse. Often symptoms of mental illness mimic that of drug abuse.

In one large US study, 30 per cent of alcohol abusers and 50 per cent of drug abusers also had a serious mental illness. A smaller study in Edmonton, Alberta, yielded similar results. (Darryl S Inaba, Pharm.D. "Uppers, Downers and All-Arounders", 1997.)

All substance abuse prevention professionals, including police who are on the 'front-line' in interaction with substance abusers, should learn to recognize and understand the most common concurrent disorders.

Impaired driving and testing

In most impaired driving studies marijuana is the most commonly detected drug after alcohol, and is most often consumed in combination with alcohol. Marijuana impairs driving behaviour such as braking time and reaction to red lights or other signals. Impaired driving by prescription medication, such as allergy or anxiety medication, is also significant.

The CACP and RCMP support the use and expansion of the Drug Recognition Expert (DRE) program and corresponding legislation. This will enable police to identify drivers impaired by illicit and/or prescription drugs, to prevent these users from driving, and further promote road safety for Canadians.

Inhalants

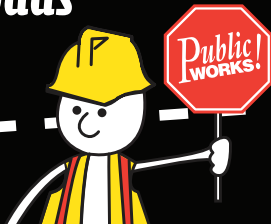
Inhalants comprise a wide variety of substances, including gases, liquids that give off fumes and aerosol sprays. Commonly used products include: typewriter correction fluid, toluene (glue), gasoline, spray paints and anaesthetic agents; they are used for their stupefying, intoxicating and sometimes slightly psychedelic effects.

Inhalants are distinctly different from other psychoactive drugs. They are fast-acting and have intense and extremely harmful effects.

Cheap and readily available, inhalants are used more often by the young and the poor. The use of inhalants by high-risk groups is alarming. Moreover, inhalants have not been dealt with adequately in any preventative measure by the majority of parents, educators, media or the police.

Nova Scotia Highway Workers' Union, CUPE Local 1867

**Keeping your roads
safe and clear!**



Napoli Pizzeria

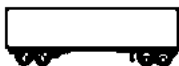


- REAL ITALIAN PIZZA
- SPAGHETTI
- RAVIOLIS
- RIGITONI
- PIZZA BURGERS
- MANICOTTI

Delivery To Downtown Motels/Hotels

539-6109

465 Charlotte Street, Sydney



NATIONAL TRUCK TRAILER SALES

Complete Line of
USED TRAILERS • VANS • FLATBEDS • DUMPS
FLOATS • REEFERS & LOG TRAILERS

Warren Keizer
COLLINGWOOD, N.S.

TEL: (902) 686-3788
FAX: (902) 686-3372

MOB: (902) 687-6849
RES: (902) 686-3385



New Glasgow Police Service

New Glasgow, NS

Proud to support PANS



NEW ROSS

PO Box 69
Chester Basin, NS B0K 1K0

902.275.3500

Proud to support the Police Association of Nova Scotia.



New Vision

Special Care Homes Limited

P.O. Box 566, Berwick, NS B0P 1E0
Ph.: 538-9579 (Berwick) Fax: 538-0390
538-8305 (South Berwick)
Email: newvision2@ns.sympatico.ca

Helen B. Walsh
Administrator

New Vision . . . A Reason to Live, A Reason to Love.

Compliments of

Newell lobster Ltd.

Yarmouth, NS

902-742-6272



Nieforth Steel Products Ltd.

427 Milford Rd.
Carrolls Corner, NS
B0N 1Y0

902.758.2527

Norm Smith Electric Limited

Box 172
Kingston, Nova Scotia
B0P 1R0

Tel: 902 756-4212 Email: nseltd@ns.aliantzinc.ca
Fax: 902 765-2999

North Bay Fishermen's Co-Op

RR 4, Station Main
Antigonish, NS
902-863-4988

Misuse and Abuse of Oxycodone-based Prescription Drugs

Oxycodone is a narcotic frequently used as a pain reliever for the treatment of moderate to severe short-term and long-term pain as well as palliative care for the terminally ill. It produces an opiate-like effect similar to morphine in all aspects including its abuse and dependence.

Oxycodone has been available for many years in combination with acetaminophen or ASA in the short acting pain reliever commonly known as Percocet® (generic names are Endocet® and Oxycocet®) or Percodan® (generic names are Endodan® and Oxycodan®). The amount of oxycodone present in these short acting pain relievers ranges from 2.5mg to 5mg per tablet.

In recent years, another short acting oxycodone tablet was introduced to the market under the brand name Supeudol® and Oxy IR®, containing 5, 10, or 20mg of oxycodone per tablet. A long acting dosage form of oxycodone has also been introduced to the market which contains between 10mg and 80mg of oxycodone per tablet. This long acting tablet marketed under the brand name OxyContin®, is formulated to release oxycodone over a long period of time. However, when crushed or chewed and either inhaled by the nose, injected or swallowed, the oxycodone will be released and absorbed rapidly producing a heroin-like effect euphoria. For this reason, OxyContin® is often referred to as “Hillbilly Heroin”.

When oxycodone-based prescription drugs are taken as directed by a physician for a short period of time, most patients will not develop a dependency for the product. However, similar to other opioids, misuse and abuse can easily lead to dependence and tolerance to oxycodone, requiring more frequent and higher doses.

Health Canada is aware of increasing concerns about the possible misuse and abuse of oxycodone-based products in Canada, particularly in Atlantic Canada.

Health Canada has met with key Atlantic stakeholders including the provincial ministries of Health and licensing authorities for pharmacists and physicians to

discuss their concerns about the prescribing and usage of controlled substances, especially oxycodone. As a result of the consultations, Health Canada undertook a review of all sales transactions of oxycodone-based products in Newfoundland and Labrador, Nova Scotia, New Brunswick and Prince Edward Island. To date, only estimates regarding the volume of prescriptions and transactions of oxycodone-based products in Atlantic Canada were available. Please note that one prescription can generate a number of transactions.

The review undertaken by Health Canada, led to a report which helps to establish baseline information regionally and provincially for a six-month period, for a number of key indicators including the volume of transactions. This report was shared with the Atlantic ministries of Health, and licensing authorities of pharmacists and physicians in July, 2005, for their information and to complement their activities in the area of misuse and abuse of prescription drugs.

Although the most explicit concerns about the possible abuse and misuse of oxycodone-based products have been voiced in Atlantic Canada, the report provides knowledge that could be helpful to other jurisdictions.

Health Canada has established a federal, provincial and territorial committee to discuss issues including the abuse of narcotics, controlled substances, alcohol and prescription drugs. Health Canada will continue to work with these jurisdictions and other stakeholders to address issues associated with substance abuse.

A roundtable discussion on the specific issue of abuse of pharmaceuticals is also being planned under Canada's Drug Strategy.

Need More Information?

Canadians are encouraged to speak to a health care provider if they have questions about prescription drugs and substance abuse.



Health Canada
Santé Canada

www.hc-sc.gc.ca



Connector Rd., Exit 13, Truro, N.S. B2N 5N2

BILL MASTERS
GENERAL MANAGER

1-800-565-4318

Bus: (902) 895-6381

Fax: (902) 893-7603

Res: (902) 895-0877

bmasters@novaent.ns.ca



Vince Lemieux, D.B.A.
General Manager

192 Macfarlane Ave.
P.O. Box 759
Stellarton, NS, B0K 1S9
sales@novaleather.com

Tel: 902.752.8000
Fax: 902.752.0758
Cell: 902.759.3388
Toll Free: 800.565.4397



**NOVA MILLWRIGHTS
CONTRACTING LTD.**

Debra Poirier
Owner/Manager

Tel: (902) 847-0412
Fax: (902) 847-0150
Cell: (902) 847-1384
Toll Free: 1-866-879-5883

1821 Harmony Rd.,
R.R. #1, Aylesford, NS
B0P 1C0



Transportation
& Public Works
Operations Services
Eastern District

Charlie MacDonald, P.ENG.
Area Manager

6 Campbell Street
P.O. Box 10
Baddeck, N.S.
B0E 1B0

Bus: 902 295-2700
Fax: 902 295-2617
E-mail: macdonch@gov.ns.ca

Manufacturer of
Braided Ropes & Cordage

tel: 902-742-4212
fax: 902-742-1832

234 Water Street
Yarmouth, Nova Scotia B5A 4P8



Novatec Braids Ltd.
Manufacturers of
NOVABRAID Products



Contractors for the Petroleum Industry

87-89 Ottawa Street, P.O. Box 216
Summerside, PE C1N 4Y8

25 Raddall Ave Unit 1
Dartmouth, NS B3B 1L4

Tel: 1-800-565-1135

Tel: (902) 436-8239

Fax: (902) 436-8831

www.noyeenterprises.com



O'BRIEN'S PHARMACHOICE

Walter McCormack

98 WATER ST.
P.O. Box 190
PUGWASH, NS B0K 1L0
PH: (902) 243-2551
FAX: (902) 243-3211

*Advice
for Life*



Tel: 902.422.4011
800.565.4011
F: 902.422.8511
www.officeinteriors.ca

Office Interiors
656 Windmill Rd./ch. Windmill
Dartmouth, NS/NE
Canada B3B 1B8

Olympia Tile International Inc.

55 Akerley Blvd.
Dartmouth, NS
B3B 1M3

902-468-9260

ORIGINAL ROOFING & SIDING



"COME IN FROM UNDER THE RAIN"

FREE ESTIMATES
TELEPHONE (902) 396-5061

Ken Jardine
RR#2 Westville
Pictou County, NS B0K 2A0
Facsimile: (902) 396-4444
Email: kenneth.jardine@ns.sympatico.ca

WINDOWS - DOORS - DECKS - GUTTERS - EXTERIOR & INTERIOR RENOVATIONS

Oxycontin Addiction

OxyContin addiction is a relatively new, but very serious, concern. Like Vicodin addiction or other forms of prescription drug addiction, OxyContin addiction occurs when patients take high doses of this prescription drug for an extended period of time. Although these prescription drugs are intended for medicinal use only, OxyContin addiction, like Vicodin addiction, is an unfortunate occurrence.

One of several opiates available by prescription, OxyContin is a powerful painkiller available in time-release tablets whose effects last for twelve hours. When used as prescribed, OxyContin manages pain for cancer patients and chronic pain sufferers. However, OxyContin addiction has created an entirely new set of problems.

First introduced to the public in 1996, OxyContin is a white, odorless, crystalline powder derived from the opium alkaloid. A very strong narcotic, OxyContin is similar in effect to morphine. OxyContin addiction under a qualified physician's care is rare. According to the National Institute on Drug Abuse, however, many physicians limit prescribing OxyContin because they believe patients may become addicted to the drug.

Because OxyContin is a time-released drug, taking one or more pills should not produce an effect attractive to drug addicts. When taken correctly, OxyContin does not produce euphoria. When the drug is released all at once, however, broken, crushed or chewed (as is the case with those experiencing OxyContin addiction), OxyContin produces a pleasant, euphoric feeling. OxyContin addiction can also cause overdose and death.

People with OxyContin addiction acquire the drugs in a variety of ways, including forging fraudulent prescriptions, visiting several different doctors for prescriptions or buying the drugs illegally on the street. Because most health insurance companies will cover the costs of OxyContin, abusers can purchase the drugs at pharmacy prices, and then sell the OxyContin for wildly inflated street prices.



Unfortunately, many of those suffering from OxyContin addiction have health insurance that will no longer pay for prescriptions. Because these addicts cannot afford the high street-level prices, they often switch to heroin; OxyContin and heroin have similar effects, so both drugs are attractive to the same abuser population. In fact, OxyContin is sometimes referred to as "poor man's heroin."

Like other substance abuse problems, OxyContin addiction cannot be treated effectively at home, but requires close supervision by a trained medical professional. Because OxyContin addiction affects the brain's chemical make-up, drug abusers who attempt to detox at home will experience severe withdrawal symptoms. In a medical environment, these symptoms can be eased and the addict undergoing detox made more comfortable.

Treatment Referral provides referrals to rehabs that effectively treat OxyContin addiction and other forms of substance abuse, addressing the behavior and thinking patterns that directly contribute to the individual's disease and ensuring patients have a meaningful recovery.

If OxyContin addiction might be a problem for you or someone you love, we encourage you to give Treatment Referral a call today to learn more about our treatment options. 800.375.4577

As originally published - www.oxycontin-addiction.us

PPG Canada Inc.
81 Bluewater Road
Atlantic Acres Industrial Park
Bedford, Nova Scotia, B4B 1H4
Bus: (902) 835-7281
Fax: (902) 835-0681
Email: waynequinn@ppg.com



**PROUD TO
SUPPORT OUR
LOCAL POLICE
MEMBERS**

PA YEOMAN MARINE SERVICES

Containers Sold For Storage & Shipping
Maritime Delivery On Arrangement

890 Old Sambro Rd.

425-2225

PAS Automotive Repair 

For All Your Automotive Needs
ALL WORK GUARANTEED

1043 KINGS RD., SYDNEY RIVER
539-7676

KEVIN PETTIPAS
LICENSED MECHANIC



Your Insurance Broker
Understands

EST. 1932

PENNEY'S

INSURANCE LTD.

ALL LINES OF INSURANCE

PHONE 902-543-4633

FAX 902-543-4383

700 King St.

BRIDGEWATER, NS B4V 1B4

Congratulations to the Police Association
of Nova Scotia with Their Efforts to
Assist the Community in Crime Prevention

PERRY'S AUTO BODY

"Complete Collision Repair"

93 Harris Rd. P.O. Box 126, Pictou, NS B0K 1H0

Phone: (902) 485-6348 Fax: (902) 485-1065

Pickup
MacDowell
HAPPY HOUR AND MORE

Tel: (902) 625-2500
Fax: (902) 625-0500
e-mail: pcmd@auracom.com

LORNE J. MacDOWELL Q.C.

308 Phipps Street, Unit 2
Port Hawkesbury
Nova Scotia, Canada
B9A 2B8

PIERCEY INVESTORS LIMITED

Land Developers

Newly Approved Residential Lots

Sheldrake Heights Subdivision, near Timberlea

At Exit 4, Halifax Co., Highway 103

Lot Plans available at

7020 Mumford Road 4th floor, Halifax, N.S. B3L 4S9

(902) 454-7696

The Pilot's Pub Dining Room & Lounge

Panoramic View of Halifax Harbour

Mon, Thurs, Fri - Wing Night

Thurs night - Rib Night

HAPPY HOUR 4:30 - 6:30 every night

Brunch Sat 10-3 Sun 11-3

Family Dining
Daily Specials
Take-out Service

- Auctions -
- Birthdays -
- Banquets -
Call for
Reservation

10 Atlantic Street - Overlooking Halifax Harbour - 461-4300

PIVOTAL POWER

150 Bluewater Rd.,
Bedford, NS B4B 1G9

... 835-7268 ...



BRYCE SCHNARE

THE PLAZA GROUP
50 TACOMA DRIVE, UNIT 18
DARTMOUTH, NS
B2W 3E5

TEL. 902 . 468 . 8688

FAX. 902 . 468 . 9446

CELL. 902 . 456 . 9860

bryce.schnare@plaza.ca

www.plaza.ca

www.retailbrokersnetwork.com

Wife Abuse - The Impact on Children

The scope and seriousness of wife abuse is increasingly becoming known in our society. Thirty percent (3 in 10) of Canadian women reported at least one incident of physical or sexual violence at the hands of a marital partner in a large-scale 1993 national survey on violence against women conducted by Statistics Canada. Of the women who had been abused, one-third had feared for their lives during the abusive relationship. Forty-eight percent of women with a previous marriage reported having experienced abuse.

The profound negative effect on children who witness their mother being assaulted is now being recognized. Children are affected in their emotional development and behaviour, as well as in their educational adjustment. Children, especially boys, who witness violence are more likely to be violent when they grow up. Witnessing violence in childhood increases the likelihood of a man becoming an abusive husband and causing severe injuries.

How many children are affected?

Estimates of the proportion of children of abused women who witness the violence range from 40 to 80 percent. The consensus of opinion is that children see, overhear or are aware of the majority of violent incidents. Best estimates indicate that three to five children in every Canadian school classroom have witnessed their mother being assaulted. In many cases children witness severe violence. For example, in the 1993 Statistics Canada study, children were reported to have witnessed violence in more than half of the cases in which women feared for their lives. Children who witness physical violence toward their mother almost invariably witness a great deal of psychological abuse, including verbal abuse, belittling and threats toward her.

What are the links between wife assault and child abuse?

- Children who witness the violent behaviour of their father or their mother's partner toward their mother are being emotionally abused.
- There is 30 to 40 percent overlap between children who witness wife assault and children who experience direct physical abuse themselves.
- Women are often abused during pregnancy and miscarriage sometimes results.
- Abuse and the resultant trauma and stress on the mother lessen the coping resources that mothers have available for parenting. This can result in less effective

parenting by the mother and neglect or child abuse in some cases.

- A pattern of physical and emotional abuse of mother by father or other male partner is common in families in which children are sexually abused by fathers or male partners of mothers.

What are the emotional and behavioural effects on children?

- Children who witness their mother being abused by their father or mother's partner frequently experience Posttraumatic Stress Disorder (PTSD). The symptoms of PTSD include re-experiencing the trauma (nightmares, intrusive thoughts or images, flashbacks); fear, anxiety, tension and hyper-vigilance; irritability and outbursts of anger and aggression; and efforts to avoid being reminded of the abuse.
- If the mother takes her children and leaves, the children suffer disruption of their home, routine, relationships with their friends, and often their school. These children may be pre-occupied with fear that violence will re-occur and are often aware of threats and attempts at renewed contact, or stalking, by their fathers. At the same time the children may be relieved to be in a safer place.
- Children who have witnessed their mothers being assaulted display greatly elevated rates of depression, withdrawal, low self-esteem and other emotional problems.
- These children who witness wife assault have a much greater risk of behaviour problems, such as aggression with peers, non-compliance with adults, destructive behaviour, and conflict with the law.
- These children who witness wife assault and whose parents separate may have ambivalent feelings toward their father. They may miss him, and worry about his well-being, but also be afraid of him at the same time.
- Children, as they enter adolescence, may also have mixed feelings about their mothers. They may feel sympathy and support, but also be resentful and disrespectful, because of their opinions about their mother's choices.
- Their level of emotional and behavioural problems is of a magnitude similar to that of children who are themselves physically abused.

(continued...)

PLENUS[®]

ACTUARIAL SERVICES

TEL 902 429-6543 FAX 902 453-0291

PO BOX 33004

HALIFAX, NS B3L 4T6

WWW.PLENUS.CA

CONSULTANTS

(902) 564-8100
(902) 564-8300
(902) 564-8400
Fax: (902) 567-0605



POLLETT DRUG STORES LTD.

*Complete Line Home Health Care
Reg Bonner & Mary Muise*

203 CHARLOTTE STREET
FREE DELIVERY SYDNEY, NS B1P 6R8

POLYTECH
PRODUCTS LTD.
Windows & Patio Doors
FREE ESTIMATES
Manufactured in N.S.
Custom made to your specifications
Exceptional Warranty
• Solid Vinyl European Design
• Bay, Bow and Round Top Windows & Slights
• Custom & Sliding Patio Doors
New Office:
Sydney, N.S.
Tel: 902-295-1245
Tel Fax: 1-888-295-5763
Service Office:
Dartmouth, Nova Scotia, N.S.
Tel: 902-451-1100
Tel Fax: 1-888-466-4551

**PROUDLY
STANDING BESIDE
PANS AND THEIR
FIGHT AGAINST
CRIME**



Insurance

Home and Auto

1 866 296 0888

MyTDIGroup.com/pans

Direct service. Direct savings.

Under written by Primum Insurance Company

**CREDIT UNION
PRINCESS**
22 Fraser Avenue
Sydney Mines, NS
B1V 2B7
Tel: (902) 736-9204
Fax: (902) 736-2887
Email: bmcgean@princess.creditu.net
B.J. (Brian) McGean
Manager



**R&D Nickerson
Fish Products Ltd.**
"Quality Seafood Worldwide"

RR #1 Sheg Harbour, Canada B0W 3B0

Bus.: (902) 723-2028
Fax: (902) 723-0126
Res.: (902) 723-2247

E-mail: rdnickfish@kls.com

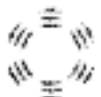
David A. Nickerson
President
Sandra Nickerson
Office Manager
Tyler Nickerson
Salesman

Grant #10
Branch Manager

Mobile: 902 687 7502
grant.10@radiancorp.com

**Radian
Communication
Services**

126 Truro Heights Rd.
Truro, NS, Canada B0N 6W2
Telephone: 902 883 3043
Facsimile: 902 883 1818
www.radiancorp.com



RADIAN

**NORMAN RAFUSE
MASTER CARPENTER**

Rafes Construction Ltd.

GENERAL CONTRACTORS IN CUMB. CO. SINCE 1978

35 Chambers Blvd.
BUS: (902) 254-3436 P.O. BOX 336
RES: (902) 254-3366 PARRSBORO, N.S. B0M 1S0

RAINBOW NET & RIGGING LIMITED

109 Simmonds Drive
Burnside Industrial Park
Dartmouth, N.S. B3B 1N7 Canada

S. (Cec.) Mitchell



Ph: (902) 468-7503
Fax: (902) 468-3969

Specializing In:

Commercial Fishing Supplies • Aquaculture Fish Cagenets
Mussel Supplies • Bottom Trawl Nets • Scottish Seine Nets
Customized Products • (Construction of Netting & Rope)

Roofing Connection

121 Illsley Ave Unite W
Dartmouth, NS
B3B 1S4

902.468.7043

What is the impact on education and social skills?

- Children who witness their mother being abused by their father or other male partner tend to have lowered school achievement. They may have increased school absences because they are needed at home to look after siblings when the mother is incapacitated, or they may refuse to go to school because they do not want to be separated from their mother. At all ages, they may not pay attention at times because they are preoccupied and anxious. They are more often truant. When at school they may be withdrawn and/or aggressive.
- Children from violent homes tend to have lowered social skills.
- Abusive homes are often socially isolated and children may be taught to be secretive about the abuse.

What are specific effects at different ages, and for girls and boys?

- Very young children, even infants, are seriously affected, and may suffer problems with sleeping, weight gain and excessive crying.
- Pre-schoolers display effects such as anxiety, clinginess and aggressive behaviour.
- Children beyond the infant or pre-school age often feel responsible to try to intervene in the abusive situation.
- Children aged 6 to 10 tend to have school and peer relationship problems.
- Teenage children tend to be truant, run away or drop out of school, and they tend to become involved in violent dating relationships. Teens may, in some cases, use denial as a coping method.
- Some, but not all, studies find that girls who witness violence have a greater tendency to become withdrawn and depressed, while boys have a greater tendency to act aggressively. However, these problems are present in both boys and girls.
- Boys, especially at age 11 or older, who identify strongly with their fathers may imitate his actions by being aggressive towards their mother and other women.

Are all children affected to the same degree?

- Children whose mothers cope especially well and have strong social support will fare better. Children who have areas of strength in school, social relationships and sports activities are also better off.

- Children who witness abuse and are also themselves abused tend to fear the worst.

Links between witnessing violence and learning to be violent

- Children from violent homes are being taught that violence is an effective way to gain power and control over others.
- Children from violent homes are more prone to accept excuses for violent behaviour, and have increased risk of acting aggressively toward peers and adults.
- Witnessing violence greatly increases the chances that a boy will grow up to act violently with dating and/or marital partners. For girls, it increases the chances that she will accept violence which occurs in her dating and/or marital relationships.

What can be done to help children who witness wife assault?

A coordinated community response, with all professionals and service agency personnel trained to understand issues of woman abuse and its effects on children, is needed if battered women and their children are to be adequately protected. Public awareness of the issues involved is also important.

Early identification and appropriate referral of battered women can assist in preventing future harm to these women and their children.

Legal/policing issues

When the legal system and police effectively protect women and their children, the trauma for children is lessened. Current issues include effective and easily accessed protection orders; quick access to the matrimonial home with the batterer removed; and the enforcement of probation conditions and anti-stalking laws. Appropriate penalties for wife assault all directly affect children's safety, sense of security and adjustment after abuse.

Child protection

Recognizing that witnessing wife assault constitutes emotional and psychological abuse is an important first step in protecting children. At the same time, support to the mother, without victim blaming, is essential. Six of ten provinces in Canada stipulate in legislation that children who witness woman abuse can be found in need of protection. (However, child protection agencies are overwhelmed with existing caseloads and may not have adequate resources for these cases.)

(continued...)



RIVERVIEW TREE FARMS CO. LTD.
C/O ROYCE WATERMAN
R.R. 1, SOUTH BROOKFIELD
NOVA SCOTIA B0T 1X0

TELEPHONE:
685-3998

Rothmans Benson & Hedges Inc.

51 Raddall Ave.
Dartmouth, NS
B3B 1T6

902.468.5255



Doug Moxam
Owner

ROYAL LEPAGE

Anchor Realty

INDEPENDENTLY OWNED AND OPERATED

264 Bedford Highway, Suite 205
Halifax, NS B3M 2K7

Cell: (902) 830-1448
Fax: (902) 457-1570
Website: www.moxam.com
E-Mail: dmoxam@eastlink.ca



RENAISSANCE (CLOTHING CO.)

**Located in one of Halifax's
oldest Heritage Buildings**

Featuring casual clothing and footwear for
men, women and children. Collections by
Polo, Tommy Hilfiger, Mexx, Part
Two/Wear, Calvin Klein, Osh Kosh and
fun Nova Scotia souvenir T-shirts

1549 Barrington St. 422-3509
corner of Blowers Street

R. A. Corkum Funeral Home Ltd.

Family Owned and Operated
Located in Bridgewater, Nova Scotia



ROBERT A. CORKUM • KRISTA CORKUM
Embalmers & Funeral Directors

Dignified and Courteous Service

Mailing Address:

48 DeaBrisay Drive
Bridgewater, N.S. B4V 3H6

Phone (902) 543-3333
Fax (902) 543-2687

REIGH'S SERVICE CENTRE LTD.

GENERAL DELIVERY, HEBRON, N.S. B0W 1X0

Tire Dealers - General Repairs

Tel: (902) 742-4927

PROUDLY SUPPORTS PANS



Region of Queens Municipality

Museum Capital of Nova Scotia
www.queens.ca



Sackville Driving School H.D.S. Driving Services

DUAL CONTROLLED CARS
32 years Continuous Service
In Safe Driving Instruction
*Insurance Approved Courses
*G.D.L. Exit Courses

Terry Johnson
Manager

For Appointments
Phone: 865-9737



Tony Demone

280 Sackville Drive
Lower Sackville, NS
B4C 2R4

Off: (902) 864-4440
Fax: (902) 865-4369
Idemone@accesswave.ca

Child custody/access

After separation, many batterers use the issue of legal child custody as a means to threaten and control their former spouses. The period immediately after separation is a very high-risk period for abuse and killing of mothers. In a recent study, it was found that of 1,157 wife assault cases tracked through the Nova Scotia justice system, 24 percent of victims suffered abuse while their male partners were exercising court-ordered child visitation. Wife assault should be considered a major factor in child custody cases, as the effects on mothers and children are so serious.

Children's mental health/Children's groups

The high incidence and serious effects of witnessing wife assault make it a prime issue in children's mental health. Groups for children who have witnessed violence are an important service. In group situations, children can learn safety skills for themselves in abusive situations. They can learn that no one has the right to abuse another and that they are not responsible for the abuse. They can also learn alternative ways to handle conflict without violence. Individual treatment, and treatment for depression, fear, post-traumatic

stress disorder and aggressive behaviour may also be needed, depending on the child's adjustment.

Shelters and advocacy for battered women

Support services for battered women, through shelters, legal, housing and financial supports, all have a major positive impact on the accompanying children. Without such services, many more children will continue to witness abuse.

Schools

Schools are in contact with hundreds of thousands of child witnesses of woman abuse in Canada each year. Professional development for teachers, as well as the development of school protocols to deal with and assist such children are very important.

Prevention

Schools and community resources cooperating in awareness programs constitute the best hope to educate all community members about the effect of witnessing abuse on families and children. Effective programs are available and can be implemented at low cost.



Health Canada Santé Canada

www.hc-sc.gc.ca



*PANS would like to thank you for
supporting your community*



River Watch is a cooperative program between government and private citizens. This program educates and trains private citizens to become **River Watch Monitors**. River Watch Monitors observe, record, report, communicate, educate, and monitor watercourses in our environment. They become guardians of the stream.

If you would like to join River Watch please call **The Sackville Rivers Association at (902) 865- 9238**.

Salvatore's

5541 Young St.

Halifax, NS

B3K 1Z7

455-1133

***Proud to Support
P.A.N.S***

Sandy & Sons Fisheries Ltd.

Box 43 Port Mouton

Queens Co., N.S. Canada BOT 1T0

Ph: 902-683-2781

Fax: 902-683-2420

Scanwood Canada Ltd.

180 Thornhill Drive

Dartmouth, NS

B3B 1V3

902-468-2677

We offer you:

-Financial Advice

-Protection

-Investments

-Estate Planning

As a ScotiaMcLeod branch in the community, we're dedicated to creating personalized financial solutions and quality advice.

7 Inglis Place, 2nd Floor

Truro, NS B2N 4B5

Tel: 902-896-7741

Fax: 902-896-7742

Toll free: 1-877-244-5970



TM Trademark used under authorization and control of The Bank of Nova Scotia. ScotiaMcLeod is a division of Scotia Capital Inc., Member CIPF.



Tel: 902 468-5650

Fax: 902 468-8769

Cell: 902 430-4665

Toll Free: 1 800 961-0000

dwelner@scotiarecycling.com

DARREN WELNER

SALES & MARKETING COORDINATOR

5 Brown Avenue

Dartmouth, NS

B3B 1Z7



**Proud to
Sponsor
PANS' Annual
Community
Guide**

Seafoam Campground

River John, NS

351-3122

Seaview Manor HM Special Care

275 South Street

Glace Bay, NS

• **902-849-7300** •



Since 1985

562-7661

Fax: 539-3059

South Bar



- Custom Home Construction & Renovations
- Professional Consultation
- Roofing Specialists
- FREE Estimates

"A member of the Canadian Home Builders' Association"

Child Abuse – Knowing the Signs

Emotional

Emotional abuse includes all acts of omission or commission which result in the absence of a nurturing environment for the child. It occurs when the caregiver continually treats the child in such a negative way that the child's self concept is seriously impaired. Emotionally abusive behaviour by the caregiver can include constant yelling, demeaning remarks, rejecting, ignoring, isolating the child or terrorizing the child. Emotional abuse is often difficult to prove.



Signs may include:

- Severe depression
- Extreme withdrawal or aggressiveness
- Overly compliant, too well mannered, too neat or clean (an effort to avoid further abuse)
- Extreme attention seeking
- Displays extreme inhibition in play
- Bedwetting that is non-medical in origin
- Frequent psychosomatic complaints; headaches, nausea, abdominal pains
- Child fails to thrive

Physical

Most caregivers do not intend to neglect their children. It usually results from ignorance about appropriate care for children or an ability to plan ahead. Neglect occurs when a caregiver fails to meet the basic needs such as food, sleep, safety, supervision, clothing, or medical treatment.

Signs may include:

- Pale, listless, unkempt
- Frequent absence from school
- Inappropriate clothing for the weather, dirty clothes
- Engaging in delinquent acts, alcohol/drugs
- Frequently forgets a lunch for school
- Poor hygiene
- Unattended need, i.e. dental work, glasses
- Consistent lack of supervision

Sexual

Sexual abuse is any sexual exploitation of a child by an older person where the child is being used for sexual purposes.

The Criminal Code of Canada identifies a number of types of sexual abuse, including;

- Sexual interference
- An invitation to sexually touch
- Sexual exploitation of a young person
- Parent or guardian procuring sexual activity from a child
- Age inappropriate play with toys, self or others displaying explicit sexual acts
- Age inappropriate sexually explicit drawings and or descriptions
- Bizarre, sophisticated or unusual sexual knowledge
- Prostitution
- Seductive behaviours
- Unusual or excessive itching in the genital or anal area
- Torn, stained or bloody underwear
- Pregnancy
- Injuries to the genital or anal areas, i.e. bruising, swelling, or infection
- Venereal diseases

Source: National Clearinghouse on Family Violence, Family Violence Prevention Division, Health Canada Ottawa, Ontario K1A 1B5

**SENIORS FOR SENIORS™
SENIORS FOR BUSINESS™**

HOWARD F. COURT
PRESIDENT

7001 MUMFORD ROAD
TOWER 1, STE. 819
HALIFAX, N.S. B3L 4N9
TEL: (902) 454-6368 - FAX: (902) 454-0616

*ServiceMASTER
of Truro*



**24 HOUR
Emergency Service**
895-2450

**Professional Carpet &
Upholstery Cleaning**
Serving Truro Since 1975

Pager: 1-902-558-4101
Email: svmtruro@ns.aliantzinc.ca



SHANNEX

1-877-SHANEX
Enhanced Care and Retirement Living
Sydney, Truro, Halifax, & Moncton
www.Shannex.com
www.ParklandEstates.com

**SHAW
RESOURCES**

Jeff Newton
Site Manager
Keddy Aggregate

e-mail:
jnewton@shawresources.ca

Keddy Aggregate Operation
General Delivery, Coldbrook
Kings Co. N.S. B4R 1B6

Ph: (902) 679-6604
Ph: (902) 679-6606
Fax: (902) 679-6679

A MEMBER OF THE SHAW GROUP LIMITED

Sheehy Enterprises Co.

Peter & Terry Sheehy - Owners
P.O. Box 356
Shubenacadie, NS B0N 2H0

902.758.2002

**Shelburne
Diesel**

SUPPLIES
& SERVICES
LIMITED

"Complete Parts & Inventory"

Compartment 1, Site 3, R.R.#2, Shelburne, Nova Scotia B0T 1W0
Telephone (902) 875-2121 Fax 875-4796



**SOUTHEAST
DRYWALL LTD.**

Jim Rossiter
President

Southeast Drywall Ltd.
35 Weston Court
Dartmouth, NS B3B 1X4

Telephone: (902) 445-7970
Fax: (302) 445-7182

**Shelburne Mall
Merchants Association**

**115 King St.
Shelburne, NS B0T 1W0**

902.875.2579

**Simply
FINANCIALS™**

One Stop for Small Business Since 1989

**Accounting
Coaching
Taxation
Support:**

ONSITE, Classroom for 8 here,
Remote access with GoToAssist
Email: Diana@SimplyFinancials.com

Diana Read-Miedema



Tel: 902-895-6074
Free: 877-385-6288
Fax: 902-895-3038
20 Willow St. Truro, NS, B2N4Z4

Sage **BusinessVision**

www.**SimplyFinancials.com**



Networking Atlantic Small Business
Accountants Tax Update Conference
Jan 18, 2008, Best Western Truro

**MARCAP
REALTY MANAGERS**
COMMERCIAL REAL ESTATE BROKERAGE

- Leasing • Consulting
- Investment / Commercial Sales
- Development / Lease Back



Landlords to: • Air Liquide
• Princess Auto • Securicor
• Sherwin Williams • Swish

468-3366

Potential Effects of Witnessing Family Violence on Children

Physical Effects

INFANTS

- low birth weight
- prematurity
- poor health
- poor sleeping habits
- excessive screaming

CHILDREN

- agitation
- developmental delay
- sleep disturbances
- enuresis (involuntary urination, bedwetting)
- anxiety (shaking, nail biting, hair pulling)
- speech and hearing difficulties
- psychosomatic complaints
- eating disturbances

Cognitive Effects

- difficulty concentrating
- deficits in thinking through social problems
- deficits in generating appropriate solutions to social conflicts
- increased academic involvement

Emotional Effects

- increased anxiety and/or depression
- anger
- ambivalence
- feeling unloved
- hostility
- stress
- confusion
- shame
- despair
- loneliness
- guilt
- sadness
- jealousy
- worrying
- embarrassment
- isolation

Behavioral Effects

GENERAL

- bed-wetting
- whining
- clinging
- yelling
- irritable behavior
- hiding
- shaking
- stuttering
- lower social competency

BOYS

- aggression
- temper tantrums
- fights with peers and siblings
- bullying tactics
- low frustration level
- disobedience
- lying, cheating
- destructive
- impulsive
- argumentative
- loud
- tease excessively
- worry excessively
- withdrawn

GIRLS

- withdrawn
- passive
- approval seeking
- compliant
- low frustration level
- infinite patience
- cling to adults
- overly dependent
- stubborn
- tease excessively
- worry excessively
- increased somatic complaints

Source: National Clearinghouse on Family Violence, Family Violence Prevention Division, Health Canada Ottawa, Ontario K1A 1B5

**South Shore
FUELS**

Limited

**24 HOUR Emergency
Burner Service**

**527-0009 • Bridgewater
Toll Free: 1-800-801-1112**

- ♣ *Serving Lunenburg & Queens County*
- ♣ *Delivery of Furnace Oil Fuel, Kerosene and Diesel Fuel*
- ♣ *For Great Personalized Service & Competitive Rates,
Give Us A Call*

SOUTH SHORE GLASS LTD.

399 York Street
Bridgewater, NS B4V 3K1

*Residential & Commercial
Glazing & Hardware Sales & Service*

Phone: (902) 543-6013

Fax: (902) 543-6033



**STONEHOUSE MOTEL
& RESTAURANT**

- 40 Drive-up Rooms
- Cable TV
- Executive Rooms
- Mini Suites
- Licensed Dining Room
- High Speed Internet
- Family Rooms
- House Keeping

**OPEN YEAR
ROUND**

165 Willow St.,
Truro, NS B2N 4Z9

893-9413
Toll Free 1877-660-6638



South West Health
Working Together for Better Health
Shelburne • Yarmouth • Digby

Anthony Muise, CMA
VP Operations

Yarmouth Regional Hospital
60 Vancouver Street
Yarmouth, Nova Scotia
B5A 2P5

Phone: (902) 742-3542 ext. 117

Fax: (902) 742-0369

Email: amuise@swndha.nshealth.ca
www.swndha.nshealth.ca

Tel.: 674-2777

South Side Farms
limited

304 Millville Hwy
Cape Breton, N.S.
B1Y 2E2

**Spring Garden
Place**

5640 Spring Garden Rd.
Halifax, NS B3J 3M7

902.420.0675

**St. Anne Community &
Nursing Care Centre**

**Arichat, NS
B0E 1A0**

902.226.2826

Saint Mary's Cathedral Basilica

Phone: 423-4116 Fax: 425-4857

Email: stmb@hfx.eastlink.ca Website: www.stmarysbasilica.ns.ca

Rector: **Very Rev. Thomas Mabey**

*Each year we are pleased to hold the Annual Law Enforcement Service at
Saint Mary's Basilica that honours all Law Enforcement Officers.*

Weekday Masses:

12:15 pm & 5:15 pm and Saturday at 12:15 pm

Sunday Masses:

Sunday at 7:30 am, 11:00 am, and 5:00 pm
Saturday at 4:00 pm Nov. – March & 5:00 pm April – Oct.



**Stan Demings & Sons
Fisheries Ltd.**

RR3 Shelburne, NS
B0T 1W0

875-3937

Proud to Support PANS

**Sterling Belliveau
MLA Shelburne County**

Constituency Offices:

Barrington - 637-3200

Fax - 637-3530

Shelburne - 875-9090

Toll Free - 1-800-753-7696

mlashelburne@eastlink.ca

www.sterlingbelliveau.ca



ADULT SURVIVORS OF CHILD SEXUAL ABUSE

WHO IS AN ADULT SURVIVOR OF CHILD SEXUAL ABUSE ?

An individual who was sexually abused as a child is an adult survivor of child sexual abuse. This abuse may have had long-term effects on the survivor's life. In most instances, the victim of the abuse never discussed the abuse with others while it was occurring. This individual is learning now, as an adult, to deal with the effects of the abuse.

The term 'survivor' is used, instead of the term 'victim', because the individual has survived the childhood sexual abuse. The term is used in recognition of the strengths of the individual who has survived.

Child sexual abuse occurs when a child is used for the sexual gratification of an older adolescent or adult. It also involves the abuse of power that an adult has over a child. The sexual abuse may be used by the adult as a means of fulfilling his need to be powerful.

Sexual abuse occurs across all communities regardless of race, religion, cultural heritage, social or economic status.

According to the Committee on Sexual Offences Against Children and Youth (commonly known as The Badgley Committee) 98.5% of abusers are male and most victims are female.

For this reason when referring to abusers the male personal pronoun will be used. However, it is important to recognize that boys and male adolescents are also sexually abused. Male survivors may recognize some of their experiences as similar to those of female survivors.

HOW WIDESPREAD IS THE PROBLEM ?

The most recent national Canadian study (1984), conducted by the Badgley Committee, estimates

that about one in two females and one in three males have been victims of unwanted sexual acts. Four in five of these acts were committed against the person as a child or youth.

If you are dealing with the effects of child sexual abuse, please remember that you are not responsible for the abuse. No one ever deserves to be abused. As an adult, you can overcome the effects the abuse may have on your life.

FACTS TO CONSIDER

- Many survivors, estimates are as high as 50%, do not remember the abuse until years after it has occurred. Usually something in adulthood will trigger the memory. Some are never able to clearly recall the abuse.
- Survivors often hold the distorted belief that they are responsible for the abuse perpetrated against them. This results in feelings of extreme guilt and self-blame. Most abusers tell children that it is their own fault they are being abused, shifting the blame away from the abuser, where it belongs, and placing it on the child.
- A recent Canadian survey (1991) of women serving federal sentences in penitentiaries notes that 53% of the women incarcerated stated that they had been sexually abused at some stage in their lives, most commonly during childhood or adolescence.
- Children with disabilities are particularly at risk for sexual abuse. Researchers evaluating the findings of several incidence studies suggest that the risk of sexual abuse is at least 50% higher for children with disabilities than nondisabled children of similar age and gender.
- As adults, people with disabilities who have been abused are further disadvantaged by the fact that they are frequently denied access to counselling services and even when services are accessible, they are unable to meet the individual needs of clients with disabilities.



Stevens Group

20 MacDonald Avenue, Burnside Industrial Park
Dartmouth, Nova Scotia B3B 1C5
t: 468.8040 f: 468.4839
www.stevensgroup.ca



PHARMASAVE

802

Irene & Graham MacKenzie
STORE OWNERS

491 Chebucto Street
P.O. Box 249
Baddeck, Nova Scotia B0E 1B0
phone (902) 295.2404 fax (902) 295-2774
e mail: stonesspharmasave@ns.sympatico.ca or
graham.mackenzie@ns.sympatico.ca

Stevie Crete Foundations LTD

18 Brackstone Crt. Sackville, NS B4A

902•865•4426

cell **902•830•9255**



PO Box 1848
Stn. A., Sydney, NS
B1P 6W4

Tel: 562-6316 Fax: 539-1167

Ambrose Stone
371-2371

Joe Stone
371-2372

Visit our NEW showroom at 609 Keltie Drive
- Quality Workmanship Guaranteed -



STRAITLINE STEVEDORING

Efficient service is our main concern.

PICTOU, NS • MULGRAVE, NS
PO BOX 1799, PICTOU, NOVA SCOTIA, CANADA B0K 1H0
TEL.: (902)485-9280 FAX: (902)485-9281
EMAIL: straitline@truroreload.com



Strictly HYDRAULICS

Ian Lively
Product Specialist

155 WRIGHT AVENUE
BURNSIDE INDUSTRIAL PARK
DARTMOUTH, N.S. B3B 1V6

1-800 565-8555
BUS: 468-5308
FAX: 468-2175
CELL: 456-2998



*Serving Industrial
Cape Breton for Over
40 Years!*

- Cash Discount • Seniors Discount • Furnace Leasing
- Budget Plans • Automatic Deliveries Available
- Pre-Authorized Payment Plans
- Internet and Telebanking Payments



564-8213
566 Keltic DR., Sydney River



■ FLOORS ■ WALLS ■ FOOTINGS

COMMERCIAL & RESIDENTIAL — COMPLETE FOUNDATION PACKAGES

FREE ESTIMATES
246 ROSS RD, DARTMOUTH
464-1700

Facsimile 462-1123 www.atyp.com/superior

Member of



Supportive Living Society



• Small Options • Supervised Apartments • In-Home Support

Allan Cooke

106 Reserve Street, Suite 111
Glance Bay, Nova Scotia B1A 4W5

Office: (902) 842-9388
Fax: (902) 842-0829

Swiss Chalet/Harveys

660 WESTVILLE RD.
NEW GLASGOW, NS
B2S 2J8

902-752-5013

FEATURES: DRIVE-THRU,
HARVEY'S

**SWISS
CHALET**



- Numerous studies have discussed the direct relationship between child sexual abuse and adolescent/adult prostitution. The estimates range from 76 to 90 % of prostitutes having a history of child sexual abuse, the most common form being incest (the sexual abuse of a child by a family member).
- Survivors are revealing in increasing numbers that they have been victims of ritual abuse. Studies indicate that this type of abuse, which is characterized by its repetitive and systematic severe sexual, physical, psychological, and spiritual abuse of children, is much more prevalent than originally believed. The after-effects are severe.
- Survivors with disabilities who experienced sexual abuse in childhood might never have reached a level of independence to escape this abuse and it has become a way of life. Even if they do leave an abusive home, they could continue to be abused by family, caregivers and professionals.
- Flashbacks can be frightening experiences, not only for the survivors, but for those around them. During a 'flashback', the survivor re-experiences the sexual abuse as if it were occurring at that moment. It is usually accompanied by visual images, or flashes of images, of the abuse. This is one of the ways of remembering the abuse. Flashbacks are often triggered by an event, action, or even a smell that is reminiscent of the sexual abuse or the abuser.

COMMON LONG-TERM EFFECTS

Each individual's experiences and reactions are unique to that individual. However, with so many survivors breaking the silence and talking about their experiences, it has become apparent that there are some responses to child sexual abuse that are common to many survivors.

- Feelings of extremely low self-esteem or self-hatred are common in survivors. Extreme depression is something with which survivors also battle.
- Survivors often experience frequent sleep disturbances and nightmares. Links have been made between this and the fact that children are often sexually abused in their rooms, in their own beds.
- Trust is a crucial issue for many survivors throughout their lives. They were betrayed by the very people who cared for them, who insisted they loved them even while abusing them. Often, a sense of a just world is denied children who are sexually abused. Learning to trust can be next to impossible under these circumstances.
- Revictimization describes the process whereby women who were sexually abused as children frequently find themselves in abusive, dangerous situations or relationships as adults. Diana E.H. Russell found in her study (1986) that there is a strong relationship between incestuous abuse and later experiences of sexual assault, wife abuse and other forms of sexual victimization.
- Dissociation refers to the ability to escape stressful or harmful situations by creating another place for the mind to go. The intense pain of sexual abuse creates a situation where the victim, in order to cope, must try to dissociate from her body to leave the situation the only way she can. In simpler terms, it can be described as a type of daydreaming, a need to find a place for the mind (and ultimately one's self) to hide while being sexually abused.
- Multiple personality can occur among survivors of child sexual abuse. When the abuse is severe, dissociation or 'splitting' can become the only means of escape. By splitting, other alter personalities develop to help the individual survive the abuse. In a recent study of 185 people in treatment for multiple personality, 98% had experienced sexual abuse in childhood. Multiple personality is described as the process of dividing one's self up into many different parts to handle the many painful experiences of the past.

COPING MECHANISMS

Coping mechanisms can also be described as Survival Strategies. These strategies have been utilized by survivors in the past, or they are using them at present to help numb the pain of the abuse. They are also used to control feelings, which may threaten to overwhelm survivors. Survivors may



LOCALLY OWNED AND OPERATED

SYDCO FUELS LIMITED

24 HOURS AUTOMATIC DELIVERY SERVICE

736-8502
849-7661
539-6444


- HEATING OILS
- ACCOUNTING, BILLING
- CREDIT
- ACCOMMODATIONS
- AUTOMATIC DELIVERY
- BUDGET PLANS
- RADIO EQUIPPED VEHICLES
- GASOLINE
- DIESEL FUEL
- HIGH EFFICIENCY BURNERS
- WATER HEATERS
- PETRO-CANADA PRODUCTS



TTL Supply Ltd.

- Durabla Compressed Gasket Materials, Lamons Spiral Wound, Metallic Gaskets Rubber, Graphite, Intertex Fully Expanded Teflon Products
- Specializing in Custom Cut Gasket Work

468-5202 55 Akerley Blvd., Unit #5 Dartmouth, NS Canada
Fax 468-2041 www.ttlsupply.ca



TRUCK REPAIR LIMITED



RICHARD MacDONALD
President

102 Blakeney Drive
Truro Industrial Park
Truro, NS B2N 6Z1

Phone: (902) 855-0857
Fax: (902) 855-1290
Res: (902) 893-7361

SYLRICK

ENTERPRISES

- Tanker & Trailer repairs - Hydraulic Sales & Service
- Aluminum & Steel mig - Tig Welding

RICK MINGO - President
SCOTT MINGO - Vice President

Free Estimates

R. R. #5,
TRURO, NOVA SCOTIA,
B2N 5B3

BUS: 902 895-7321
FAX: 902-897-1044
E-mail: sylrick@col.auracom.com

Tara Motel

Craig McCarron
Manager

917 East River Road
New Glasgow, NS
B2H 3S5

Tel: (902) 752-8458
Fax: (902) 755-5565

Toll Free Reservations
1-800-565-4312

Tattletales

Books • Toys • Collectibles

Penhorn Mall
535 Portland Street
Dartmouth, Nova Scotia
B2Y 4B1

www.tattletales.ca
Bus: 463-5551
Fax: 463-5552

WE CAN'T KEEP SECRETS, SPREADING STORIES IS OUR BUSINESS™

Taylor & Silver

82 Aberdeen Road
Bridgewater, NS
B4V 2S6

902-543-0068



The Salvation Army

salutes the

**Police Association
of Nova Scotia**

Telephone
453-2180

www.salvationarmy.ca

Serving with: "Heart To God And Hand To Man"



"CANSO, NOVA SCOTIA:
CANADA'S OLDEST SEAPORT"

Ph. (902) 366-2525
Fax (902) 366-3093



The Town of Digby
is proud to support
PANS

have experienced or are presently experiencing problems associated with drugs, alcohol, food/eating, and/or self-injury.

- Recent studies have shown a relationship between the frequency of drug use and a history of childhood sexual abuse.
- A similar relationship has been noted with the development of alcoholism and the impact of childhood sexual abuse.
- Eating difficulties are common to female survivors. They may develop anorexia nervosa or bulimia. For a survivor, compulsive control of food intake can be a way of exerting control over her body, control that was denied when she was being abused.
- Some survivors injure themselves, hurting their bodies by burning, slashing or cutting. The reasons for this behaviour vary. It can be a way of relieving unbearable anxiety, triggered by memories of the abuse. It can also develop as a way of dealing with and confronting strong, painful emotions, “using new pain to hide old pain”.

A WORD TO SURVIVORS

If you find yourself using any of these strategies, it does not mean that you are ‘seriously ill’ or ‘beyond help’. You did (or are doing) whatever was necessary for you to do to survive. However, these strategies may be endangering your health. Now, as an adult, you can choose to change these behaviours.

Coping with the above-mentioned experiences leads many survivors to feel overwhelmed, or that they are “going crazy”. These feelings are completely understandable. Think of these experiences and feelings as reactions to trauma that occurred when you were a child. This may be your way of dealing with that trauma. It is especially difficult if you have been living with these feelings locked up inside of you for a long time.

Some of the survival strategies that children use to survive sexual abuse can also become strengths as they grow older. For example, being a hard worker,

having a sense of humour, handling crisis situations well, are skills that many survivors develop. These skills help them move beyond surviving to thriving.

IF YOU ARE A SURVIVOR, OR SUSPECT YOU MIGHT BE, TALK TO SOMEONE ABOUT IT.

It is important that you find someone to talk to about your experiences and feelings, either someone you know and trust, or a counsellor. If this is not an option for you right now, reading or viewing some of the material suggested below may be helpful.

WHERE TO GO FOR HELP

- Your local/regional sexual assault or rape crisis centre. The phone number can usually be found on the second page of the telephone book with other emergency numbers.
- If there is no sexual assault centre in your area, contact a local women’s shelter or transition house.
- Community health centres, mental health clinics and family service centres may have counsellors who have worked with survivors before. They may also be able to refer you to a self-help group for survivors in your area.
- The hospital in your area may offer counselling services for survivors.

WHAT TO DO IF SOMEONE TELLS YOU HE/SHE WAS SEXUALLY ABUSED

- Do not judge, condemn or criticize.
- Believe the person.
- Respond in a caring manner and ask them how you can help.
- Encourage the survivor to get support.

Source: National Clearinghouse on Family Violence, Family Violence Prevention Division, Health Canada Ottawa, Ontario K1A 1B5



Town of Kentville

354 Main St.
Kentville, NS
B4N 1K6

902.679.2500



LARGE SELECTION OF EYEWEAR
FROM PRACTICAL TO DESIGNER
2nd Pair Free Policy

EYE EXAMS • CONTACT LENSES • EYEGLASSES

EASTSIDE PLAZA, SUITE 280
450 Lahave Street
Bridgewater, N. S. B4V 4A3

Phone: (902) 543-EYES (3937) Fax: (902) 543-1132
Toll Free: 1-866-223-5776

Truro Heights Irving Restaurant

86 Connector Road
Exit 13 Highway #102
Truro Heights, N.S. B2N 5A9

902-897-0333

Best Wishes to PANS

Town of Port Hawkesbury

625-2746



Town of Trenton

PO Box 328
Trenton, NS B0K 1X0

Office: (902) 752-5311
Fax: (902) 752-0090

www.town.trenton.ns.ca

TRURO INTERNATIONAL INC.



559 Willow St., Truro Industrial Park
Truro, Nova Scotia B2N 6T3

Telephone (902) 895-0507
Fax (902) 893-0537

Parts Only 1-800-661-4100



TRURO VETERINARY HOSPITAL

- We care about pets and their people
- House calls available
- 24 hour emergency

165 Arthur Street
Truro, N.S. B2N 1Y3

For after-hour
Emergencies

(902) 893-2341
(902) 897-8213

TUSKET SEAFOODS LTD.

P. O. Box 125
Tusket, Yarmouth Co., N.S. B0W 3M0
DEALER OF FRESH FROZEN

SCALLOPS • FILLETS • SALT FISH

TEL: 648-0330 RES: 742-9650

PRESIDENT
FOREMAN

GEOFFROY N. D'ENTREMONT
ROBERT ROBICHEAU
742-8253



**Twin City
Insulation**
CONTRACTORS LIMITED
L. MILLER • R. MILLER

P.O. Box 31303,
Halifax, Nova Scotia B3K 5Y5

Phone: 852-3555

Fax: 852-4906



Jeffrey G. Aitkens
BA (HON), BBA, F.CIM, MPA
Chief Administrative Officer
Town of Mulgrave

Bus: 902-747-2243
Cell: 902-631-1133
Fax: 902-747-2585

PO BOX 129
MULGRAVE, NS B0E 2G0
jeffrey.aitkens@townofmulgrave.ca

What is dating violence?

Dating violence is the sexual, physical, emotional or psychological abuse of one partner by the other in a dating relationship. Adolescent girls and women are the predominant victims of dating violence, although some teenaged boys and men can experience violence in their dating relationships. Abuse against women is significantly more severe and pervasive. Teens are especially vulnerable as they are at the stage of forming their first intimate relationships and are often unsure of themselves and what to expect in a relationship.

Types of abuse

- **Physical abuse:** punching, slapping, kicking, shoving, choking, hair pulling, striking with an object, assault with a weapon and physical confinement.
- **Sexual abuse:** any form of sexual activity with a person without the consent of that person, with the exception of children who, in most circumstances, cannot consent. Sexual abuse may include unwanted sexual touching, sexual relations without voluntary consent, or the forcing or coercing of degrading, humiliating or painful sexual acts.
- **Emotional/psychological abuse:** behaviour intended to control, humiliate, intimidate instill fear or diminish a person's sense of self worth. It can involve threatening or terrorizing the partner, stalking, extreme and irrational expressions of jealousy, isolating the partner, threatening the victim's family members, and destroying personal property.

Prevalence

- The Nova Scotia Advisory Council on the Status of Women found that 11% of young women in Nova Scotia faced sexual abuse within dating relationships, 32% experienced emotional abuse and 18% faced physical abuse.
- A 1989 survey of 216 high school girls in Cumberland County, Nova Scotia found that 40% reported experiencing physical and/or emotional abuse in a dating relationship.

- The National Violence Against Women Survey estimated that 1.7 million Canadian women have been involved in at least one incident of sexual or physical assault by a date or boyfriend since the age of 16. This represents 16% of all women.
- Half of all women who reported an incident of dating violence were between the ages of 18-34.
- In a 1992 national survey of 3,142 Canadian college and university students, female students reported overall rates of sexual abuse of 45% since leaving high school. A total of 35% of female students said they had been physically assaulted in a dating relationship. 17% of males said they had been physically violent towards a date since leaving high school.

Contributing factors

Patriarchy theory: Society's belief in male dominance often contributes to violence in intimate relationships. It is argued that the use of violence by males is reinforced by sexist ideology and the notion that males are superior. Though we have seen increasing changes in these gender values, there are males who feel it is their right to punish, control, or batter their partners.

Peer pressure: Within adolescent groups, there is often a pressure for boys to be sexually active and/or sexually aggressive which can contribute to sexually abusive behaviour and date rape.

Intergenerational violence: Children who are victims of family violence or who witness abuse in the home can often repeat abusive patterns of behaviour in adolescence and adulthood. Children exposed to violence often learn that violence is an acceptable means of conflict resolution. Similarly, girls who witness violence in the home will often tolerate abusive behaviour in their own dating relationships.

Social Learning Theory: Today's youth are constantly exposed to violent and sexist images in the media. These images convey the notion that violence is an acceptable way to resolve conflict and that girls/women are acceptable targets. This may influence some people to replicate that behaviour, particularly if the viewer identifies with, emulates or is desensitized by violent images.

continued...




**Let us look after
your comfort!**

Fuel Oil • Parts and Service
• Diesel & Lubricants
Home Comfort Products

468-7979
HomEnergy

www.ultram.ca




.UNITED ASSOCIATION
OF JOURNEYMEN AND APPRENTICES OF THE PLUMBING AND
PIPE FITTING INDUSTRY OF THE UNITED STATES AND CANADA

Local 56

30 NEPTUNE CRES.
WOODSIDE INDUSTRIAL PARK
DARTMOUTH, N.S. B2Y 4R8

TEL: (902) 466-9920
FAX: (902) 466-2368



Valley Credit Union is more than day to day banking!
Experience convenience with telephone & online banking,
mortgages, trust services, wealth management solutions,
and even income tax preparation and filing. Our sole
purpose is to have you reach your financial goals.

www.valleycreditunion.com

WAL★MART®

We sell for less.



**RECYCLED REPLACEMENT
AUTO PARTS**

Vance Hanes Auto Parts Ltd.
R.R. #2 (Brookside Road), Truro, Nova Scotia B2N 5B1
Truro: (902) 897-0252
Toll Free: 1-800-565-2433
Fax: (902) 897-2854



• Bridges and Towers
• Industrial Buildings and
Equipment
• Residential Buildings
• Commercial Property
• Free Estimates

We Buy Scrap Steel
New Glasgow
(902) 752-6411

24 Hour SERVICE
Cell: (902) 396-6715
Fax: (902) 928-0990
E-mail: marinusverhagen@eastlink.ca



Vi's Restaurant Ltd.

"HOME COOKED MEALS"
FULLY LICENSED • AIR CONDITIONED

P.O. Box 59
Whycocomagh, N.S.
B0E 3M0
Tel.: 756-2338


**Robert & Beatrice
MacLeod
Managers**

OPEN ALL YEAR ROUND

**Victor & Douglas Oickle Bottle
and Enviro Depot**

**100 High Street
Bridgewater, NS
B4V 1V9**

902.543.4302

**LE VILLAGE
HISTORIQUE
ACADIEN**
DE LA NOUVELLE-ÉCOSSE

P.O. Box 70, Lower West Pubnico
Nova Scotia B0W 2C0

telephone 902.762.2530
fax 902.762.2543
email vhane@klis.com
<http://acadianvillage.museum.gov.ns.ca>

NOVA SCOTIA
Tourism, Culture and Heritage

A PART OF THE NOVA SCOTIA MUSEUM



NEW MINAS
A GOOD PLACE TO LIVE

**9209 Commercial St.
New Minas, NS**

Phone 902-681-6972 Fax 902-681-0779
Website: www.newminas.com

Why do young women stay in abusive dating relationships?

- Many girls stay in abusive relationships because of peer pressure to have a boyfriend. In a 1989 study of 216 adolescent girls in Nova Scotia, 26% of the girls said they would rather have a boyfriend than be alone.
- Many young women have difficulty identifying abuse, particularly in the case of sexual abuse. There is a common misconception that rape and sexual abuse are committed by strangers, therefore victims who have been sexually assaulted by their partners tend not to identify the incident as rape.
- Some girls stay in abusive relationships because they hope their partners will change. Fitzpatrick's (1989) study notes that 54% believed their partner would change, and 47% thought they could change their partner's behaviour. Thirty-two percent of the girls stayed with their partners because they believed they needed their love and support.

What can be done to prevent dating violence?

Many of the solutions to preventing dating violence are the same as woman abuse.

Education: High schools and universities are an influential means of providing information and counselling to students with regard to dating violence. Educational programs that teach students about healthy relationships and appropriate, non-violent ways to resolve conflict can prevent dating violence. Young men and women should know that:

- Abuse is always wrong and no one deserves to be abused. Violence is a crime, whether the abuser is a stranger, friend or a partner.
- One always has the right to say no to unwanted sexual activity. No one has the right to force sexual activity on another person. Any sexual act committed against a person without their consent is against the law.
- Controlling, possessive or jealous behaviour in a dating relationship should not be mistaken for love. Relationships should always be based on trust, equality and mutual respect.

Youth involvement: As teens you can...

- Stage dramatic productions to raise awareness and convey the message of prevention to your peers.
- Take a stand against violence by working to create a school environment that embraces positive, healthy relationships among peers and dating partners. As students, you can form "anti-violence" committees to provide peer support and information about dating and youth violence.
- For girls, support a friend who may be experiencing violence in a dating relationship by encouraging her to seek help/talk to someone. For guys, adopt a zero tolerance attitude towards violence in dating relationships, and support the message that you don't have to hit to be "cool".

Community awareness: Communities can highlight the issue of dating violence through public awareness campaigns and prevention programs. Public libraries can offer information packages and reading material on dating violence. As a community member, you can support available resources for youth, sexual assault centres, and local public awareness initiatives. Local businesses can become involved by displaying posters and phone numbers of available resources for youth experiencing violence.

Campus awareness: Universities can provide resources to students such as information, counselling, support centres, crisis hotlines and educational workshops on issues of dating violence.

As parents/guardians: Help young people build their self-esteem by encouraging them to talk about the things that bother them, listening respectfully, encouraging them to express their likes and dislikes, acknowledging their achievements, being positive when correcting them, and teaching them that jealousy and forced intimacy in relationships is not a sign of love.

Sexual Assault Centres: Provide public education, counselling, support, information and referral to victims of sexual assault and their advocates, partners, family members and others. Call for help.



W.A. Latimer
General Contracting Ltd.

Wayne Latimer, CMT

- Commercial - Residential Construction
- Concrete Specialists
- Site Work

Tel: 902-567-1666
Fax: 902-567-1976
E-mail: latimerconstruction@ns.sympatico.ca
339 Murphy Road
Sydney, NS B1R 1W9



WBLI
Chartered Accountants
Insolvency Consultants

26 Union Street, Bedford
835-7333 www.wbli.ca
1657 Bedford Row, Suite 1, Halifax
482-2000 4debtrelief.com

**W.J. POWER
PLUMBING**

60 Thornhill, Burnside
463-0535
Proud to support the community.

W.R. Graham Services Ltd.
Specializing in:
Geothermal Heat Pumps - Groundwater Specialists

W.G. (Bill) Graham, B.Sc. New Glasgow, N.S.
Hydrogeologist 1-888-935-3745

Well Drilling - Water Treatment
Phone: 902-752-8936 Fax: 902-755-9932
bill.graham@ns.sympatico.ca
For more info visit: www3.ns.sympatico.ca/bill.graham

WAJAX INDUSTRIES



151 Thornhill Drive
Dartmouth, NS B3B 1S2
Bus: (902) 468-7352 Fax: (902) 468-3524
www.wajax.com



*Valley Sod
&
Landscaping Ltd.*

R.R. 4, Bridgetown, Nova Scotia B0S 1C0 Ph/Fax: 665-2645


WAL ★ MART®

220 Chain Lake Dr.
Halifax, NS
B3S 1C5
902.450.5570



**WALKER'S
GAS
&
ELECTRIC LTD.**

GAS • STEAM • ELECTRIC
Parts and Service for Commercial Food Equipment
2608 Windsor Street, Halifax, N.S. B3K 5C8
Kelly Ambrose Tel: (902) 454-0291
President Fax: (902) 455-9495
E-Mail: kelly@walkers-electric.ca



WATERBURY NEWTON
Barristers & Solicitors

469 Main Street
Kentville, Nova Scotia
B4N 3V9
Tel: 678-3257
Fax: 678-7727

188 Commercial Street
Berwick, Nova Scotia
B0P 1E0
Tel: 538-3168
Fax: 538-8680

A Full Service Law Firm



WM
WASTE MANAGEMENT

**WASTE MANAGEMENT
OF CANADA CORPORATION**

Mike Kenny
Site Manager

20 Simmonds Drive, Dartmouth, NS B3B 1R3
Phone (902) 468-6305 Fax (902) 468-2543
Cell (902) 223-0309 E-mail: mikenny@wm.com

DATING VIOLENCE

Listen to these stories

"The first time it happened, I was about 14. My boyfriend saw me at a movie with a bunch of my friends. The next day he slapped me across the face and told me I should not go out without him. After that, he hit me so often, I began making up lies about the bruises."

"My girlfriend was so jealous she would constantly accuse me of crazy things. It drove me nuts so I decided to break up with her. When I tried, she said she would kill herself if I left."

If this is happening to you, you are not alone...

At least one in ten high school students has experienced some form of dating violence. It often starts in junior high. Girls are usually the victims, but it happens to boys too.

What is your relationship like?

1. Does your girlfriend/boyfriend make fun of you in front of family and friends?
2. Are there times when your girlfriend/boyfriend hurts your feelings? (Name calling, ignoring, for example)
3. Does your girlfriend/boyfriend threaten or intimidate you or someone you care about?
4. Has your girlfriend/boyfriend ever pressured you to do uncomfortable things?
5. Does your girlfriend/boyfriend insist on making the decisions in the relationship?
6. Has your girlfriend/boyfriend ever pushed or slapped you?
7. Does your girlfriend/boyfriend get jealous and stop you from doing activities or seeing friends?
8. Does your girlfriend/ boyfriend demand to know how you spend your time when you are apart?
9. Does your girlfriend/ boyfriend expect sexual favors in return for spending time with you or buying you gifts?
10. Are you afraid to say "no" without having to explain your reasons?
11. Does your girlfriend/boyfriend make you feel bad about yourself?

If you answered "yes" to any of these questions, you may be in or headed for an abusive relationship. Watch out! This happens to a lot of teens. It helps to know the facts.

Why does Dating Violence happen?

It happens. Listen to what some teens have said:

- "I didn't know it was wrong."
- "I thought the jealousy meant he really loved me."
- "I thought I deserved it."
- "I saw the same thing at home so I thought it was okay."
- "I thought it was okay to hit my girlfriend... I had to keep her in-line."
- "So what's the big deal? I hit her...who's going to stop me?"
- "The way she was dressed, I knew she was looking for it."
- "He was my boyfriend, he shouldn't have talked to her."
- "I thought if I threatened to kill myself, she'd never leave me."

Is Dating Violence against the law?

Some aspects of dating violence are against the law. Other behaviors are inappropriate and unacceptable. Here are a few examples of dating behaviors that are unacceptable and dating behaviors that are criminal in nature.

Unacceptable

- put downs and name calling
- extreme jealousy and possessiveness
- manipulation and control
- isolation from friends and family
- threats of suicide

Against the law

- hitting, shoving, kicking, etc. (intentional use of force against somebody without his or her consent is assault)
- repeated harassment such as phoning you or following you everywhere (stalking)
- forced sex, unwanted sexual acts (Sexual activity without consent is sexual assault)
- threats to harm you, your family or property (threatening to cause harm may be an assault)

Source: National Clearinghouse on Family Violence,
Family Violence Prevention Division,
Health Canada Ottawa, Ontario K1A 1B5

WAL★MART®

We sell for less.

50 Market St.
Antigonish, N.S. B2G 2B4
Ph# 902-867-1279

Proud supporter of our Community

Brian Passmore
General Manager
East Coast:

Weatherford, Canada Ltd
121 Thornhill Drive
Dartmouth, NS B3B 1S2



Weatherford
Drilling & Intervention
Services

902/468 4606 Office
902/468-2606 Fax
902/430-5178 Cell
brian.passmore@weatherford.com

WENDELL A. BROWN ENTERPRISES LTD.

3023 Indian Road
Shubenacadie, NS
902-758-2879

WILLIAMS BROTHERS LIMITED LUMBER DEALERS



FROM TREE - SINCE 1910 - TO QUALITY LUMBER
Service To The Maritimes For Over 80 Years



ERIC WILLIAMS
GARY WILLIAMS
CAMERON WILLIAMS

R.R. 1, BARNEY'S RIVER
PICTOU, N.S.
B0K 1A0

TELEPHONE:
(902) 924-2570-Office
(902) 924-2322-Fax



**Wilson
Electronics**

Specializing In Satellite And Home Electronics

Michael R. Wilson

Authorized Dealer
Bell ExpressVu
Ph: (902) 527-4555
Toll Free: 1-800-704-0818

7769 Highway #3, Martins River
P.O. Box 56
Martin's River, N.S. B0J 2E0

WAL★MART®

We sell for less.

47 Paint St., Unit 17
Port Hawkesbury, N.S. B9A 3J9
Ph# 902-625-0954
Fax# 902-625-5561

WAYCOBAH FIRST NATIONS/ ROD'S ONE STOP Band Council

P.O. Box 149
WHYCOCOMAGH, NS B0E 3M0
756-2337



WILSONS
Gas Stops

**Always
Working to
Save You
Money!**

WINCHESTER DISPOSAL SERVICE

157 CHURCH STREET, LIVERPOOL, N.S.

- YEAR-ROUND SEPTIC TANK PUMPING
- PORTABLE TOILET SERVICE
- STREET SWEEPING - PARKING LOTS - CATCH BASINS

GARNET WINCHESTER

PHONE
354-5229

PAGER
1-902-558-1465

Wolfville Nursing Homes LTD.

Proudly supports the
Police Association of Nova Scotia

601 Main Street • Wolfville, NS • B4P 1E9



THANS

TRANSITION HOUSE ASSOCIATION
OF NOVA SCOTIA

If you or someone you know is being abused, contact us. We can help.

working to end violence
against women and
their children

THANS Member Organizations

Name	Administration Line / Email / Website	Crisis Line (24-hours - confidential)
Autumn House PO Box 1141 Amherst, NS B4H 4L2	902-667-1344 autumnhouse@ns.aliantzinc.ca	Local 667-1200 will accept collect call
Bryony House 2786 Agricola Street, suite 119 (The Bloomfield Centre) Halifax, NS B3K 4E1	902-429-9001 info@bryonyhouse.ca www.bryonyhouse.ca	Local 422-7650 will accept collect call
Cape Breton Transition House PO Box 487 Sydney, NS B1P 6H4	902-562-4666 thouse.sydney@ns.sympatico.ca www.thans.ns.ca/cbthm.htm	Local 539-2945 Toll Free 1-800-563-2945
Chrysalis House PO Box 356 Kentville, NS B4N 3X1	902-679-6544 chrysalis@ns.sympatico.ca www3.ns.sympatico.ca/chrysalis	Local 679-1922 Toll Free 1-800-264-8682
Harbour House PO Box 355 Bridgewater, NS B4V 2W9	902-543-3665 harbourhouse@ns.sympatico.ca	Local 543-3999 Toll Free 1-888-543-3999
Juniper House PO Box 842 Yarmouth, NS B5A 4K5	902-742-4473 juniperhouse@eastlink.ca website	Local 742-8689 Toll Free 1-800-266-4087
Juniper Digby Outreach PO Box 1456 Digby, NS B0V 1A0	902-245-4789	Local 245-4789 Toll Free 1-800-266-4087
Leeside Society PO Box 6913, Port Hawkesbury NS B9A 2W2	902-625-1990 leesidedir@rushcomm.ca	Local 625-2444 Toll Free 1-800-565-3390
Mi'kmaw Family Healing Centre Millbrook First Nation PO Box 665 Truro, NS B2N 5E5	902-863-8483	Local 863-8483 Toll Free 1-800-565-4741
Mi'kmaw Family Healing Centre Waycobah First Nation PO Box 310 Whycocomagh, NS B0E 3M0	902-756-3440	Local 756-3440 Toll Free 1-800-565-3440
Naomi Society for Victims of Family Violence Antigonish Mall & Business Centre Unit 2-133 Church Street Antigonish, NS B2G 2E3	902-863-3807 naomisociety@ns.aliantzinc.ca	Local 863-3807 Weekends 867-4229
Tearmann House PO Box 153 New Glasgow, NS B2H 5E3	902-928-0774 tearmann@ns.sympatico.ca	Local 752-0132 Toll Free 1-888-831-0330
Third Place PO Box 1681 Truro, NS B2N 5Z5	902-893-4844	Local 893-3232 Toll Free 1-800-565-4878

WAL★MART®

We sell for less.

108 Starrs Rd.
Yarmouth, N.S.

B5A 2T5

902-749-2306

TRUST.

Wood-Mizer

Lew Dingwall

Sales & Service

Wood-Mizer Canada - East

Box 173 2600 #1 Hwy
Aylesford NS B0P 1C0

TEL: 902.847.9369

FAX: 902.847.9369

TF: 877.866.0667

WEB: www.woodmizer.com



3492 Kempt Rd.

Halifax, NS B3K 4X7

Ph: 902-453-1720

Fax: 902-455-8507 www.speedy-glass.ca



Employment Solutions Society

110-215 Dominion Street

Bridgewater, NS B4V 2K7

Website: www.empsolutions.ca

(902) 543-2479 (phone)

(902) 543-0284 (fax)

1 877 711-0411 (toll free)

Kool Promotional Advertising

995 Pictou Rd.

Truro, NS

B2N 5B1

902-899-6229



Bill Hickey

133 South Albion St. • Amherst NS • B4H 2X2

(902) 667-8866

HI-PERFORMANCE PARTS AND ACCESSORIES, RACING TIRES.

Sponsored by

MIME'J SEAFOODS

172 Truro Heights Rd., Truro

895-3600

Ideal Foods Co. Ltd.

395 Keltic Dr.,

Sydney, NS B1L 1B8

902.567.2333

XNET GROUP

111 Church St.

Amherst, NS B4H 3B3

902.667.0002

Strait-Richmond Hospital

RR1 Cleveland, NS

BOE 1J0

902.625.3100

Bullying In Canada

Canadians are concerned with the level of violence in today's society, the safety of their communities, and the welfare of their children. As we know, too many children are victims of violence and aggression in the schoolyard, the playground and elsewhere. Some studies indicate that violent behavior of young people is increasing, that the violence is directed at other young people, and that the violence is committed by younger people than was the case in the past. To prevent youth violence and reduce the rate of violent crime, research indicates that focusing on the early signs of antisocial behavior is effective. Bullying is one phenomenon that contributes to the development of such behavior patterns.

Bullying is a serious problem for those who engage in it, for its victims, and for the communities in which it takes place. It is not a normal part of growing up. It can make children feel frightened, sick, lonely and unhappy. Unfortunately, these childhood bullies are also more likely to develop anti-social behaviors (Farrington, 1993). Studies indicate that 30% to 40% of children with aggression problems grow up to have problems with violence as adults (Public Legal Education and Information Service of New Brunswick).

Bullying changes its form with age:

- Younger children's playground bullying often involves pushing, shoving, name calling teasing and isolation;
- Teenage bullying may begin to include sexual harassment, gang attacks, dating violence; and
- Adult bullying may become assaults, marital violence, child abuse, workplace harassment, and senior abuse (Education and Information Service of New Brunswick).

For victims, repeated bullying can cause psychological distress and many related difficulties (Besag, 1989; Olweus, 1993). The impact of bullying extends beyond the bully and victim to the peer group, school, and community as a whole. It is important to stop bullying at a young age and strive to create a safe and peaceful environment for everyone.

With an understanding of factors related to bullying, we can design prevention and intervention efforts that decrease bullying and increase the likelihood that teachers, parents and other children will intervene when it does occur.

The Government of Canada's National Strategy on Community Safety and Crime Prevention was launched in 1998 to help Canadians deal with the difficult problems of crime and victimization. The National Strategy is built on the common sense principle that the surest way to reduce crime is to focus on the factors that put individuals at risk - factors such as family violence, school problems, and drug abuse - preventing crime before it starts. By providing tools, knowledge, and support, communities are able to address their unique issues of crime and victimization. In its work with communities, the National Strategy has placed a particular emphasis on children, youth, women, and Aboriginal people.

The National Strategy endeavors to intervene early in the lives of our young people, addressing issues of antisocial behavior before they become more serious problems. Building resiliency and healthy environments for children and youth today will reap benefits far into the future. The Strategy supports communities and schools - working with students, parents, educators, and practitioners, and others in developing, and sharing, grass-roots initiatives to combat bullying.

What is Bullying?

Bullying is the assertion of power through aggression. Bullies acquire power over their victims physically, emotionally and socially. This can be done in many ways: by physical size and strength, by status within the peer group, by knowing the victim's weaknesses or by recruiting support from other children, as in group bullying. Emotional and social bullying may perhaps be the most frequent and harmful forms. Bullying can be physical or verbal. It can be direct (face-to-face) or indirect (gossip or exclusion) (Olweus, 1991). With repeated bullying, the bully's dominance over the victim is established and the victim becomes increasingly distressed and fearful.

How Widespread Is Bullying?

A 1997 survey of Canadians revealed that 6% of children admitted bullying others "more than once or twice" over a six-week span and 15% of children reported that they had been victimized at the same rate (Pepler, et al.). Researchers' observations of children on playgrounds and in classrooms confirm that bullying occurs frequently: once every 7 minutes on the playground and once every 25 minutes in class (Craig and Pepler, 1997). To understand the problem of bullying, we must consider the characteristics of everyone involved in the bullying scenario: the bully, the victim and the bystander. We must also examine the social contexts in which bullying occurs, such as the family, peer group, school, and community.

continued...

Kings Road Prescription Ctr.

196 Kings Rd.
Sydney, NS B1S 1A1

902.562.3331

Bond & Coolen Contracting

201 Brownlow Ave., Site 44
Dartmouth, NS
B3B 1W2

902.468.5221



ACUREN GROUP INC.

2, Lakeside Park Drive
Unit #2, Lakeside Industrial Park
Lakeside, NS B3T 1L7

office: 902.497.3870 fax: 902.445.5090
www.acuren.com

The logo for DONALD Excavating Limited features a stylized excavator arm and bucket to the left of the company name "DONALD Excavating Limited" in a bold, sans-serif font.

- Sewer Disposal Systems
- Excavating
- Certified Fuel Tank Removal
- Sewer & Water Subdivisions

Rentals Of:

- Backhoes
- Loaders
- Hydraulic Rock Breaker
- Trucks

865-2484

P.O. Box 98, Lower Sackville, Sackville, NS B4C 2S8

UPPER SACKVILLE AUTO BODY

Lewis Mackinnon

Tel: 864-0144

3125 #1 Hwy.
Upper Sackville, N.S.
B4E 3C5

Fax: 864-1197

Res: 865-9853



THE GIFFIN GROUP

Providing Real Estate Developments since 1970
Northkent Estates - Kentville
Parkwood Mini Home Court - New Minas
Avon Heights Subdivision - Hants Border

Lot Sales - Rentals
Ph 902-679-1443
Fax 679-0170
e-mail: pat.giffin@ns.sympatico



United Plumbers & Steamfitters Local 682

PO Box 4508
Reserve Mines, NS
B1E 1L2

902.562.3753

P & R MacLean's Water & Trucking Co.

675 Bissett Rd.
Cole Harbour, NS B2V 2T3

902.456.4616

AEL Security Ltd.

P.O. Box 20033
Halifax, NS
B3R 2K9

902-477-5118

NAPWICK HOLDINGS LIMITED

P.O. Box 100
Truro, NS
B2N 5B6

(902) 895-1551

Who are the Bullies?

Children bully in many different ways-there is not a single type of bully. The following characteristics have been identified primarily through research on boys who bully.

- **Gender:** Both boys and girls are involved in bullying as either bullies, victims or bystanders at approximately the same rate, although each gender expresses bullying in different ways. More boys report their bullying than girls; boys report more physical forms of bullying, while girls report indirect forms of bullying, such as gossiping and excluding (Craig and Pepler, 1997)
- **Age:** Ages 4-10, aggression is mainly confined to same-sex peers, whereas ages 11-18 expand their aggression to involve opposite-sex peers as well. In addition, 11 to 12-year-old students reported bullying others more than did younger or older student groups (Pepler, et al.).
- **Temperament:** Bullies tend to be hyperactive, disruptive, and impulsive (Lowenstein, 1978; Olweus, 1987).
- **Aggression:** Bullies are generally aggressive toward their peers, teachers, parents, and siblings, and others (Olweus, 1991). Bullies tend to be assertive and easily provoked. They are attracted to situations with aggressive content and have positive attitudes about aggression (Stephenson and Smith, 1989).
- **Physical Strength:** Boys who bully are physically stronger and have a need to dominate others (Olweus, 1987).
- **Lack of Empathy:** Bullies have little empathy for their victims and show little or no remorse for bullying (Olweus, 1987).

Children become victimized for many different reasons - there is not a single victim type. For some children, the following characteristics are present before bullying occurs; for others, they develop as a result of bullying.

Gender: Boys and girls are equally likely to report being victimized (Charach et al., 1995; Pepler et al., 1977).

Age: Victimization decreases across grade levels: 26% of children in Grades 1-3 report victimization compared to 15% in Grades 4-6 and 12% in Grades 7-8 (Pepler et al.). Children in lower grades are more likely to be victims of older bullies, whereas children in higher grades are more likely to be victims of same-age bullies. Younger students experience more direct bullying, whereas older students experience more indirect bullying (Olweus, 1993).

Temperament: Victimized children have a tendency to be anxious and withdrawn. There is more evidence of this among preschool children than among school-aged children.

Physical Appearance: Research has not supported the popular stereotype that victims have unusual physical traits (Olweus, 1991).

Who are the Victims? **Self-Esteem:** Victims often report low self-esteem, likely because of repeated exposure to victimization (Besag, 1989).

Depression: Both boys and girls who are victimized report symptoms of depression, such as sadness, and loss of interest in activities (Slee, 1995; Craig, 1997).

Anxiety: Boys and girls who are victims report symptoms of anxiety, such as tension, fears and worries (Neary and Joseph, 1994; Slee, 1995).

What Role Do Peers Play?

Bullying usually involves more than the bully and victim-85% of bullying episodes occur in the context of a peer group (Atlas and Pepler, 1997; Craig and Pepler, 1997). Although 83% of students indicate that watching bullying makes them feel uncomfortable (Pepler et al., 1997), observations indicate that peers assume many roles in the bullying episode: joining in, cheering, passively watching and occasionally intervening.

- Peers tend to give positive attention to the bully, rather than the victim.

continued...

DIXON'S MARINE GROUP

Bear Point
Woods Harbour
902-723-2878

P.O. BOX 1066
TRURO, N.S.
B2N 5G9

(902) 893-7111
FAX: 893-1535
CELL: 897-8778

Phil Leil Enterprises Ltd.
HOUSE MOVING SPECIALIST

PHIL LEIL

RES: 893-7112

Woodland Farm Nursery

"Where the Customer and Quality is our Priority"

P.O. Box 181
Annapolis Royal, NS B0S 1A0



902.532.7617

www.woodlandfarmnursery.com



Bernard H. Morash Agencies Ltd.

INSURANCE SERVICES

147 Ochterloney Street
P.O. Box 312
Dartmouth, Nova Scotia
B2Y 3Y5
Tel: (902) 464-4000
Fax: (902) 466-2312

We Sell Peace of Mind



GOLD STAR REALTY



"Committed to Excellence"
Top 3% in NS

David Vogt
BROKER/MANAGER/REALTOR

526 SPRINGFIELD LAKE ROAD
SACKVILLE, N.S.
B4E 3K4

Bus: (902) 864-8653
Fax: (902) 864-0855
Cell: (902) 830-7827

Boarding Facilities

For DOGS & CATS



Dartmouth KENNEL SERVICE



Professional Supervision • Exceptionally Clean
HEATED WITH EXTRA LARGE INDIVIDUAL RUNS
OPEN 7 DAYS A WEEK

434-0791

299 MAIN STREET,
DARTMOUTH

Greetings From Darrell Dexter & the NDP Caucus



New Democratic Party Caucus Office
Suite 1001, Centennial Building
1660 Hollis Street
Halifax, N.S. B3J 1V7

Phone: (902) 424-4134
Fax: (902) 424-0504
Toll Free in N.S.: 1-888-247-0448
Web: www.ndpcaucus.ns.ca
E-mail: ndpcaucus@gov.ns.ca



WAL ★ MART®

We sell for less.

60 New Pine Grove Rd.
Bridgewater, NS, B4V 4H2
Ph# **902-543-8680** Fax# **902-543-8693**

A member of the community.



OUR NEIGHBOURHOOD LIVING SOCIETY

WARDOUR CENTRE
15 DARTMOUTH RD., SUITE 210
BEDFORD, NOVA SCOTIA B4A 3X6

PHONE: (902) 835-8826 FAX: (902) 835-6463



1 Paint Street
Port Hawkesbury, NS B9A 3J4

902.625.2232

Their reinforcement of the bully may serve to maintain the bully's power over the victim and within the peer group. The bully may also affect the peers who are watching.

- Peers who watch bullying may become excited and more likely to join in.
- Compared to girls, boys are more likely to be actively drawn into bullying episodes (Craig and Pepler, 1997; Salmivalli et al., 1996).
- In playground observations, peers intervened in significantly more episodes than did adults: 11% of episodes versus 4% (Craig and Pepler, 1997).

What Role Does the Family Play?

Children's behavior patterns are first established at home. It is important that parents create a home environment that discourages bullying behavior and supports children who are victimized

- Bullies often come from homes that are neglectful, hostile and that use harsh punishment (Olweus, 1993). Bullying may be learned by observing conflict between parents. Care needs to be taken by parents so that they do not model bullying for their children.
- Fighting amongst siblings to solve problems can inadvertently support bullying when it is accepted as a normal part of growing up.
- Victims often keep their problems a secret because they feel that they should handle bullying themselves. Often they worry about the bully's revenge or other children's disapproval, and/or they think adults can do little to help them (Garfalo et al., 1987; Olweus, 1991).
- When they are courageous enough to tell, victims talk more often to parents than to teachers. As their children's most important advocates, parents must support their victimized children by working with the school to ensure their children's safety.

What Role Does the School Play?

Schools play an important role in shaping children's development. As with families, schools must strike a balance between clear, consistent discipline and warm, supportive relationships.

- **Principals:** Principals set the tone for their schools. Bullying is reduced if the principal is committed to addressing bullying (Charach et al., 1995). Strategies used by principals include: consistent and formative consequences for bullies; an open-door

policy for victims, with empathetic responses to their concerns; and working together with teachers on classroom management, and strategies for troubled children.

- **Student-Staff Relations:** Bullying is less prevalent in schools where there are supportive relations among school staff, warm relations between staff and students, shared decision-making among staff and students, and where the adults do not model bullying for the students (Olweus, 1987).
- **School Policy:** The key to reducing bullying in schools is a clear policy regarding bullying with consistently applied consequences (Olweus, 1991).
- **School Organization:** Schools which emphasize academic success without respecting children's individual strengths and weaknesses tend to have more bullying (Tattum, 1982).
- **Playground Supervision:** Students report that the majority of bullying occurs on the playground (Olweus, 1991; Pepler et al., 1997). Bullying occurs where there is little supervision or when large groups of children engage in rough-and-tumble play or competitive sports (Murphy et al., 1983).

What Role Does Broader Society Play?

Bullying problems may reflect Canada's cultural tolerance of aggression. Much of this tolerance is created through the popular media, including television, movies, music and video games. The consistent message presented by these media is that aggression is an effective solution to social problems. Aggressive children are more likely than non-aggressive children to be drawn to and imitate media violence (Huesmann et al., 1984).

Because Canada is culturally diverse, children may be bullied due to their race or ethnicity. Within schools, anti-racism and anti-sexism initiatives are often considered together with anti-bullying programs to promote positive social behavior.

As children enter adolescence, bullying declines somewhat and sexual harassment, both between boys and girls and within same-gender groups, increases. Unwanted sexual harassment, including comments, looks, gestures, and name-calling, is reported by 48% of 12-year-old children (McMaster et al., 1997). Although equal numbers of boys and girls report experiencing this form of bullying, more boys than girls acknowledge that they have sexually harassed other students.

continued...

Overall
Collision Custom & Restoration Ltd.
Insurance Work - Written Guarantee
Custom Paint Graphics & Body Kits
Custom Metal Fabrication
Full Body Restorations
Collision Repair
Fleet Work
Glass Work

13 Acadia Street
Burlington, NS, B2Y 2N1
Tel: (902) 481-9699
Fax: (902) 481-1135

www.overallcustom.com • www.customobsessions.com

On your way home... with peace of mind.



For expert *nursing* and *home support* call or visit us at:

902.425.4031
www.rjfhealthcare.com

RJF HealthCare
The *right* caregiver, *right* away

WAL★MART®
We sell for less.

9097 Commercial St.
New Minas, NS
B4N 3E6
Ph# 902-681-4271

**W.R. Bolivar
Transport Ltd.**

Serving Canada & the U.S. with refrigerated transport

Bridgewater, N.S. Canada
902-685-2778

 **Stellar**
Industrial Sales Ltd.
ISO 9001:2000

Bill Geddes
Branch Manager

64 Simmonds Drive, Dartmouth, Nova Scotia B3B 1P6
Tel (902) 488-1202 • (800) 488-7779 • Fax (902) 488-1672
bgeddes@stellarindustrial.ca

www.stellarindustrial.ca

SMILING DRAGON TATTOOS

www.smilingdragon.com
Over 20 Years Experience
No Hidden Charges

3621 Dutch Village Rd.
423-6023


J.E. Ramsay
Hearing Services

MARIE COLE, BC-HIS
Certified Hearing Instrument Specialist
jeamsay@ns.aliantelink.ca

Quinpool Medical Centre
6166 Quinpool Rd
Halifax, NS B3L 1A3
Tel: (902) 423-7734
Fax: (902) 425-2005

Colchester Medical Clinic
199 Willow Street
Suite 105
Truro, NS B2N 4Z9
Tel: (902) 897-2563

Toll Free: **1(800) 565-1002**

 **J. Creemer Holdings Ltd.**
Excavating & Dozing of All Types
Residential & Commercial Septic
Topsoil, Gravel, Fill, Etc.

Phone: 678-4989 • Fax: 678-4029 • Cell: 680-8921

RPS Energy

Halifax
Suite 201, 1660 Hollis Street
Halifax, Nova Scotia B3J 1V7
(902) 492-2118

Calgary - Dallas - Houston
403.265.7226
pet-eng@apa-inc.com

explore our full range of expertise....

Integrated Petroleum Studies
Unconventional Reservoir Development
Frontier Developments
Production & Well Engineering
Reservoir Engineering
Seismic - Site Investigation & Survey
Geotechnical Consulting

www.rpsgroup.com

SECURITY PROBLEMS ?
Think...

STANLEY®
Security Solutions

PROUD SPONSOR OF THE POLICE ASSOCIATION OF NOVA SCOTIA

1 800 681-4329
ACCESS CONTROL - CCTV - ALARM - SAFE & VAULTS

What Can We Do To Reduce Bullying?

To be effective, bullying interventions must focus beyond the aggressive child and the victim to include peers, school staff, parents and the broader community. Although there are substantial differences among schools, comprehensive anti-bullying initiatives can help reduce occurrences of bullying.

The central feature of the intervention must be a clearly stated code of behavior, such as respect for one another, and enforced by consistent and supportive follow-through. It takes considerable time to bring about both attitudinal and behavioural changes among the staff, students, and parents in the school community. The following sections provide a brief overview of components of an anti-bullying program.

- **School Staff:** Motivation and support from the school staff are essential. All school staff should be included in educational sessions. Staff, together with parent and student representatives, should be responsible for updating the code of behavior and its consequences. Teachers' attitudes are reflected in their behavior. When adults recognize the problem of bullying and their central role in reducing it, they supervise actively and intervene to stop bullying.
- **Parents:** Parent meetings and newsletters should inform parents about the problems of bullying. Parents should talk to their children about bullying and be aware of signs of potential victimization. Communication between parents and the school is essential, as parents are often the first to know that their children are being victimized.
- **Peers:** Peers play a critical role in bullying. Interventions must aim to change attitudes, behaviors and norms around bullying for all children in a school. Under teachers' guidance, students can recognize the problem of bullying and their potential contributions. With teachers' support, they can develop strategies for intervening themselves, or seeking adult assistance to stop bullying. Promoting attitudes in the peer group which support empathy for the victim and condemn aggression will reduce bullying.
- **Bullies and Victims:** Children involved as bullies or victims require individual attention. Talks with bullies should emphasize that bullying is not acceptable and point out the consequences established in the code of behavior. If a group of children is involved in bullying, the bully and bystanders are made to understand their role and responsibility. Talks with victims encourage them to

speak up and confirm the school's intention to ensure that they are protected from further harassment. Talks with parents inform them of their children's difficulties and enlist their cooperation in disciplining bullying behavior and/or monitoring for further occurrences of bullying or victimization.

Conclusion

This review is not a comprehensive description of all factors related to bullying and victimization, but it does attempt to capture those most frequently addressed in the literature. Children involved in bullying, whether as bullies or victims, may have negative attitudes, poor social skills and emotional difficulties which begin at home. These problems are transferred to the school and peer contexts, where they may be reinforced. The development of antisocial behavior problems depends on the interaction of individual characteristics and exposure to risk factors at critical developmental periods.

The National Strategy on Community Safety and Crime Prevention supports community initiatives that strive to create better opportunities for children. High-quality and consistent nurturing, combined with a secure, physically and emotionally safe environment through childhood will improve each child's prospects of success in life and make it less likely that they will later be victimized or become offenders. Programs that teach children resilience, empathy and social skills can help protect children from negative experiences.

Interventions for the issue of bullying should extend to all those involved: bullies, victims, peers, school staff, parents, and the broader community. We all have a role to play in declaring bullying is not a rite of passage for Canadian children.

This fact sheet was developed by the National Strategy on Community Safety and Crime Prevention in cooperation with Debra J. Pepler of the LaMarsh Centre for Research on Violence and Conflict Resolution and Department of Psychology, York University, and Wendy M. Craig of the Department of Psychology, Queen's University.





**Municipality of the
County of Victoria**

P.O. Box 370, 495 Chebucto Street
Baddeck, Nova Scotia
B0E 1B0
(902) 295-3231

www.victoriacounty.com

The Municipality of the County of Victoria is pleased to support
PANS' 37TH ANNUAL CRIME PREVENTION GUIDE



Tamper Resistant Prescription Pads

We are proud to support PANS in their initiatives to
reduce alcohol and prescription drug abuse in N.S.

"Working together for a better Community"®



Mark Munro
Marketing Manager, Nova Scotia
Marketing

St. Lawrence Cement
130 Main Street, P.O. Box 44066
Bedford, Nova Scotia B4A 3K5
Phone (902) 835-0123
Toll Free 1-800-661-0123
Fax (902) 835-1342
Cellular (902) 237-5057
mmunro@stlawrencement.com



COMPLETE COLLISION REPAIRS

STEVE LEWIS AUTO BODY

P.O. BOX 1433
61 BEECH STREET
SYDNEY, NS B1P 6R7
Tel: 902.539.2848
Fax: 902.539.1820



Serving Cape Breton for Over 30 Years

steve.lewis@ns.sympatico.ca

Your Clean Air Experts

D. GILLIS
Ventilation & Air Conditioning

Featuring:
YORK
Air Source Heat Pumps

Sales, Service and
Installations
Residential & Commercial
New & Existing
H.R.A.I. Certified

227-5248
Port Hawkesbury

A.M.E. SECURITY LTD.

- Locally Owned & Operated
- 24 Hour ULC Monitoring Station
- Burglar & Fire Alarms Systems
- CCTV • Life Alert
- Fire & Smoke
- Free Estimates

564-8054

473 Grand Lake Rd. Sydney

KIEL Development Ltd

202 Brownlow, Suite 305, Cambridge
Burnside, Dartmouth
B3B 1T5

902.468.3239

**Kevin Pratt
AUTO REPAIR**

Complete Auto Service

- MVI • Steering / Suspension
- Brakes • Tune Ups
- Electrical Diagnostic
- Mechanical Repair



85 Standish St., Amherst **667-9423**



**Take Out
&
Delivery**

57 West Pleasant St.,
Amherst

667-7176

Specializing In

Chinese Food

Pizza • Fish & Chips • Burgers



**CENTRE PROVINCIAL
DE RESSOURCES PEDAGOGIQUES**

Jean-Louis Robichaud - Directeur
robijean@cprp.ca

Université Sainte-Anne
C.P. Box 160 - Pointe-de-l'Église - Nouvelle-Écosse
B0W 1M0 Canada

Tél: 902.769.5443 - Téléc: 902.769.3398 <http://cprp.ca>

EVERYDAY CHALLENGES:

CHILDREN AND BULLYING

Did you know...?

- * Bullying happens once every seven minutes on the playground and once every 25 minutes in class.
- * Bullying episodes are approximately one minute long but the emotional scars can last a lifetime.
- * By age 24, 60 per cent of identified boy bullies have a criminal record. Victims of bullying are often rejected by their peers and are at risk for depression and dropping out of school. Some see suicide as their only escape.

Bullying is a sad, tragic reality that affects virtually every Canadian child as a victim, bully or bystander. And as much as we would like to be there for our children, the reality is that most bullying episodes occur when adults aren't around. It's therefore essential that we empower children with tools to address bullying on their own.

Canadian research says that peers or bully bystanders are key to addressing the issue of bullying, because they are present in 85 per cent of the bullying episodes on the playground and in the classroom, whereas adults are seldom present. The unfortunate thing is that although 80 to 90 per cent of students indicate that watching bullying makes them uncomfortable, the majority of the time, bully bystanders reinforce bullying by passively watching (54 per cent) or actively modelling bullying behaviours (21 per cent).

At the same time, we know that they can be instrumental in stopping bullying because when peers do intervene on behalf of the victim, bullying stops within ten seconds 57 per cent of the time. The trick is to teach children how to intervene appropriately so they don't put themselves or anyone else in danger, while trying to make a difference.

CCA's anti-bullying commercial, "Walk Away" aims to empower bully bystanders or the "silent majority" that might stand and watch bullying with practical tools and information to safely help stop bullying. Take a look at www.cca-kids.ca/life/bullying/html.

As well, the following pages list tips for children on how to help stop bullying, and tips for parents, caregivers and coaches on helping children deal with bullying, either as victims, bullies or bystanders. We hope you find them useful.

HELPING CHILDREN TO MAKE A DIFFERENCE IN BULLYING

Tips for Parents, Caregivers and Coaches from CCA:

- * **Explain Their Role**
Explain to children how crucial they are to stopping bullying. Bullying requires an audience, and without an audience, the bully has no power. Remind children the next time they see bullying to walk away.
- * **Encourage Safe Measures**
Tell children to keep their own safety in mind when dealing with bullying, and to leave any potentially dangerous bullying scene to find a grown-up to help.
- * **Help Define Bullying**
Remind children that bullying is not just about hitting or pushing and that emotional bullying, such as calling names or leaving other kids out is equally as harmful and wrong.
- * **Advocate for Potential Victims**
In order to assist potential victims, encourage children to get to know withdrawn children who find it difficult to make friends, and to get their friends to do the same.
- * **Help Spread the Word**
Challenge children to talk to other children about the fact that bullying isn't cool. It won't be long before the word catches on.
- * **Encourage Communication**
Ask children to tell you or another trusted adult when they see bullying of any kind. Assure them you're there to listen and help and that you won't get upset.
- * **Praise Communication**
Congratulate them when they do talk to you about bullying. Encourage them to tell their friends to talk to the adults they trust about bullying too.
- * **Value Differences**
Work with children to develop a code of mutual respect. Remind them that everyone deserves to be treated with kindness, regardless of race, size, skin colour, hobbies, religion, clothing, beliefs, anything at all.
- * **Change Takes Time**
Remind children that ending bullying won't happen overnight. Try relaying bullying episodes from your childhood so they understand that change takes time.
- * **Help Is There**
Remember whether you're the parent of a bystander, victim, or bully, someone is there to listen if you have parenting concerns. Call Parent Help Line at 1-888-603-9100.

continued...

NORTHROP GRUMMAN

Ford M. Beaton, CMP
Eastern Regional Manager

Northrop Grumman Corporation
Sperry Marine
1000 Windmill Road, Unit # 1
Dartmouth, Nova Scotia
B3B 1L7 Canada
Ph: 902-468-9479

**Nodding
Marine**



Crystal Oickle
Office Manager

433 York Street
Bridgewater, NS
Canada, B4V 3K1

902-543-7621 tel
902-543-2299 fax
crystaloickle@ns.aliantzinc.ca

Peverill & Associates Incorporated

Chartered Accountants
www.peverill.net

Wardour Centre, Suite 301,
15 Dartmouth Rd.,
Bedford, N.S. B4A 3X6

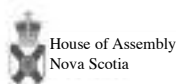
Tel: 468-9634
Fax: 468-9635



www.novatreeco.com

Landscaping Bark Mulch
Post & Rail Fencing
Patio Planters, Window Boxes
Outdoor Furniture
Tree & Shrub Seed

PO Box 1646, Truro, NS B2N 5Z5 Ph: 902-895-6258



Pat Dunn, MLA
Pictou Centre

For information or assistance, please call 752-3646
138 Campbell Street, New Glasgow, NS B2H 5Y1

Proud to Support PANS



MidTrail
MOTEL & INN

23475 Cabot Trail
Pleasant Bay
Cape Breton Island
Nova Scotia BoE 2Po

Call 1-800-215-0411
www.MidTrail.com

Metropolitan Regional Housing Authority

2131 Gottingen Street, 5th Floor
Halifax, Nova Scotia
B3K 5Z7

Phone: 420-6000
Fax: 420-6020



K & N Repairs

RR 1 Lower L'Ardoise
Rich. Co. N.S.
B0E 1W0



Marine, Commercial & Automotive Repairs
Phone: 902-587-2708 Fax: 902-587-2709
Cell: 902-623-0265
Kelly Clannon, Proprietor

Island View Family Restaurant

Specializing In Seafood • Bakery • Sandwiches on
Homemade Bread • Burgers • Soft & Hard Ice Cream
Children's Menu • Eat-in • Take-Out • 7 days/wk

Western Shore **627-2513**

www.huntspointbeach.com

HUNTS POINT BEACH COTTAGES

6739 Highway 3 The Lighthouse Route
Cottages with full housekeeping facilities situated on a
private sandy beach, within two hour drive from Halifax or
Yarmouth and to Peggy's Cove.

Mark & Brenda Bishoff

Phone: (902) 683-2077
P.O. Box 92, Hunts Point, Nova Scotia, Canada B0T 1G0

TALKING TO YOUR CHILDREN ABOUT BULLYING

Tips for Parents of Victims and Bullies:

If you think your child is a victim...

- * **Talk about it.** Encourage your child to talk about school and friends. Keep the lines of communication open so they feel they can talk to you about what's going on.
- * **Build Their Confidence.** Work deliberately to build your child's confidence. Remind them about what they do well and that they are good people who deserve to be treated with respect.
- * **Try Something New.** Trying new things can help to build children's self-esteem. Encourage your children to try something new, whether it be playing an instrument or playing team sports, which can help to build their social skills as well.
- * **Avoid Overprotection.** Rather than sheltering your children from difficult situations, give them the skills to deal with them on their own.
- * **Teach Assertiveness.** Encourage assertive, but not aggressive, behaviour so your children can stand up for themselves. Remind them that a bully only has power if it's given to them.
- * **Encourage Socializing.** Bullies target shy, introverted children. Encourage your children to try and develop new friendships and to surround themselves with friends.
- * **Kids Help Phone is There.** Sometimes, as much as we would like to talk to our children, they're just not comfortable talking to us. Remind your children that if they need someone to talk to, Kids Help Phone is there to listen at 1-800-668-6868.

If you think your child is a bully...

- * **Stay Calm.** Now, more than ever, it's important to model good listening and problem solving skills. Don't deny the fact that your child is a bully or take it personally, but begin immediately trying to rectify the situation.
- * **Be Clear.** Explain that any type of bullying or any mistreatment of another human being is absolutely unacceptable, whether it be at home, school or play.
- * **Explain Sticks and Stones.** Explain that teasing and name-calling is just as bad as hitting and kicking. In the cases of emotional bullying, they might not realize the harm they're causing.
- * **Channel Their Energy.** Encourage your child to use their energy and express their emotions in constructive ways. For example, team sports and physical activity can be a positive outlet for high-energy children.

- * **Teach Respect for Other's Differences.** Prejudice is often the basis for mistreatment of other people. Work with your children to develop a code of mutual respect for all people, regardless of race, religion, background, clothing, or anything at all.
- * **Encourage Empathy.** Try and get your children to put themselves in the shoes of the victim.
- * **Set an Example.** Let your own actions illustrate how important it is to be kind to other people and how to solve problems in a positive manner.

PUT AN END TO BULLYING - TIPS FOR KIDS

- * **Recognize Bullying**
Bullying comes in many different forms - all equally painful and wrong. Whether it's hitting or pushing; ridiculing or calling names; ignoring or spreading nasty rumours, don't put up with bullying in your school or community. It makes everyone feel bad.
- * **Keep Track of Places**
Work with friends to take note of places where bullying occurs. Pass this information on to teachers, playground officers, bus drivers, any grown-up - they want to help!
- * **Define Cool**
Spread the word in your school or community that bullying isn't acceptable. Once the word catches on, it won't be long before everyone realizes that bullying isn't cool.
- * **Speak up!**
State clearly to the bully that you and your friends won't be involved in any bullying. When someone is bullying someone else, speak up and tell them that bullying is wrong. If it doesn't feel safe, get help.
- * **Help the Victim**
Make an effort to get to know kids who are picked on. If they seem sad or worried, tell them there is help available - they can tell a parent, teacher, or coach or they can call Kids Help Phone at 1-800-668-6868. Ask them to join you. Be sure they're not alone.
- * **Bullies need help too**
Be firm that bullying is wrong, but don't ever be mean to the bully. Most times, bullies are bullies because they're unhappy inside. Remember - they need help and understanding too.
- * **Walk Away!**
By standing and watching bullying, you're encouraging it. Walk away as soon as you see something mean, nasty or threatening happening, and then go and get help!
- * **Choose your Friends Wisely**
Make it clear to your friends that you will not put up with bullying. Refuse to spend time with people who are mean to others.

continued...



Michael Baker, MLA
Lunenburg Constituency e-mail: michaelbakermia@ns.sympatico.ca

Lunenburg Office

10 Pelham Street
634-4199 Phone
634-4652 Fax

New Germany Office

5169 Hwy 10
644-2248 Phone
644-2905 Fax



Chinese &
Home Cooked
Canadian Food

Dining Room
Fully Licensed
Air Conditioned



Eat in or
Take Out



870 Prince Street
Truro, N.S.

895-8588

CEDAR HOUSE

FULL COURSE MENU:
• House Style Steaks
• Roast Beef, Lamb & Chicken
• Salmon
• Grilled Turkey Steaks
• BBQ Beef Chunks & Sauce
• Daily Specials
• Variety of Desserts
• Homemade Chutney
- Eat In or Take Out -



"Good food" is all you need at a busy place.
The quality and the service give the place
a lasting first and last impression.
Come check us out and see for yourself!

QUALITY BAKED GOODS

• Variety of Breads
• Cakes
• Cookies
• Pastries & Muffins
• Cookies & Scones
• Donuts, etc.

TEL: 110-888-8888
(110 calls from Truro & nearby)
874-2428

Would You

Learn how to save lives, prevent injuries
and prepare for emergencies.



Take action and call us today:

St. John Ambulance

902.463.5646

SAVING LIVES
at work, home and play

Toll Free: 1.800.565.5056

www.sja.ca/ns

Hamachi House and Hamachi Steakhouse are proud to support Police Association of Nova Scotia

Enjoy the exceptional!

Halifax's highly acclaimed Hamachi House Fine Japanese Cuisine in recreating the art of Japanese dining in Atlantic Canada.

Featuring the downtown Halifax's "Freshest Fish and Seafood", we pride ourselves in sourcing only the freshest ingredients.



5190 MORRIS STREET
HALIFAX, NOVA SCOTIA



PHONE: (902) 425-7711
FAX: (902) 484-7868
HAMACHI@EASTLINK.CA

**VOTED BEST SUSHI BY LOCAL HALIFAX READERS
2004, 2005, 2006 - "COAST BEST OF FOOD"**

Authentic Teppan cooking, succulent steaks, fresh Atlantic seafood on the Halifax waterfront at Bishop's Landing.

WWW.HAMACHIHOUSE.COM



Keith Colwell, MLA

Preston

Mail: 2345 Highway #7
Box 1, Comp 4
East Preston, NS
B2Z 1G6

Phone: (902) 433-1494
Fax: (902) 435-1712



Entreprise Société
Cap-Breton d'expansion
Corporation du Cap-Breton

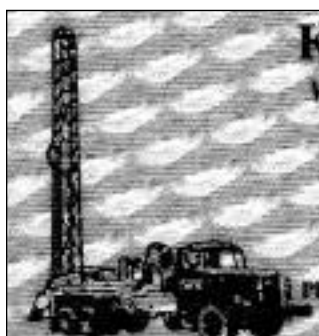
P.O./C.P. 1750, 70 rue Crescent Street
Sydney, Nova Scotia (N.-É.)
Canada B1P 6T7
1.800.705.3926
www.ecbc-secb.gc.ca

Canada

Lawtons

DRUGS

For a location nearest you, visit lawtons.ca



K.D. ROGERS
WELL DRILLING LTD.
N.S. LIC. #307
WORKMANSHIP
GUARANTEED
FREE ESTIMATES
OWNER OPERATED
PHONE: KIRK ROGERS 678.0945
TOLL FREE 1-800-565-4021

MackENZIE'S



Towing & Service Centre



893-7600

414 Queen St. Truro Nova Scotia

- * **Share the Responsibility**
Everyone has a responsibility to help stop bullying. Spread the word that bullying isn't cool. Support victims. Speak up or get help when you see it happening. Make sure you're doing your part.
- * **Be a Leader of Cool**
Take steps to stop bullying in your school. Talk to your teacher or principal and ask for help in setting up a "Say No to Bullying" campaign.

TIPS FOR KIDS BEING BULLIED FROM KIDS HELP PHONE

www.kidshelpphone.com
1-800-668-6868

Bullying is scary and embarrassing. It can make you feel as if it's your fault. It's not! There are things you can do to make bullying stop. Here are some tips.

- * **Stay calm** and don't act upset or angry: bullies love a reaction. Practise what you'll do the next time it happens. If you don't act upset or react the way they want you to, they might get bored and stop.
- * **Don't fight back.** If you fight back you could make the situation worse, get hurt, or be blamed for starting the trouble.
- * **Try to calmly withdraw from the situation.** Try to ignore the bullying or say "no" really firmly, then turn and walk away calmly. It's very hard for the bully to go on bullying someone who won't stand still and listen.
- * **Give your stuff up,** if it's either you or your stuff. Things can be replaced - you can't!
- * **Avoid being alone** in places where you know the bully is likely to pick on you. It's not fair that you have to do this but it might put the bully off until you talk to an adult or find another solution to stop the bullying.
- * **Don't be afraid to tell an adult you trust,** like a teacher or your mom or dad, and keep telling them over and over again. You don't have to let them take over. You can talk with them about what you would like to happen.
- * **Most of all, don't give up.** Being bullied can make you feel really bad about yourself and very discouraged. This is exactly what the bullies are hoping for. If you give in, they will be able to take advantage of you in different ways and at different times.

If you're feeling like giving up, make sure you talk to someone. Don't forget Kids Help Phone at 1-800-668-6868 is always confidential and free.

Or check out the "Violence" section of the Kids Help Phone website, Kids Help Phone and Bell Online: <http://kidshelp.sympatico.ca>.

ARE YOU A BULLY?

Tips for Bullies from Concerned Children's Advertisers:

- * **Weigh the Odds.** Decide if bullying is worth getting in trouble, possibly hurting yourself or others and turning people away from you for a long time. Chances are, you just want to make a point, but it's probably not worth the price and you likely won't get what you want.
- * **Put yourself in their shoes.** As hard as it is, try and understand what it would be like for others to be mean and nasty to you, and to be unable to defend yourself. If you can even slightly identify with the feelings of a victim, it won't be long before you stop.
- * **Appreciate People's Differences.** Instead of picking on people for being different, use it as an opportunity to learn new things. Ask children who are different from you about their background, beliefs, favourite foods and music - they might introduce you to something new to enjoy.
- * **Temper Triggers.** Learn to recognize your 'temper triggers.' When someone pushes the wrong button, just take a deep breath and walk away. That way YOU are the one in control of the situation.
- * **Cool Down.** Try not to act out in anger. When you are upset, give yourself time to cool off. Go for a walk. Call a family member. Listen to some music. Think of something that makes you feel good.
- * **Express Things Differently.** Channel your energy by doing something active or creative. Sports are fun, challenging and a great way to learn how to get along with other kids; writing, painting or drawing can make you feel a whole lot better. Try sharing your thoughts on paper with someone you trust.
- * **It's Not Funny!** You might think that being mean to other kids is funny because others are watching and laughing. Know that they're watching and laughing because they're frightened of you. It's really not funny at all.
- * **Get some advice.** Know that it's okay to be angry and upset, but it's not okay to take it out on people. When you feel angry, try talking to a grown up or friend you trust instead or call Kids Help Phone at 1-800-668-6868.
- * **Learn to Get Along.** Talk to your parent or teacher about helping you find ways to get along with other children. Your school library might have books or games to help you learn how to get along with others and start enjoying life.
- * **Be a Real Leader.** You're already a leader, because other people often watch you pick on others. Instead of being mean and nasty, set a real example by being kind and respectful of other kids. Think of how good you'll feel when others follow your lead.

Professional Listings



ALFRED J. BELL & GRANT LTD.

6380 LADY HAMMOND RD.
HALIFAX
(902) 429-4150

B CLEAN MOBILE WASH LTD.

100 SPIDER LAKE RD.
WAVERLEY
(902) 435-6323

CAROLE'S BAKERY

121 MAIN STREET
PARRSBORO
(902) 254-3039

ANCHOR MOTORS LTD.

193 WESTVILLE RD.
NEW GLASGOW
(902) 752-4171

BOMBERS CLUB

167 JOHN STREET
NEW GLASGOW
(902) 755-6996

CHASE'S COLOUR CTR LTD.

897 PRINCE ST.
TRURO
(902) 895-4678

ANGELIKA WELLER & DR A. MOMIN KHALIFA

2085 HILLSIDE BOULARDERIE RD.
HILLSIDE BOULARDERIE
(902) 736-1521

BRIDGEWATER FARMERS CO-OP

123 ELM STREET
BRIDGEWATER
(902) 543-2471

CLARE GOLF & COUNTRY CLUB

RR #1
CHURCH POINT
(902) 769-0801

APPLE AUTO GLASS

15116 AUTO ROD RD.
BRIDGEWATER
(902) 543-6855

C EDWIN SPERRY ELECTRICAL LIMITED

RR #1
PETITE RIVIERE
(902) 688-2175

CLARE MACHINE WORKS LTD.

PO BOX 146
METEGHAN CENTRE, DIGBY CO.
(902) 645-2216

ATIK UPHOLSTERY

287 MAIN STREET
DARTMOUTH
(902) 469-9679

CAMPBELL & MACKEEN BARRISTER & SOLICITORS

PO BOX 200
GUYSBOROUGH
(902) 533-2644

COBEQUID RUST CHECK LTD.

123 COBEQUID RD.
LOWER SACKVILLE
(902) 830-7950

ATLAS COLD STORAGE

20 PETTIPAS DR
DARTMOUTH
(902) 468-4622

CANADIAN SALT CO. LTD.

PO BOX 160
PUGWASH
(902) 243-2511

COLCHESTER COMMUNITY SMALL OPTION HOMES

94 WOOD ST.
TRURO
(902) 893-0156

AUCCOIN'S LOCKSMITH

6965 CHEBUCTO RD.
HALIFAX
(902) 456-0446

CANADIAN TIRE

699 WESTVILLE RD.
NEW GLASGOW
(902) 752-4125

COLE B DR SURG

835 EAST RIVER RD.
NEW GLASGOW
(902) 752-6534

Central

Your partner in home improvement.

7 Locations To Serve You.

www.centralns.ca

Comfortable Dining

"You'll Love our Food and Our Prices"

Crofters

STEAK & SEAFOOD

- Fully Licensed & Air Conditioned
- Lunch & Dinner Menus
- Quiet Setting, Relaxed Atmosphere
- Fresh Local Seafood
- Steak, Pasta, Chicken, Quick Lunches

Closed On Mondays
Dogs & Reservations

1 km from Museum of Industry
Box 24, Hwy 104, Stellarton Road,
New Glasgow, Nova Scotia

755-3383



**The Salvation Army
Community Church**

PO Box 902
Sydney, NB
B1P 6J4

902.562.0456

Doug Teeft
Professional Trainer
and Consultant

Email: teeft@accesswave.ca
www.teeft.com

TEEFT K-9 CENTRE

EQUIPMENT - DOG DAY CARE - TRAINING - FOOD

Ph: 446-DOGS (3647) Toll Free: 877-268-7141

10 Halsey Ave. Unit 9 Dartmouth NS B3B 1L3

Challenging Cyber Bullying

The Internet has created a whole new world of social communications for young people who are using e-mail, Web sites, instant messaging, chat rooms and text messaging (STM) to stay in touch with friends and make new ones.

While most interactions are positive, increasingly kids are using these communication tools to antagonize and intimidate others. This has become known as cyber bullying.

Today's young Internet users have created an interactive world away from adult knowledge and supervision. MNet research shows that 50 per cent of kids say they are alone online most of the time, and only 16 per cent say they talk to their parents a lot about what they do online. Because bullies tend to harass their victims away from the watchful eyes of adults, the Internet is the perfect tool for reaching others anonymously - anytime, anyplace. This means for many children, home is no longer a refuge from the cruel peer pressures of school.

The anonymity of online communications means kids feel freer to do things online they would never do in the real world. Even if they can be identified online, young people can accuse someone else of using their screen name. They don't have to own their actions, and if a person can't be identified with an action, fear of punishment is diminished.

Nancy Willard of the Responsible Netizen Institute explains that technology can also affect a young person's ethical behaviour because it doesn't provide tangible feedback about the consequences of actions on others. This lack of feedback minimizes feelings of empathy or remorse. Young people say things online that they would never say face-to-face because they feel removed from the action and the person at the receiving end.

There are several ways that young people bully others online. They send e-mails or instant messages containing insults or threats directly to a person. They may also spread hateful comments about a person through e-mail, instant messaging or postings on Web sites and online diaries. Young people steal passwords and send out threatening e-mails or instant messages using an assumed identity. Technically savvy kids may build whole Web sites, often with password protection, to target specific students or teachers.

An increasing number of kids are being bullied by text messages through their cell phones. These phones are

challenging the ability of adults to monitor and guide children because, unlike a computer placed in a public area of a home, school or library, mobiles are personal, private, connected - and always accessible. Kids tend to keep their phones on at all times, meaning bullies can harass victims at school or even in their own rooms.

Built-in digital cameras in cell phones are adding a new dimension to the problem. In one case students used a camera-enabled cell phone to take a photo of an overweight classmate in the shower after gym. The picture was distributed throughout the school e-mail list within minutes.

Schools are struggling to address the issue of cyber bullying among students, especially when it occurs outside of school. When real world bullying occurs in a schoolyard or classroom, teachers are often able to intervene, but online bullying takes place off the radar screen of adults, making it difficult to detect in schools and impossible to monitor off school property.

Cyber bullying and the law

Young people should be aware that some forms of online bullying are considered criminal acts. Under the Criminal Code of Canada, it is a crime to communicate repeatedly with someone if your communication causes them to fear for their own safety or the safety of others.

It's also a crime to publish a "defamatory libel" - writing something that is designed to insult a person or likely to injure a person's reputation by exposing him or her to hatred, contempt or ridicule.

A cyber bully may also be violating the Canadian Human Rights Act, if he or she spreads hate or discrimination based on race, national or ethnic origin, colour, religion, age, sex, sexual orientation, marital status, family status or disability.

The role of Internet service providers (ISPs) and cell phone service providers

Internet service providers (ISPs) are the companies that provide Internet access to consumers. Most ISPs have Acceptable Use Policies (AUPs) that clearly define privileges and guidelines for those using their services, and the actions that can be taken if those guidelines are violated.

(continued...)

COOK'S DAIRY FARM LTD.

BOX 40
ARCADIA
(902) 742-7148

FERGUSON'S PHARMACY LTD.

35 STIRLING RD.
GLACE BAY
(902) 849-0500

HAROLD'S SERVICE CTR.

RR #1 SIMS SETTLEMENT
HUBBARDS
(902) 857-9604

CREATIVE SUNROOMS OF NOVA SCOTIA LTD.

63 MCQUADE LAKE CRES.
HALIFAX
(902) 455-7866

FERGUSON'S TRANSFER & STORAGE

15 DOUGLAS STREET
SYDNEY
(902) 564-4855

HEARTHSTONE INN

373 HWY #4
PORT HASTINGS
(902) 625-2480

CROSSLEY CARPET MILLS LIMITED

435 WILLOW ST.
TRURO
(902) 895-5491

FIRST RATE MACHINING

31 RADDALL AVE., UNIT 3
DARTMOUTH
(902) 468-1073

HOWARD LITTLE EXCAVATING LTD.

CAMBRIDGE STATION
(902) 538-3275

CROWELL DENTURE CLINIC

114 WOODLAWN RD.
DARTMOUTH
(902) 435-9905

FLYER SERVICES LTD.

21 CHIPMAN DR.
KENTVILLE
(902) 678-9217

HUBTOWN CRANE SERVICE LTD.

716 TRURO HGHTS. RD., RR #1
TRURO
(902) 893-7715

DAWN HENDERSON MEMORIAL SPORTSPLEX

55 CARTER RD.
BROOKFIELD
(902) 673-2427

FORTIS PROPERTIES CORP.

1505 BARRINGTON ST.
SUITE 1201, HALIFAX
(902) 429-3210

HYDROSTONE AUTO

5684 WEST STREET
HALIFAX
(902) 454-9773

DR. C. B. MACLEAN

PO BOX 427
INVERNESS
(902) 258-2555

GERALD'S TRUCKING & GARBAGE HAULING

32 BIRKDALE CR.
HALIFAX
(902) 443-8799

INSTANT FLAWLESS TANNING

1274 BEDFORD HWY.
BEDFORD
(902) 444-3396

DR. MICHAEL GALLIVAN

65 MINTO
GLACE BAY
(902) 849-0300

GLASGOW PUB BEVERAGE ROOM

300 STEWART ST.
NEW GLASGOW
(902) 755-9788

J J BARRINGTON LTD.

137 KINGS RD.
SYDNEY
(902) 564-8150

DUPUIS AUTO SRV. & SALES

272 WINDMILL RD.
DARTMOUTH
(902) 461-2818

GOLDEN DAWN FARMS AUTOMOTIVE

RR #1
LAHAVE
(902) 688-2960

J. B. AUTOMOTIVE LTD.

6 CHERVIN COURT
WINDSOR JUNCTION
(902) 860-3904

DUPUIS AUTO SRV. & SALES

272 WINDMILL RD.
DARTMOUTH
(902) 461-2818

GOW'S HOME HARDWARE LIMITED

450 LAHAVE ST., EASTSIDE PLAZA
BRIDGEWATER
(902) 543-7121

JOHN HOWARD SOCIETY RESTORATIVE JUSTICE

2042 QUEEN ST.
WESTVILLE N.S.
(902) 396-1999

DURON ATLANTIC LTD.

30 THORNE
DARTMOUTH
(902) 468-6671

H & R MUSIC LTD.

115 MACLEAN ST., BRIDGEVIEW SQUARE
NEW GLASGOW
(902) 752-8717

JOUDREY'S AUTOMOTIVE SERVICE

415 DUFFERIN
BRIDGEWATER
(902) 543-7684

E. BARNHILL TRUCKING LTD.

933 BELMONT ROAD
BELMONT
(902) 662-2520

HALIFAX WEST HIGH SCHOOL

283 THOMAS RIDDALL DR
HALIFAX
(902) 457-8900

JUNGLE JIM'S EATERY

147 SOUTH ALBION ST
AMHERST
(902) 661-4414

EUROWERKS BY BURT PAGE

3470 KEMPT RD.
HALIFAX
(902) 453-9310

HALIFAX WORK HARDENING CRT. LTD.

301-6155 NORTH STREET
HALIFAX
(902) 455-6771

KIP WALKER HLC MORTGAGES

800 WINDMILL RD.
DARTMOUTH
(902) 468-0762

ISPs and cell phone service providers can respond to reports of cyber bullying over their networks, or help clients track down the appropriate service provider to respond to.

Taking action on cyber bullying

Cyber bullying is everyone's business and the best response is a pro-active or preventative one.

What parents can do

- Get involved and be aware:
 - * Learn everything you can about the Internet and what your kids are doing online. Talk to them about the places they go online and the activities that they are involved in. Be aware of what your kids are posting on Web sites, including their own personal home pages.
 - * Encourage your kids to come to you if anybody says or does something online that makes them feel uncomfortable or threatened. Stay calm and keep the lines of communication and trust open. If you "freak out" your kids won't turn to you for help when they need it.
- Encourage kids to develop their own moral code so they will choose to behave ethically online:
 - * Talk to your kids about responsible Internet use.
 - * Teach them to never post or say anything on the Internet that they wouldn't want the whole world - including you - to read.
 - * Create an online agreement or contract for computer use, with your kids' input. Make sure your agreement contains clear rules about ethical online behaviour. MNet's research shows that in homes where parents have clear rules against certain kinds of activities, young people are much less likely to engage in them.
- Take action if your child is being bullied online:
 - * Watch out for signs that your child is being bullied online - a reluctance to use the computer or go to school may be an indication.
 - * If the bully is a student at your child's school, meet with school officials and ask for help in resolving the situation.
 - * Report any incident of online harassment and physical threats to your local police and your Internet Service Provider (ISP).
 - * If your child is bullied through a cell phone, report the problem to your phone service provider. If it's a persistent problem, you can change the phone number.

What schools can do

- Integrate curriculum-based anti-bullying programs into classrooms.
- Educate teachers, students and parents about the seriousness of cyber bullying.
- Change the school or board's bullying policy to include harassment perpetrated with mobile and Internet technology. There should be serious consequences for anyone who doesn't follow the guidelines.
- Update the school or board's computer Acceptable Use Policy (AUP) to specifically prohibit using the Internet for bullying.

What kids can do

Because most incidents of bullying occur off adults' radar screens, it's important that young people learn to protect themselves online and respond to cyber bullying among peers when they encounter it.

Guidelines for children and teens:

- Guard your contact information. Don't give people you don't know your cell phone number, instant messaging name or e-mail address.
- If you are being harassed online, take the following actions immediately:
 - * Tell an adult you trust - a teacher, parent, older sibling or grandparent.
 - * If you are being harassed, leave the area or stop the activity (i.e. chat room, news group, online gaming area, instant messaging, etc.).
 - * If you are being bullied through e-mail or instant messaging, block the sender's messages. Never reply to harassing messages.
 - * Save any harassing messages and forward them to your Internet Service Provider (i.e. Hotmail or Yahoo). Most service providers have appropriate use policies that restrict users from harassing others over the Internet - and that includes kids!
 - * If the bullying includes physical threats, tell the police as well.
- Take a stand against cyber bullying with your peers. Speak out whenever you see someone being mean to another person online. Most kids respond better to criticism from their peers than to disapproval from adults.

L. E. VEINOTTE & SONS LTD.

2232 HWY 10
BRIDGEWATER
(902) 543-5217

MYLES MACPHERSON PULP & TREE

RR#2
BOYLSTON
(902) 533-2695

RAMSAY'S CYCLE & SPORT

616 KELITIC DR.
SYDNEY
(902) 539-1730

LAWRENCE SARTY GARAGE

4528 GRANVILLE RD.
GRANVILLE FERRY
(902) 532-2988

NELSON & SON DAIRY EQUIPMENT

664 HWY 214, RR #1
ELMSDALE
(902) 883-7122

ROYAL CANADIAN LEGION BRANCH #53

BOX 124
BADDECK
(902) 295-2080

LEO J BEAZLEY LTD

124 COWVAY RD.
EASTERN PASSAGE
(902) 465-6053

NEW CENTURY SIGNS LTD

3825 JOSEPH HOWE DR.
HALIFAX
(902) 455-3001

RUPERT HOUSE

1 RUPERT STREET
AMHERST
(902) 667-3284

LEO LENDERS AUTO BODY

193 LOCHABER RD.
ANTIGONISH
(902) 863-6575

NEW ROSS HOME HARDWARE

PO BOX 100
NEW ROSS
(902) 689-2026

RUSH COMMUNICATIONS LTD

www.rushcomm.ca
NOVA SCOTIA
800-769-2316

LIVERPOOL HEATING & APPLIANCE SERVICES LTD.

PO BOX 340
BROOKLYN
(902) 354-4544

NOVA TILE AND MARBLE LTD.

92 THORNHILL DR.
DARTMOUTH
(902) 468-2945

S. G. TRASK & SONS LTD. WELL DRILLING

RR #1, SITE 2, COMP. 33
CAMBRIDGE STATION
(902) 538-3761

MARSHALL SMITH CONTRACTING

RR #2 SITE8 BOX2
NEW GLASGOW
(902) 923-2276

ORTHOPAEDIC & SPORT MEDICINE

5595 FENWICK ST #311
HALIFAX
(902) 421-7512

SAF-WAY AUTO PARTS LTD.

361 GEORGE STREET
SYDNEY
(902) 539-9970

MASON DENTURE CLINIC SACKVILLE LTD.

668 SACKVILLE DR., UNIT 1
LOWER SACKVILLE
(902) 864-4400

PIER II REALTY LTD.

121 FIRST AVE
DIGBY
(902) 245-4711

SALMAC DEVELOPMENTS INC

RR #1
NEWPORT
(902) 497-5233

MAXWELL'S PLUM ENGLISH PUB

1600 GRAFTON ST
HALIFAX
(902) 423-5090

PLAZA TAXI

381 ALEXANDER
SYDNEY
(902) 539-8770

SEARS REFRIGERATION LTD.

BOX 226
BARRINGTON PASSAGE
(902) 745-2914

MECO CONSTRUCTION

189 UNION ST
GLACE BAY
(902) 849-0617

PURNEY'S AUTO & STORAGE LTD

70 OHIO RD.
SHELBURNE
(902) 875-2401

SOUTH SHORE READY MIX LTD.

P.O. BOX 247
BRIDGEWATER
(902) 543-4639

MICRO LAN TECHNOLOGIES

70 ATLANTIC VIEW DR.
SAMBRO HEAD
(902) 868-2916

QUALITY GRAPHICS (1992) LTD.

69 WOOD ST.
TRURO
(902) 897-2808

STAIRS DIESEL SUPPLY LTD.

12 WADDELL AVE.
DARTMOUTH
(902) 468-5626

MULGRAVE MACHINE WORKS LTD

34 ENGLAND AVE.
MULGRAVE
(902) 747-2157

R P CAMERON TRANSPORT

RR #7
ANTIGONISH
(902) 863-2061

STEVE'S SATELLITE SALES

5 CONLEY ROAD
SHUBENACADIE
(902) 758-2309

MUSIC FOR YOUNG CHILDREN

302 CHARLES RD.
TIMBERLEA
(902) 434-3929

RAINBOW MOTEL & HAMMOCKS

341 PRINCE STREET
TRURO
(902) 893-9438

SUN LIFE FINANCIAL, DANNY HILCHIE

7165 HWY 1, SUITE 201
COLDBROOK
(902) 679-2886

Online Dangers

According to Statistics Canada, children are spending less time watching television and more time in front of the computer. From a health standpoint, other activities such as outdoor play would be far more beneficial than sitting in front of a screen for long periods. From a personal safety standpoint, the unregulated environment of cyberspace is virtually impossible to police.

The Internet has been called an electronic Trojan horse. It offers education, entertainment, and communication with people around the world - all potentially good experiences. Unfortunately, it also attracts con artists, pedophiles, ideologies and other material to which parents might not want their children exposed.

The Canada Safety Council and Media Awareness Network Web sites provide Internet safety tips to help parents protect their children from the Dark Side of the World Wide Web.

Name Exposure

Exchanging e-mail with friends seems like an innocent activity. However, after children exchange e-mail addresses they may start to receive forwarded messages, some re-forwarded by several senders. Everyone uses the CC field, exposing the e-mail addresses to more and more strangers, sometimes into the hundreds.

Spammers pick up names from these chain e-mails, enabling them to clog Inboxes with unwanted e-mails, from sales pitches to pornographic and hate spam. They may also be able to obtain personal information if the e-mail address is attached to traceable identifying information through an ISP.

When you give a friend your phone number or address, you don't expect that he or she will pass it along to everyone they phone or send mail to, and that the next person will then do the same. Most parents and children do not realize the risks and consequences of this common practice.

Bullies

A survey released in April 2002 by the UK children's charity NCH found more than one in four teenagers had been bullied either by e-mail or mobile phone. The 856 respondents were between 11 and 19 years of age. Sixteen percent had received bullying or threatening text messages, seven percent had been harassed in Internet chat rooms and four percent by e-mail. One in three of the victims had told no one.

The Internet takes bullying beyond the school yard - there is no safe haven, even at home. Bullies can create hate Web sites about other children and distribute the URLs through Internet chat rooms. A bully can harass by persistent e-mails. The Internet provides an anonymity that creates the confidence to make threats a child would not make in person. Victims should change their mobile number or e-mail address if they receive threats. If the messages continue, they should not be afraid to go to the police.

Cyber Stalking

A cyber stalker is someone who contacts or seeks to gain intimate personal knowledge of another person through online communication without their consent or after being told to cease. Stalkers lurk in chat rooms, news groups, bulletin boards and e-mail. Their objective is to create fear and get a reaction. They may also send viruses or masses of spam, or hack into a computer.

According to a 1999 report of the US Department of Justice, one out of every 10 Internet users had been stalked online. Most victims are adults, and 80 percent are women. Alarming, one out of every five cyber stalking cases becomes an offline, real-world stalking case.

If you feel you are being stalked, respond to absolutely nothing sent by the stalker. Use a filter or blocking software to prevent the e-mails from reaching your Inbox. If the problem only exists on ICQ or IRC, completely change your online identity.

The offender will eventually give up when you won't play the game. If harassment continues you can report the stalker to both their ISP and your own. With sufficient grounds, most ISPs will terminate offenders' accounts, but beware that doing this could aggravate the situation. You may have to change your e-mail account or even your ISP.

Cybertip.ca

In 2002, a new Web site was launched at www.cybertip.ca. The site is operated by Child Find Manitoba in partnership with the federal government and private sector partners. It handles tips from individuals reporting the online sexual exploitation of children. There is also a toll-free phone line (1-866-658-9022).

Incidents of child pornography, luring, child sex tourism, or child prostitution can be reported. Cybertip.ca receives and analyses the tips, then refers leads to the appropriate law enforcement agencies.

© 2003 Canada Safety Council

Professional Listings



SYDNEY DAY CARE CTR

62 COTTAGE RD.
SYDNEY
(902) 539-5965

SYDNEY VIDEO ASHBY BRANCH

443 PRINCE ST.
SYDNEY
(902) 562-8212

THE ECONOMICAL INSURANCE GROUP

200 WATERFRONT DR., SUITE 300
BEDFORD
(902) 835-6214

THE NAUTILUS CLINIC

47 FORRESTER
TRURO
(902) 893-8358

THIRD WAVE CONSULTING

870 YOUNG AVE SUITE 1
HALIFAX
(902) 446-4732

TIM HORTONS PICTOU COUNTY

687 EAST RIVER RD.
NEW GLASGOW
(902) 752-4471

TOWN & COUNTRY AUTO SALVAGE

902 SIBLEY RD.
MIDDLE MUSQUODOBOIT
(902) 384-3170

TOWN OF NEW GLASGOW

PO BOX 7
www.newglasgow.ca
(902) 755-7788

VALLEY STOVE & CYCLE LTD.

360 MAIN ST SUITE 20
WOLFVILLE
(902) 542-7280

VAN VELD CONSTRUCTION LTD.

RR #1
WESTVILLE, PICTOU CO.
(902) 396-3169

VEN REZ PRODUCTS LTD.

PO BOX 399, 380 SANDY POINT RD
SHELBURNE
(902) 875-3178

W J DOOLEY FUNERAL SRV. LTD.

107 PLEASANT ST.
NORTH SYDNEY
(902) 794-3418

WACKY WHEATLEY'S CARPET & FLOOR CTR.

8961 COMMERCIAL ST
NEW MINAS (902) 681-2890
www.wackyscarpet.com

WAYNE WHITE'S CONSTRUCTION

GENERAL DELIVERY
CARLETON
(902) 761-2734

WEDGEPORT LOBSTER LTD.

BOX 400
LOWER WEDGEPORT
(902) 663-2551

WYNN PUMPS & EQUIPMENT LTD

2584 WESTVILLE RD.
STELLARTON
(902) 755-3680

Thanks for
your support.

Booster Boxes



A & C AUTO REPAIR

SHELBURNE (902) 875-2307

A B B INC.

DARTMOUTH (902) 468-9295

ACADIA REFRIGERATION

KENTVILLE (902) 678-7868

ACADIAN CREDIT UNION LTD

CHETICAMP (902) 224-2055

ACROPOLE PUB & GRILL

WESTVILLE (902) 396-1504

ACTION SNOW REMOVALS

WOODSIDE (902) 461-0724

ADVANCED SCREEN PRINTING LTD.

HALIFAX (902) 454-2580

AGENDA MANAGERS INC.

www.agendamanagers.com (902) 422-1886

ALDERWOOD REST HOME

BADDECK (902) 295-2644

ALEX CANFIELD PAINTING

TATAMAGOUCHE (902) 890-6849

ALLAN'S CONSTRUCTION LTD.

SYDNEY (902) 564-6900

ANDREW LEVY SALES SERVICES 1990 LTD. "HVAC"

HALIFAX (902) 443-7466

ANDY'S TIRE SHOP LTD

KINGSTON (902) 765-6348

ANGUS H W FUNERAL HOME LTD.

NEW GLASGOW (902) 752-2545

ANNAPOLIS ROYAL NURSING HOME

ANNAPOLIS ROYAL (902) 532-2240

ANTHONY'S PLUMBING & HEATING LTD.

BRIDGEWATER (902) 543-4431

ANTIGONISH FARM & GARDEN CO OP

ANTIGONISH (902) 863-1436

APPLE BERRY FARM MARKET LTD.

BRIDGEWATER (902) 543-6622

ASBESTOS ABATEMENT LTD.

DARTMOUTH (902) 468-5275

ASSANTE FINANCIAL MANAGEMENT

LUNENBURG (902) 634-8175

AT TECH APPRAISAL CONSULTANTS

DARTMOUTH (902) 468-3677

ATLANTIC AERO MARINE SUPPLY

DARTMOUTH (902) 481-9000

ATLANTIC GARAGE DOORS

LAKE SIDE PARK (902) 876-2227

ATLANTIC SAVE EASY

MIDDLETON (902) 825-3461

ATLANTIC WHOLESALE

DARTMOUTH (902) 468-8866

AUBERGE GISELE'S COUNTRY INN

BADDECK (902) 295-2849

AUCOIN'S ELECTRICAL & PLUMBING CO. LTD.

CHETICAMP (902) 224-2100

Internet Child Exploitation - Internet Luring

The Internet has come into the lives of children and youth at a rapid rate. It serves not only as an excellent educational tool but also as a means of communication, allowing people to chat with their closest friends and Internet friends living in other parts of the world.

There are also many dangers on the World Wide Web. Strangers no longer need to meet children face to face but can easily develop a relationship online, in secret. Some children will begin to trust strangers on the internet and accept them as friends, without knowing the dangerous intentions of the "predator".

A predator will make up lies and change his online identity to make children believe he is someone he is not. Once the predator senses he has gained the trust of the youth he will set up a meeting in person, which can lead to a very dangerous situation.

The protection of children from Internet predators is a difficult one. Many parents conclude that the only way to deal with the problem is to keep the child offline or monitor them exceptionally close.

Luring of Children on the Internet

In 2002, Section 172.1 was added to the Criminal Code of Canada to criminalize electronic communication with a person believed to be a child for the purpose of facilitating the commission of sexual offences. Depending on the offence, the requisite age (real or believed) of the intended victim varies from 14 to 18. Internet luring of children is punishable on summary of conviction. The maximum penalty is a fine of \$2000, and/or imprisonment for up to six months. For an indictment, imprisonment is up to five years.

Advice for PARENTS

Here are some very important steps you should take to help ensure the safety of your children.

Be Informed

- Talk to computer sales clerks and determine which software packages are available to safeguard your child and block out offensive materials.
- Sit down with your child and talk about their computer interests.

Be Smart

- Promise your children you will not get angry if they come to you with a problem they experience online.
- Set the rules for Internet use, including when and how long your child can go on-line.
- Have your child use a code name while on-line.
- Change passwords frequently.
- Periodically view the history of your child's chat line.
- Always maintain access to your child's on-line accounts and randomly check the e-mail messages.

Advice for YOUTH

It is important to talk to your children and inform them of the following steps they can take to protect themselves from internet predators.

Be Alert

- Do not believe everything you read online, and treat everyone you meet as a stranger. Internet predators will use fake names for false intentions.
- Use "Netiquette". Be polite to others online. If someone is rude or offends you, do not respond to them.
- Never open emails from someone you do not know. Just delete them.
- Tell an adult if someone makes you feel uncomfortable or scares you.
- Never meet someone in person with whom you communicated with on the Internet unless you have received parental permission. Accompaniment of the parent is an absolute must, and the meeting should only be arranged in a public place.
- Use a gender neutral "nickname" when entering chatrooms.
- Never give your name or family names, addresses, telephone numbers, the name of the school you attend, parent's workplace or any other pertinent information that might help a predator locate you.

www.gnb.ca

AUTO TRIM DESIGN NORTH EAST
STELLARTON (902) 922-2915

B & N DISTRIBUTORS LTD
PORT HAWKESBURY (902) 625-5111

B A WATSON CONSTRUCTION LTD
INVERNESS (902) 258-2625

B.BURTT BARTEAUX ASSOCIATES LTD.
HALIFAX (902) 425-6783

BADDECK CABOT TRAIL CAMPGROUND
BADDECK (902) 295-2288

BAINES AUTOMOTIVE LTD.
BRIDGEWATER (902) 543-4353

BAKKER APPRAISALS
TRURO (902) 895-2221

BARGAIN BENNIES FURNITURE
AMHERST (902) 667-4735

BASINVIEW ANIMAL HOSPITAL
BEDFORD (902) 835-8383

BAYSWATER CONSTRUCTION LTD.
HUBBARDS (902) 228-2752

BEATON'S TOWING SERVICES
LOWER SACKVILLE (902) 865-4020

BELL BUOY RESTAURANT
BADDECK (902) 295-2581

BELLIVEAU COVE WOOD PRODUCTS
BELLIVEAU COVE (902) 837-7779

BENNETT CEMENT FINISHING / C W
ANTIGONISH (902) 234-2598

BEV'S COUNTRY DINER
UPPER STEWIAKKE (902) 671-2326

BIRCH GROVE REFRIGERATION LTD.
BIRCH GROVE (902) 737-2263

BIRD ISLAND BOAT TOURS
(800) 661-6680 WWW.BIRDISLAND.NET

BLAINE MACLANE EXCAVATION LTD
THORBURN (902) 922-3233

BLUENOSE WELL DRILLING LTD.
MINESVILLE (902) 829-2474

BLUEWAVE ENERGY
DARTMOUTH (902) 481-6205

BOB ALLEN'S AUTO SALES
NEW GLASGOW (902) 752-7110

BORDERTOWN PONTIAC BUICK G M C
AMHERST (902) 667-8788

BOWL MORE 1987 LTD
BRIDGEWATER (902) 543-3324

BRENT GERRITS COLLISION & REFINISHING
PORT WILLIAMS (902) 542-7867

BRIDGETOWN HOME HARDWARE
BRIDGETOWN (902) 665-4359

BRIDGEWATER MALL ADMIN. OFFICE
BRIDGEWATER (902) 543-6314

BRIDGEWATER METAL INDUSTRIES
BRIDGEWATER (902) 543-2446

BRIDGEWATER UPHOLSTERY
BRIDGEWATER (902) 543-6019

BRUCE CHEV OLDS LTD
MIDDLETON (902) 825-3494

BUFFETTS OFFICE SUPPLIES LTD.
NORTH SYDNEY (902) 794-2317

BURKE BROS. TRUCKING
ST. PETERS (902) 535-3022

BURNSIDE SHEET METAL CO. LTD.
DARTMOUTH (902) 468-2066

BURNSIDE WINDOWS & DOORS LTD
DARTMOUTH (902) 468-7114

C. G. FULTON PHARMACY
TATAMAGOUCHE (902) 657-2545

CABINETWORKS LTD.
DARTMOUTH (902) 468-8118

CANADIANA RESTAURANT & LOUNGE
HALIFAX (902) 450-1286

CAPE BRETON TRAILER SALES
BRAS D'OR (902) 544-0157

CAR QUEST
MIDDLETON (902) 825-1653

CAR QUEST AUTO PARTS
BRIDGEWATER (902) 543-5068

CARL'S STORE
TUSKET (902) 648-2212

CBI PHYSIOTHERAPY
BEDFORD (902) 423-6666

CENTRAL CABS
NEW GLASGOW (902) 755-6074

CENTRE CONSOLIDATED SCHOOL
LUNENBURG (902) 634-2200

CENTURY HYUNDAI
TRURO (902) 895-1900

CHARLIE'S MUSIC STORE
CHETICAMP (902) 224-3782

CHEBOGUE FISHERIES LTD.
YARMOUTH (902) 742-9238

CHEDABUCTO LOG HOME CONSTRUCTION
BOYLSTON (902) 533-3361

CHIASSON BROS. LTD.
CHETICAMP (902) 224-2016

CHIASSON FINANCIAL SERVICES
CHETICAMP (902) 224-1953

CHILDREN'S CORNER DAY CARE CTR
DARTMOUTH (902) 462-7200

CHRIS SCOTT AUTOMOTIVE
MIDDLE SACKVILLE (902) 865-2043

CHRISTINE'S TAILOR SHOP
DARTMOUTH (902) 469-2861

CITADEL DRYWALL & ACOUSTICAL
DARTMOUTH (902) 461-2110

CLAUSSEN WALTERS & ASSOCIATES
LUNENBURG (902) 634-4040

CLEARLY COMPUTERS
HALIFAX (902) 522-2484

COASTAL FINANCIAL CREDIT UNION LTD.
YARMOUTH (902) 663-2525

COFFILL'S AUTO REPAIR LTD
CANNING (902) 582-3375

COLCHESTER CONTAINERS LIMITED
BROOKFIELD (902) 673-2808

COLE HARBOUR SHELL FOOD STORE
DARTMOUTH (902) 434-6521

CONCERTIA TECHNOLOGIES INC.
HALIFAX (902) 491-4496

Managing the Internet

Many parents are anxious about introducing the Internet into their homes. Children have always been the heaviest users of electronic media and it is inevitable they will be drawn to this exciting new medium. Because of safety and privacy concerns however, parents must take an active role in guiding their children as they explore this new world.

Government and industry are working to make the Internet a safer place for children – implementing "codes of conduct" for online marketing and the protection of privacy, developing rating systems for web sites and creating better blocking software. Parents however, remain the best line of defense in protecting their children and making Net surfing a safe and enjoyable experience.

Getting started

- Become web-literate so you can direct your children's online experiences. Even if you've never surfed the web before, (and still think Java refers to coffee!), it doesn't take long to feel at ease on the Internet.
- Try to keep up-to-date on web issues by reading the technology section of your newspaper. New technologies present new challenges for parents.
- Focus on the positive aspects of the Internet. You wouldn't take your children to a library and start off by telling them where they shouldn't go – instead you would point them in the direction of books that will interest them. Approach the Internet in the same way. Direct your children to sites where they can learn and share common interests with peers, and roam safely under your supervision.

Online marketing aimed at children

Advertisers have discovered that the unregulated Internet is an ideal vehicle for marketing to children. Interactive advertising sites, disguised as children's entertainment, are proliferating on the World Wide Web. Some marketers are using these sites to track children's online computer use and gather personal information.

Many sites prompt children to fill out forms or questionnaires so they can join a club or win a prize. To protect your children's privacy, make sure they always check with you before giving any personal information over the Internet.

Using chatrooms, newsgroups and email

One of the Internet's greatest attractions for children, especially teens, is its interactivity. Making friends all over the world is exciting and a wonderful use of the Net. Keep in mind, however, that "chatmates" are not always who they claim to be. The anonymity of online correspondence makes it easy for people to misrepresent themselves.

- Make sure your children always use a nickname and don't reveal personal information online until you are sure of the identity of the recipient.
- If your children have passwords they use on the Internet, make sure they never reveal them to anyone.
- Consider using "filtering" software which can block access to newsgroups containing objectionable words or phrases. (See Protecting children from hateful or obscene material for more information on filtering software)
- If your children receive an offensive message or junk email, send copies (including the sender's email address) to your service provider.
- Parental involvement is the key to safe surfing, so keep your computer in a well-used area. Even when you can't be right beside your children, you will still be able to keep an eye on their online activities.

Protecting children from hateful or obscene material

There are a variety of technologies available to help parents restrict access to objectionable or obscene material on the Internet.

- *Stand-alone Filtering Software:*
Similar to V-chip technology for television, "filtering" software is designed to block Web sites, newsgroups, chat rooms, and e-mail which contain

(continued...)

CUMBERLAND HONDA
AMHERST (902) 667-3844

CUMBERLAND JOINT SERVICES MGMT. AUTHORITY
AMHERST (902) 667-5141

CUREGGIO GENERAL CONST LTD
WALLACE (902) 243-2243

D & D LANDSCAPE & CONSTRUCTION
BEAVERBANK (902) 865-5569

D & E ENERGY CONSERVERS
TRURO (902) 895-5567

D & N CONSTRUCTION
WOLFVILLE (902) 670-5485

D M SNOW CONTRACTING LTD
BARRINGTON PASSAGE (902) 637-2410

D N B SPEARS DRYWALL LIMITED
WESTVILLE (902) 396-4808

D. W. MATHESON & SONS LTD.
LITTLE NARROWS (902) 756-3033

D.J. ALEXANDER CONSTRUCTION
WINDSOR (902) 798-5383

DADDY GREEN'S PIZZA
LANTZ (902) 883-8855

DANNY BURBINE SALES
AMHERST (902) 667-2487

DAVIDSON INSURANCE LTD.
PLEASANTVILLE (902) 543-5800

DAYSRING ELECTRIC LIMITED
BRIDGEWATER (902) 543-4723

DIGGDON'S FREIGHT SERVICES
WEST ARICHAT (902) 226-3388

DOOLY'S WINDSOR
WINDSOR (902) 798-0124

DOWN EAST STARTER & ALTERNATOR SERVICE
EAST CHEZZETCOOK (902) 827-4500

DOWNEAST MOTEL
WINDSOR (902) 798-8374

DREWAN ENGINEERING LTD
HALIFAX (902) 876-8378

E Y E MARINE CONSULTANTS
DARTMOUTH (902) 463-8940

EAST COAST IRRIGATION SUPPLIES
DARTMOUTH (902) 469-5892

EAST COAST SHUTTLE
NORTH SYDNEY (902) 794-1512

EAST END AUTO
TRURO (902) 895-5726

EASTERN ABSTRACT SERVICES LTD.
HALIFAX (902) 423-9044

EASTERN PASSAGE VILLAGE VETERINARY CLINIC
DARTMOUTH (902) 463-7785

ED STEWART WELL DRILLING LTD
THORBURN (902) 922-2280

EDUCATIONAL CONSULTING SERVICES
KINGSTON (902) 765-0450

ESTATE JEWELRY & PAWNBROKERS
TRURO (902) 893-1090

EVELINAS RAPPPIE PIE
SAULNIERVILLE (902) 769-0702

FAIRLANES
HALIFAX (902) 455-5446

FERON KITCHENS
HALIFAX (902) 450-5144

FIRST BAPTIST CHURCH HALIFAX
HALIFAX (902) 422-5203

FITZGERALD & SNOW LTD
SUMMERSIDE (902) 436-9256

FOLEY'S AUTOMOTIVE SVC CTR
TIMBERLEA (902) 876-7679

FORREST'S CONVENIENCE & VIDEO STORES
UPPER NORTH SYDNEY (902) 736-2121

FOUR SEASONS RETREAT (YEAR-ROUND COTTAGES)
ECONOMY (902) 647-2628

FOYER PERE FISET
CHETICAMP (902) 224-2087

FRENCHY'S USED CLOTHING
COLDBROOK (902) 679-3553

FUNDY COMPOST INCORPORATED
BROOKFIELD (902) 673-3020

FUSION YOUTH MINISTRIES / TRENTON YOUTH CENTRE
NEW GLASGOW (902) 755-1500

GABRIEL HOME MAINTENANCE
TRENTON (902) 396-6720

GALANTE'S EUROPEAN HAIR DESIGN
DARTMOUTH (902) 434-7123

GARDEN VIEW BED & BREAKFAST
HALIFAX (902) 423-2943

GERALD MOSES CONSTRUCTION
SOUTH OHIO (902) 742-4506

GERALD W. DELONG CONSTRUCTION
BARSS CORNERS (902) 644-2523

GLADYS M MANNING RETIREMENT
WINDSOR (902) 798-2392

GORDON CHAPMAN PLUMBING AND HEATING LTD
PICTOU (902) 485-6988

GPF CONTRACTING TREE SVC LTD
NEW GLASGOW (902) 396-1998

GRAND PRE SERVICE STATION
GRAND PRE (902) 542-9210

GREENWOOD PHYSIOTHERAPY
GREENWOOD (902) 765-3034

GREYBEARD'S BED
LUNENBURG (902) 634-9696

H J S CONSULTANTS LTD.
ANTIGONISH (902) 735-3080

H. REEVES SALVAGE YARD
CAMBRIDGE STATION (902) 538-3919

HALIFAX STUDENT HOUSING
HALIFAX (902) 494-6888

HALL OF FRAME/ SECORD GALLERY
HALIFAX (902) 423-6644

HANK'S VARIETY STORE
LIVERPOOL (902) 354-2260

HANTS SHORE HEALTH CLINIC
NEWPORT HANTS COUNTY (902) 633-2110

HEBBVILLE IRVING & AVIS CAR RENTALS
BRIDGEWATER (902) 543-2240

HEBBVILLE RADIATOR SERVICE
BRIDGEWATER (902) 543-3423

HI-LINER FISHING GEAR & TACKLE LTD.
HALIFAX (902) 457-4968

adult material or objectionable words. It often comes "bundled" with the other programs loaded on new PCs. In this category are products such as Surfwatch, Cyber Patrol, Cybersitter and NetNanny.

- *Commercial Online Service Blocking Features:*

Most Internet service providers now offer their customers filtering software. These features are easy to use and part of the regular menu of options offered to users.

- *Web-based PICS filtering:*

Many "browsers" – the software used to access the World Wide Web – now allow parents to block access to certain material using web site rating systems. Products such as Net Shepherd, RSACi, and SafeSurf classify sites according to their content and will only allow access to sites rated "child-friendly."

These filtering technologies are just tools and are not meant to be substitutes for parental guidance. It is virtually impossible to monitor and rate the millions of new web sites cropping up each month. Much of the software is difficult and time-consuming to configure. Most can be defeated and those which can't are so restrictive they may block a lot of worthwhile material.

Great Kids' Sites

For a great starting point on the Web, check out these sites which provide hundreds of safe, kid-friendly links:

Canadian Kids Page (<http://www.onramp.ca/cankids>)
Berit's Best Sites for Children (http://db.cochran.com/db_HTML:theopage.db)
Yahooligans (<http://www.yahooligans.com>)

..and for a fun way to teach your child about Internet safety, download Privacy Playground: An Adventures of the Three Little CyberPigs – a multi-media game from the Media Awareness Network. (<http://www.screen.com/mnet/eng/cpigs/cpigs.htm>).

Online house rules for kids

Copy the following handout for kids on Internet use. Read through the rules with your family and then post them near your computer for easy reference.

I will not give out any personal information online without my parents' permission. This includes my name, phone number, address, email, location of my school, my parents' work address/telephone numbers and credit card numbers.

I will always use a pretend name or nickname when using the Internet.

When creating a password I will make one up that is hard to guess but easy for me to remember. To avoid having it stolen, I will never reveal it to anyone.

I will not respond to any message that makes me uncomfortable. I will log off and tell an adult right away.

I will arrange to meet a friend I have made on the Internet ONLY if one of my parents has been informed and will be present.

I will not send an insulting or rude message to anyone online. This is called "flaming" and is not good Netiquette.

I will not disable any filtering software my parents have put on the computer.

I will not believe everything I read on the Internet. I will always check the source of the information and confirm it with my teacher, parent or librarian.

HLM REALTIES TATAMAGOUCHE (902) 657-9255	KENT MACDOUGALL INC. NEW GLASGOW (902) 755-1356	MANSOUR'S LTD. AMHERST (902) 667-8577
HOT SHOTS DARTMOUTH (902) 468-3663	KOZY KORNER FLOWER SHOP BERWICK (902) 538-8600	MAPLE HILL MANOR NEW WATERFORD (902) 862-6495
I C S MOBILE WASH LTD. WAVERLEY (902) 456-0137	KVM CONSULTANTS LTD. SACKVILLE (902) 864-3788	MARIE'S BEAUTY SALON TRURO (902) 895-1063
IMPACT AUTO AUCTIONS ENFIELD (902) 873-3933	L & E MCGRATH CONTRACTING ASPEN (902) 833-2343	MARITIME BATTERY DARTMOUTH (902) 468-8488
INDEPENDENT AUTO APPRAISAL LTD DARTMOUTH (902) 468-5539	L J M ACCOUNTING SERVICES HALIFAX (902) 455-2353	MARITIME CATTLE MARKET LTD TRURO (902) 893-9603
INDUSTRIAL SAFETY WORLD INC NEW GLASGOW (902) 755-2060	L. M. COMPUTERS NEW GLASGOW (902) 928-0189	MARITIME HOBBIES & CRAFTS LTD. HALIFAX (902) 423-8870
ISLAND LOCK & SAFE INC SYDNEY (902) 567-1277	L. MASON MATTATALL CONSTRUCTION TRURO (902) 893-9627	MARITIME TRANSLATION HALIFAX (902) 420-9158
ISNER'S STABLES HALIFAX (902) 477-5043	L. R. DOHERTY EXCAVATING WATERVILLE (902) 538-9767	MARK LIVELY WELDING LIMITED LOWER SACKVILLE (902) 864-4442
J & H INDUSTRIES LTD MILTON (902) 354-7111	LAKEVILLE GENERAL STORE LAKEVILLE (902) 678-4446	MARY'S PLACE CAFE HALIFAX (902) 454-2558
JACK BOUTILIER'S J & E AUTO SALES DARTMOUTH (902) 482-0200	LANGLEY ACCOUNTING LTD. TRURO (902) 895-7312	MASON'S AUTOWORKS LTD. TANTALLON (902) 826-1000
JADE PALACE RESTAURANT SPRINGHILL (902) 597-3009	LEFORT'S RESOURCES CONSULTANTS WHYCOCOMAGH (902) 756-3015	MASTRO COMPUTING HALIFAX (902) 488-7022
JAMIESON CUSTOM INTERIORS NEW GLASGOW (902) 755-4100	LITECO BRIDGEWATER (902) 543-6800	MATTATALL FUNERAL HOME TRURO (902) 893-3177
K. CARLSEN MANUFACTURING LTD TIMBERLEA (902) 876-8282	LONDON RUBBER STAMP CO LTD HALIFAX (902) 423-7602	MAURICE LEBLANC ASSURANCE SAULNIERVILLE (902) 769-2152
K.PAUL MCPHEE INSURANCE LTD. GLACE BAY (902) 849-4547	LOST CREEK GOLF CLUB & VILLAGE BEAVERBANK 865-4653 www.lostcreek.ca	MEAGHERS GRANT CANOE SALES MEAGHERS GRANT (902) 384-2513
KAIZER SERVICE STN. NEW ROSS (902) 275-2544	LOUTECH GARAGE DOORS PORTERS LAKE (902) 830-0043	MEINEKE CAR CARE CENTER DARTMOUTH (902) 468-7711
KAREN'S RECYCLING LTD. DARTMOUTH (902) 435-7811	LOVITT/STONE DENTURE CLINIC DARTMOUTH (902) 434-1477	MERCATOR GEOLOGICAL SVC LTEE DARTMOUTH (902) 463-0078
KAREN'S UNISEX BEAUTY SALON WESTVILLE (902) 396-3636	LOWER ARGYLE FISHERMAN'S CO OP GLENWOOD (902) 643-2976	METCALF & COMPANY BARRISTERS HALIFAX (902) 420-1990
KAY-CEE'S BUY & SELL HALIFAX (902) 454-3838	M B CONSTRUCTION LTD LOUISDALE (902) 345-2041	MFI ADVERTISING SPECIALISTS LAWRENCETOWN (902) 584-2252
KELTIC HAIR KREATIONS SYDNEY (902) 564-2076	MACPHEE BRIAN DIESEL SERVICES SHUBENACADIE (902) 758-1563	MILFORD HAVEN NURSING HOME GUYSBOROUGH (902) 533-2828
KEMPTON APPRAISALS BRIDGEWATER (902) 543-3000	MAHONE AUTO SERVICE (1985) LTD. BLOCKHOUSE (902) 624-8315	MILLER'S TOWING SHUBENACADIE (902) 758-4242

Creating a Family Internet Agreement

A family Internet agreement is a set of guidelines or rules for home Internet use. An online agreement should offer your kids very clear guidelines on the following:

- where they can go and what they can do online
- how much time they can spend on the Internet
- what to do if something happens that makes them feel uncomfortable
- how they can protect their personal information
- how to stay safe in interactive environments
- how to behave ethically and responsibly online

The key to an effective agreement is to create it with your family's input.

You'll need to do some research before you get started:

- If they're already using the Internet, ask your kids what activities they like to do online? Do they enter contests or fill out surveys or quizzes? Do they download music files, games or software? Do they like chatting with people through chat or instant messaging?
- Sit with them and ask them to show you where they go and what they do online. Check out their favourite Web sites, visit chat rooms they've used, look at their instant messaging contact lists.
- Learn how they find their way around the Internet. Do they rely on hyperlinks (links to other sites), or do they use search engines? If so, which ones? Ask them why they prefer one over the other, and how they formulate their searches.

Now you can create a family online agreement based on your children's online interests and activities. Keep your agreement by the family computer as a reminder. Review it regularly and update it as your children grow older.

Sample Family Online Agreements

Joy and Stephen Smith have three children: Holly is 7, David is 9 and Justine is 14. Holly loves anything that has to do with space, and David thinks dinosaurs are really cool. There are no museums in the Smiths' small town, so Holly and David like to go to places on the Internet where they can learn more about their interests. Holly's favourite Web site is the Canadian Space Agency's KidSpace. David searches all over the Web for great dinosaur stuff, like newsgroups, Web sites and games. Justine uses the Internet for homework and chatting with friends.

Joy and Stephen both work full time, so they sat down with their kids to determine a family online agreement that the baby-sitter, Marjory, can refer to when they're not around. They've also made a separate agreement for their teenager.

Holly and David's Online Agreement

- Either Mom or Dad or Marjory has to be with us when we go on the Internet.
- We are allowed on the Web for one hour on school nights, only after we've done our homework and cleaned up the supper table. Holly gets to do the surfing Mondays and Wednesdays, and David gets to do the surfing Tuesdays and Thursdays.
- We will only use Berit's Best Sites for Children or Yahooligans! to find Web sites.
- When searching for information online we will use these filtered search engines: Ask Jeeves for Kids or KidsClick!
- We will not give out any personal information online without Mom or Dad's permission.
- Only Mom or Dad can download our e-mail. They will tell us if we have any new mail in the family mailbox.

(continued...)

MIMIE'S PIZZA
GREENWOOD (902) 765-2232

MOUNTAINVIEW WONDERLAND
PORTERS LAKE (902) 829-3632

MULLINS MINI MART
ALBERT BRIDGE (902) 562-1070

NEIL DENTAL LAB
TRURO (902) 893-9212

NEIL'S HARBOUR CO OP
NEILS HARBOUR (902) 336-2827

NEW AGE CONSTRUCTION
WESTPHAL (902) 499-0037

NEW WATERFORD HOMEMAKERS SRVS.
NEW WATERFORD (902) 862-7554

NICHOLS KWIK WAY
KENTVILLE (902) 679-3505

NORTHERN CONTRACTING LTD
SYDNEY MINES (902) 565-8321

NORTHUMBERLAND SILO INC.
TRURO (902) 662-3772

NORVAL S. HIGGINS NS LAND SURVEYOR
WOLFVILLE (902) 542-9621

NOVA AGRI INC.
CENTREVILLE (902) 582-1445

NOVA VETERINARY CLINIC
BRIDGEWATER (902) 543-7255

OCEANMARK KENNELS RESORT
CHESTER BASIN (902) 275-2361

PAPA'S PUB & EATERY
PORT HAWKESBURY (902) 625-3270

PARKER'S SATELLITE & TECH SHOP INC
COLDBROOK (902) 678-2280

PARKS END AUTO
BRIDGEWATER (902) 527-0258

PAT BOUDREAU SERVICE CENTRE
CHETICAMP (902) 224-2200

PATTI'S KITCHEN & BATH DESIGN
HALIFAX (902) 455-3445

PERCY TUTTLE TRUCKING LTD
WALLACE (902) 257-1163

PERRY'S GYM & FITNESS CENTRE
GLACE BAY (902) 849-0881

PETER'S AUTO CLINIC
NEW MINAS (902) 681-0068

PHOENIX AGRITECH (CANADA) LTD
TRURO (902) 662-2444

PICTOU ACADEMY
PICTOU (902) 485-7200

PLEASANT REST HOME
BRIDGEWATER (902) 543-2675

POLYTEEL ATLANTIC LTD
EDWARDSVILLE (902) 562-8889

PORT HAWKESBURY NURSING HOME
PORT HAWKESBURY (902) 625-1460

PREMIUM VENTURES INC.
TRURO (902) 895-7477

PRESCOTT GROUP
HALIFAX (902) 454-7387

PRICE COBBLESTONE
CHESTER (902) 275-5780

PRISM OPTICAL
PICTOU (902) 485-1900

PROCOPIO & SONS MASONRY LTD.
SYDNEY (902) 564-6103

R B PAVING CO. LTD.
WILMOT STATION (902) 825-6550

R H PORTER FUNERAL HOMES LTD
NEW GLASGOW (902) 752-4122

R. M. BAGNELL ENTERPRISES LTD.
SYDNEY (902) 539-7037

R. A. GOLLAN INSURANCE SERVICE
WINDSOR (902) 798-3287

R. K. MACDONALD NURSING HOMES
ANTIGONISH (902) 863-2578

RAVEN ARCHERY
KENTVILLE (902) 678-2601

RAY MACDONALD INSURANCE AGENCY LTD.
TRURO (902) 895-1568

RAYWORTH & ROBERTS SURVEYS LTD.
AMHERST (902) 667-9254

REMAX BANNER REAL ESTATE
MIDDLETON (902) 825-4679

RENOVATIONS (CONSULTANT/CONTRACTOR)
TRURO (902) 895-2218

RICHARD R. STEVENS CHARTERED ACCOUNTANT
DARTMOUTH (902) 434-1700

RIDGE HILTZ DEV PROGRAM SERVICES LTD
YARMOUTH (902) 742-1337

RIGHT WAY FAMILY HAIR SALON
GLACE BAY (902) 849-4500

RIVERSIDE ELEMENTARY SCHOOL
ALBERT BRIDGE (902) 563-4535

RIVERVIEW HOME CORP
STELLARTON (902) 755-4884

ROACH PERRY ANDERSON
SYDNEY (902) 539-1870

ROBERT ARCHIBALD GENERAL CONTRACTING LTD.
ANTIGONISH (902) 863-3935

ROBOTNIK . COM INCORPORATED
HALIFAX (902) 852-2784

ROLLIE PLUMBING & HEATING
HALIFAX (902) 471-2340

RON BAKER & SON
RIVER HEBERT (902) 251-2712

RONNIE'S HAIRLINE
SYDNEY (902) 564-5998

ROWLINGS IRVING
MUSQUODOBOIT HARBOUR (902) 889-2675

ROYAL BANK
DARTMOUTH (902) 421-8842

ROYALE PRINT AND PACKAGING
DARTMOUTH (902) 468-2030

ROYMAC MOBILE HOMES LTD.
AMHERST (902) 667-8934

RUSSELL ELECTRIC
NEW GLASGOW (902) 752-8405

S. R. RYDER INVESTIGATIONS & POLYGRAPH SERVICES
HALIFAX (902) 477-6789

SAMSON'S PLUMBING & HEATING
PETIT DEGRAT (902) 226-2776

- If we get any e-mail from a stranger, we will tell Mom or Dad right away. We won't open it without their permission.
- We are only allowed to use monitored chat rooms and Mom or Dad must be with us when we're chatting.
- We will never be rude or mean to anyone online.
- We will check with Mom and Dad before downloading software or games from the Internet.
- In signing this family online agreement, we promise to follow these rules. If we break our family agreement, we understand that we will not be allowed on the Internet at all for one week.
- I will not open any e-mail or files from strangers.
- I will read the privacy policy of a Web site before giving out any personal information and make sure they will not share my info with a third party.
- I will only use monitored chat rooms for teens and I will stay in the public area and not go off into private rooms with strangers.
- I will only talk to people in instant messaging that I have met in person.
- I will always behave responsibly and ethically when online. I will always use Netiquette when using instant messaging, chat rooms and e-mail.

Mom_____ Date:_____

Dad_____ Date:_____

Holly_____ Date:_____

David_____ Date:_____

Justine's Online Agreement

- The maximum I can be online for fun is one hour on weekdays and two hours on weekends. There is no time limit when using the Internet for homework.
 - I will not buy or sell anything over the Net without my parent's permission.
 - I will tell my parents before downloading any games, music files or software from the Internet.
 - I will not visit gambling sites or sites containing offensive or illegal material.
 - I will not disable any filtering software that my parents have put on the computer.
 - If I ever arrange to meet an Internet friend in person, I will tell Mom and Dad and one of them will accompany me for the meeting.
 - I will tell my parents right away if I get into any kind of trouble or if I feel uncomfortable in any situation on the Net.
- In signing this family online agreement, I promise to follow these rules. If I break my family agreement, I understand that I will not be allowed on the Internet at all for one week.

Mom_____ Date:_____

Dad_____ Date:_____

Justine_____ Date:_____

SANSOM EQUIPMENT LTD
TRURO (902) 895-2885

SARGENT TRUCKING INC
WAVERLEY (902) 792-2883

SAULNIERVILLE PHARMACY LTD
SAULNIERVILLE (902) 769-0893

SCOTIA TECH FLUID SERVICES LTD.
DARTMOUTH (902) 468-2777

SCOTT & STEWART FORESTRY CONSULTANTS LTD.
ANTIGONISH (902) 863-5508

SEAWINDS MOTEL
DIGBY (902) 245-2573

SENTINEL SECURITY SERVICES
BRIDGEWATER (902) 527-8727

SHAW'S WHOLESALE FISH
GLACE BAY (902) 849-3020

SMITH'S AUTO & SAFETY GLASS
SCOTCH VILLAGE (902) 757-2652

SOUTH SHORE MEDIC AID
MAHONE BAY (902) 624-1439

SPARTAN ATHLETIC PRODUCTS
DARTMOUTH (902) 860-1545

SPECIALTY STEEL INC.
DEBERT (902) 662-3069

SPINNEY'S GARAGE
GLENWOOD (902) 643-2831

STANLEY'S CLOTHING LTD.
BARRINGTON PASSAGE (902) 637-3407

STELLA MARIS PARISH
PICTOU (902) 485-4112

STEPHEN KENNEDY'S BAILIFF SRVS
HALIFAX (902) 456-1222

STEWIACKE HARDWARE & SUPPLIES
STEWIACKE (902) 639-2347

SUBWAY BOTTLE EXCHANGE LTD.
TRURO (902) 893-8312

SUNSHINE PERSONAL HOME CARE
HALIFAX (902) 446-3140

SUTHERLAND'S DINER
SHUBENACADIE (902) 758-0114

SWEET TREASURES CONFECTIONERY
LUNENBURG (902) 634-4949

SWISS CHALET ROTISSERIE & GRILL
LOWER SACKVILLE (902) 864-1886

SYDNEY HARBOUR FORTIFICATION SOCIETY
NEW WATERFORD (902) 862-8367

T N T RECYCLING DEPOT
SHUBENACADIE EAST (902) 758-2708

TARANTULA AUTO REPAIR
KINGSTON (902) 765-3901

TARGET MAZDA
NEW GLASGOW (902) 752-0442

TAX 2000
STELLARTON (902) 928-2850

TELEGRAPH HOUSE & MOTEL
BADDECK (888) 263-9840

THE ART FLO SHOPPE CUSTOM FRAMING
KENTVILLE (902) 679-1420

THE THIRD PLACE TRANSITION HOUSE
TRURO (902) 893-4844

THOMPSON ENGINEERING CO. LTD.
TRURO (902) 893-8455

TIM HORTONS ANTIGONISH
ANTIGONISH (902) 863-2244

TIPAC FARMS LTD.
BRIDGETOWN (902) 665-2206

TOAD'S CYCLE WORKS LTD.
DARTMOUTH (902) 462-0681

TRADITIONAL TRADING POST STORE
DARTMOUTH (902) 462-8163

TRAKER SYSTEMS LTD.
DARTMOUTH (902) 463-0545

TRAMAR PRODUCTS
CHESTER (902) 275-3288

TWIN CITY MANAGEMENT
DARTMOUTH (902) 468-9830

UNEEDA CUSTOM FRAMING & SEW MACHINE SALES & SRV.
TRURO (902) 895-0308

VEINOTTE'S HEARTH HOME & LEISURE LTD.
BRIDGEWATER (902) 543-1460

VICTORIA BUILDERS LTD
NEW VICTORIA (902) 862-6730

VILLAGE BAKERY
SHUBENACADIE (902) 758-2445

WATER & WINE
TRURO (902) 895-2266

WATER 'N WINE
NEW GLASGOW (902) 755-9463

WEBBER LAKESIDE PARK / E & F
JEDDORE OYSTER PONDS (902) 845-2340

WEBSTER'S TRUCKING & EXCAVATION LTD
TRURO (902) 895-5638

WELD PRO LTD
DARTMOUTH (902) 468-7191

WEST HANTS MIDDLE SCHOOL
NEWPORT (902) 757-4100

WEST NOVA FUELS LTD./GATES PETROLEUM
KINGSTON (902) 765-2769

WILSON'S HARDWARE LTD.
DIGBY (902) 245-4731

WILSON'S PLUMBING & HEATING LTD
NEW GLASGOW (902) 752-1553

WINDING RIVER FARMS LTD.
STEWIACKE (902) 639-2670

WINDSOR PHYSIOTHERAPY
WINDSOR (902) 798-0026

WOODYS CRANE RENTALS LTD.
PORT HASTINGS (902) 625-2212

WWW.THEPATIOSCREENROOM.COM HIGHLAND SQ MALL
HAVRE BOUCHER 1-866-7552972

YURMAC ELECTRICAL LTD.
SYDNEY RIVER (902) 564-2278

THANKS FOR YOUR SUPPORT!

Tracking where kids have been on the Internet

Just as you have the right to know where your kids go at night, or any time for that matter, you have the right to know where your children go online.

You can find out a lot from your Web browser. Browsers are software programs that allow users to visit and read Web sites. The most popular browsers are Microsoft Internet Explorer (MSIE) and Netscape Navigator.

Web Surfing History

Browsers usually keep a history of sites recently visited. For Microsoft Internet Explorer (MSIE) users, there may be a button on your tool bar that says "History." If this button is not displayed, then someone has probably configured MSIE to not allow browsing of the history files. If you see the History button, then simply click it to view recently visited sites. If you can't find it, go to "Help" and search in the "Index" for "History."

Netscape users can search through the menu items across the top of the computer screen for a selection called "History." If you're using a recent version of Netscape, you will find it in "Communicator" at the top of the screen. Click it, then select "Tools." Choose "history" and a list of Web sites, dates and times will appear. Or, press the "Ctrl" (control) and "H" keys together on your keyboard to view the history. Using either browser, you double-click on the Web site name in the left column to visit any Web site listed in the history.

Cache files

Browsers also make copies of the Web pages viewed and store them on your computer. This helps the browser load recently viewed pages much quicker than if it had to download the pages all over again every time you visited the Web site. These Web pages are stored on your computer and are called temporary internet files or cache files.

Microsoft Internet Explorer (MSIE) users will need to find a menu item called "Internet Options." Depending on the version of MSIE you are using, it may be found under the "View" or "Tools" main menu items. Once you have located this menu item and click on it, a box will be displayed with several "tabbed" pages. The tab page you want to use is the "General" page. Click on

the button marked "Settings." There, you will see another button marked "View Files." Click on that button and you will see a list of all Web pages that are stored on your computer. You can double-click on any file name in the left column to view it. If you use Netscape, simply type in "about:global" (without the quotation marks) to get a list of recently cached files.

To find all Web pages stored on your computer, you can use a tool in Windows Explorer called Find. The easiest way to start the Find function is to click anywhere on your desktop (screen) and press the F3 key. Or, you can find it listed in your start menu, if you click the "start" button on your screen. Choose "Files or Folders."

When the Find box is displayed, select the following options to search for Web pages stored on your computer. In the "Named:" box type in: *.htm *.html (be sure to put a space between "*.htm" and "*.html"). In the "Look in:" box select: "My Computer" from the drop down list. Make sure the "Include subfolders" item is checked.

The Find function will return a list of all Internet Web pages stored on your computer. Just double click on the file name in the left column (or icon if the results are displayed in icon format) and you will be able to view the file.

Cookies

A cookie is a file sent to your Web browser by another Web site. Its purpose is to record your activities on that Web site when you visit it, so that next time you return, you can be presented with customized information. Cookies are regularly used by commercial Web sites and "adult" Web sites.

The cookie file resides on your computer, so you can look at it so see where your family has been. Use the Find tool (described above) to look for "cookies.txt" (without the quotation marks). When you find it, click on it. You will see a list of Web site urls that have placed cookies on your computer.

www.media-awareness.ca

Business Patrons

60 MINUTE SIGNS

A A A TAXI & LIMOUSINE SERVICE
A C CAMPBELL CONTRACTORS LTD.
A NEW YOU BEAUTY SALON
A R I S
ABE'S FURNITURE LTD.
ACADIAN MOTEL
ADAMS TRANSPORT LTD.
ADVANCED INDUSTRIAL LUBRICANTS
ADVANCED WILDLIFE CONTROL
AFTER WARRANTY AUTOMOTIVE RPR.
AIC SULLIVAN'S ENVIRONMENTAL
AINSLIE VILLAGE TENT & TRAILER PARK
AIRSYS ENGINEERING LTD
ALBERTS MOTEL
ALBIE'S AUTO SALES
ALICE'S PIZZAS
ALL OCCASIONS CELEBRATIONS
ALMA CONVENIENCE & GIGS PIZZA
ALMAR INSTRUMENTATION SERVICES LTD.
AMIRO & SURETTE TRUCKING LTD
ANNA MCNEE
ANNAPOLIS VALLEY BAND COUNCIL
ANTIGONISH INSURANCE AGENCIES LTD
APEX INDUSTRIES
APPLIANCE MARITIME SALES
ARCADIA HAIR DESIGN
ARCHIE'S WELDING INC.
ARMSTRONG INSURANCE
ARNOLDIN FORM WORK LTD.
AS YOU LIKE IT CREATIVE SANDWICH BAR
AT THE SIGN OF THE WHALE
ATLANTIC CARPET CONCEPTS
ATLANTIC DAY CALENDARS
ATLANTIC EQUESTRIAN CTR
ATLANTIC FIRE EQUIPMENT SALES
ATLANTIC HERRING CO OP
ATLANTIC INDUSTRIAL CLEANERS
ATLANTIC INDUSTRIAL MACHINING
ATLANTIC POLY LINERS INC.
ATLANTIC PUMP SHOP
ATLANTIC WATER INVESTIGATIONS
ATLAS TALITLOAD
B & F BARRINGTON'S SVC CTR LTD
B & R PET SUPPLIES
B & R ROOFING LTD.
B F ARCHIBALD CONSTRUCTION LTD
B. G. RAYMOND WELDING LTD.
B. SHIELDS WOODWORKING & SIGN SHOP
BALANCED BOOKS ACCOUNTING SRVS
BANK OF MONTREAL
BANK OF NOVA SCOTIA
BARGAIN BOB'S NEW USED CLOTHIN
BARKHOUSE SHEET METAL / B W
BARNES INSURANCE AGENCY LTD.
BARRY T. ARTHUR BARR.
BATHTUB KING REFINISHING (HALIFAX) LTD.
BAY BYE SPORT
BAY SIDE DRIVE IN LTD.
BAY VIEW AUTO PARTS LTD.
BAYBERRY SMALL OPTION HOME
BAYSHORE CONTRACTING LTD.
BEARLY'S BAR & GRILL
BEAUMONT HAROLD K REV
BEAVERBANK PIZZA
BECK L. J. EXCAVATING LTD.
BEDFORD-SACKVILLE PHYSTRPY
BELINDANCE BELLY DANCE STUDIO & SUPPLY
BENVIE'S TAXI
BERNARD SCHELEW
BERRY'S FURNITURE PLUS
BEST PRINT
BEST VIEW CABINS
BETHANN TREE FARM
BIANCHINI'S PIZZERIA
BIBLE HILL LAUNDROMAT
BIG AL'S ACADIAN RESTAURANT & LOUNGE BEVERAGE ROOM LTD.
BIG BARGAIN AUTO PARTS
BIG POND HOUSEKEEPING COTTAGES
BIG TOP TENT RENTALS
BILL OULTON
BLACK CULTURAL CTR NOVA SCOTIA
BLACK MARKET BOUTIQUE
BLUENOSE ELECTRONICS
BLUENOSE MINI MARKET
BOND'S TAXI
BONNAR'S MEATS
BORDEN T REALTY CO. LTD.
BOUDREAU C H FUNERAL HOME LTD
BOUDREAU DENTURE CLINIC
BOYD & PICK PSYCHOLOGICAL SERV. INC.
BRAD ROYLES AUTO BODY LTD.
BRAD'S RADIO SHACK
BRAS D'OR AUTO BODY
BRIAN E. MCCONNELL
BRIDGEWATER HEARING AID CTR
BRIDGEWATER SAVE-EASY
BRITE 'N KLEEN LAUNDROMAT
BROOKFIELD ELEMENTARY
BRUCE'S DISTRIBUTORS
BRUCE'S GARAGE
BRUNO POLEGATTO CONTRACTING LTD.
BUCKS HOME BUILDING CENTRE
BUHARIWALLA R J DR.
BUTLERS SMALL ENGINES & REPAIRS
C D KENDALL FISHING SUPPLIES
C J'S SERVICES LTD.
C. DIXON FUELS
C. F. ANGEVINE ROOFING/SIDING
CAJUN TRADING COMPANY
CALDER M.G. REPAIR SERVICE
CALVIN WHYNOT BODY SHOP
CALVIN'S TV SALES & SERVICE
CAMBRA SANDS

CAMDEN STABLES
CAMERON MUSIC SALES
CAMPBELL'S FUNERAL HOME
CANADIAN PIONEER ESTATES LTD
CAPE BRETON CLAY
CAR SENSE IMPORT SPECIALIST
CARMEL LAVIGNE BARRISTER
CARMICHAEL ENGINEERING
CAROL'S HAIR STYLING
CARROLL TRI COUNTY GM
CELTICCUTS TOTAL FAMILY HAIRCARE
CENTURY 21 TRIDENT REALTY LTD
CERTIFIED SALES
CHAPMAN'S UPHOLSTERY
CHARADE GIFTS
CHARLOTTE GOODWIN
CHARLOTTE ROBLEE UPHOLSTERY
CHEBUCTO ELECTRIC LTD
CHESTER BEAUTY SALON
CHETICAMP FLOWER & GIFT SHOP
CHIASSON DANIEL T L BARRISTER
CHIBBY'S LADIES FASHIONS
CHIGNECTO MANOR CO-OP LTD
CHRISTA'S QUALITY CUTS HAIR DESIGN
CHRISTOPHER ROBINS LEARNING CTR.
CIRCLE H. EQUIPMENT LTD.
CITY HOMEMAKERS SVC
CLARE FISHERIES LTD.
CLARK MORRIS LTD.
CLAYT'S OFF ROAD & AUTO
CLEARLAND CONTRACTING LTD.
CLIFF'S TAXI
CLIFTY COVE MOTEL
CLUGSTON GARTH CGA ACCOUNTING SERVICES
CLYDE PAUL & ASSOCIATES
COADY'S REALTY
COASTAL CONST. & EXCAVATING LTD.
COLBOURNE HEBER REV
COLDWELL BANKER DAVID BUTTS
COLLINS MGMT CONSULTING LTD.
COLONIAL SCIENTIFIC LTD
COMMERCIAL SAFETY COLLEGE
COMPU-CLONE COMPUTER SOLUTIONS
CONCORD TRAVEL & TOURS
CONNIE HAWES
CONRAD'S PRO PLUMBING HEATING LTD.
CONRAD'S SEPTIC TANK SVC LTD
CORRIDOR COMMUNITY OPTIONS FOR ADULTS
COTTON PATCH
COUNTRY BREAD BASKET & COFFEE SHOP
COUNTRY HOUSE CATERING
CRABAPPLE COTTAGE FLORAL
CRANE SUPPLY
CRANTON COTTAGES
CREIGHTON, SHATFORD
CRITICAL CARE SERVICES
CRUSHER REBUILDING LTD
CURIOUS COLLECTOR
CUSTOM MACHINE & TOOL COM. LTD.
CUTTING EDGE APPLIED TECHNOLOGIES
CYGNET SERVICES LTD.
CYRIL LOHNES
D & M SPORTSCARDS LTD.
D H SHATFORD & SONS LTD
D J AVERY ACCOUNTING
D. A. MORRISON AUTO BODY
D. E. BARRY LIGHT METAL WORKS
D'ENTREMONT & BOUDREAU
D'EON PERSONAL COUNSELLING
DALE THOMAS EXCAVATING
DALEY PROGRESS INC
DAN MACKAY CONSTRUCTION
DAN'S ICE CREAM SHOP
DARREN WEAVER
DAVE DOOLITTLE'S SPORTS BAR
DAVE'S VACUUM CLINIC
DAVES SERVICE STATION LTD.
DAVID CRAIG CONSULTING LTD
DAVID HAIRSTYLISTS
DAVID SMITH JR AUTO SALES
DAVIS SPECIALIZED CARRIERS
DEBBIE'S GOLF CAR LEASING
DECOSTE KITCHENS
DEBEE DESIGNS
DEL'S HOME HARDWARE
DEMINGS CONSULTING
DENIS LOMBARD
DERRICK HAYES ACCOUNTING
DEVISON'S ESSO SERVICE CENTER
DIGBY CONVENIENCE STORE
DOCKSIDE FISHERIES (1988) LTD.
DON'S AUTO SALVAGE & TOWING
DONALD R. MILLER
DONALD ROBERTSON
DONNA AUCOIN
DONNA BOND
DONNA MARIE'S CUT 'N' CURL
DONNA SULLIVAN
DOOLY'S BILLIARD ROOM
DOUBLE'S INVESTMENTS LTD.
DOUCETTE'S AUTO SALVAGE
DOUCETTE'S VARIETY STORE LTD.
DOWNEAST CLEANING SERVICES
DR. DAVID M MOORE
DR. ELWOOD C. MACMULLIN
DR. GARRY MORASH PHYS
DR. ALYRE COMEAU
DR. B. D. GROVER
DR. B.J. GROGONO
DR. CAROL PYE
DR. COLIN DAVEY
DR. COLIN DODDS
DR. ERLAND HENDERSON
DR. FRANK LOVELY

DR. G. P. FOLEY
DR. G. ROSS LANGLEY
DR. HARRY MEISNER
DR. HUMBERT REINER
DR. JAMES PERKIN
DR. JAN SUNDIN
DR. JODI NICKERSON
DR. KIM MADDISON
DR. LYNNE MOYLES
DR. MICHAEL A. DRISCOLL
DR. P. C. HANDFORTH
DR. PETER L. COMSTOCK
DR. PHILLIP J. WELLS
DR. RUSSEL COMEAU
DR. S. H. HASHMI
DR. V. CHENGAPA G C I
DR. W. GUZDZIOL, PHYS
DR. WALTER J. AUSSERLEITNER
DR. WILLIAM ADAMS
DUFFY'S AUTO CENTRE
E & M BURGESS ENTERPRISES LTD.
E F R DISPOSAL
EARL BROWN
EARL'S GREENHOUSES
EARTH ANGELS ASSISTED LIVING HOME CARE SERVICES
EARTH CRAFT LANDSCAPE LTD.
EAST SIDE AUTO SALVAGE LTD
EASTERN FENCE
EASTERN LIGHTS TRANSPORT
EASTERN SHORE CARTAGE
EASTSIDE/WESTSIDE FAMILY RESTAURANTS
ED TURBITTS SERVICE CTR. LTD.
ED'S PLUMBING & HEATING LTD.
EDDY'S VARIETY
EDGAR D'ENTREMONT
ELEGANCE FROM ELMWOOD BEAUTY SALON
ELIZABETH FRY SOCIETY
EMERY SMITH FISHERIES LTD.
EMILY MCKINNON
ENCORE DECORE
ENGINE ROOM
EPR RESOURCES
ERIC'S ENGINE SHOP
ETALIER SALWA
EUGENE MACDONALD
EUGENE NEWELL & SONS CONSTRUCTION
EUROPEAN PANTRY
EVANGELINE CHILD CARE CENTRE
EVANGELINE PLUMBING & HEATING
EVANS MANAGEMENT
F C HAINES PIANO TUNING
FAIRWINDS MOTEL & RESTAURANT
FALL RIVER PHARMACY
FAMILY RESOURCE CTR
FAMILY TIRE LTD.
FEINDEL'S REFRIGERATION SRVS
FELTMATE CONSULTING SERV.
FIRST CHOICE SPORTSWEAR LTD.
FISHER LAKE ESTATES LTD
FISHERMAN'S COVE DEV. ASSOC.
FIX IT
FLAGSHIP CONSTRUCTION
FLIGHT OF FANCY ART OF CRAFTS
FOORD STREET LAUNDROMAT & TANNING
FOOTE FAMILY FARM
FORT ANNE CAFE
FOSTER'S FIRE & SAFETY
FOUR WINDS CHARTERS
FOXY SOUVENIRS
FRAMEWORK CYCLE & FITNESS
FRAN'S HAIR DESIGN
FREEDOM 55 FINANCIAL
FREEDOM FOUNDATION
FRENCH RUSSIAN TRANSLATION SRV
FRENCHY'S CLOTHING STORE
FRIED LASZLO DR.
FUNDY ELECTRIC LTD
FUNDY TEXTILE & DESIGN LTD
FURMAR FURNITURE UPHOLSTERY
FUTURE MARKETING LTD.
G & R KELLY ENTERPRISES LTD.
G & D MOBILE DOG GROOMING
G. H. SMITH & SON GENERAL STORE
GAIL KIRK DESIGNS
GARDEN SENSE LANDSCAPING
GASIT ENTERPRISES LTD.
GATEWAY CIGAR STORE
GCR TIRE CENTRES
GEO. R. CONST. COMP. LTD.
GERALD LEBLANC
GERTRUDE BENT
GIFFINS ESSO
GILBERT'S RADIO & TV
GINGERBREAD HOUSE INN
GLENDON STARRATT
GLENHOLME PETRO-CANADA SVC CTR
GLENNIE HATT
GLOBAL GEOENERGY RESEARCH LTD
GLOOSCAP TRADING POST
GO MERCHANDISING INC.
GOLD 'N WATCH+
GOLDEN ANCHOR BED & BREAKFAST
GOLDEN STAR GROCERY
GOLDEN TAN SALON
GOOD ENOUGH FISHERIES
GORDON L. GRAHAM (BARRISTER/SOLICITOR)
GRACE HAVEN
GRAHAM BROTHERS FARMS
GRAMAC LTD
GRAND ST. INN BED & BREAKFAST
GRANT MOTORS LTD
GRANVILLE FISH HOUSE MARKET
GREAT VALLEY JUICES
GREEN CREEK AUTO BODY & SALES

Internet Addiction

The amount of time kids spend online is a source of frustration for many parents. Initially, parents welcomed the Internet into their homes, believing they were opening up an exciting new world of educational opportunities for their children. However, many parents soon realized that, instead of using the Internet for homework or research, their kids were spending hours instant messaging with friends, playing online games or talking to strangers in chat rooms.

Maintaining a healthy balance between entertainment media and other activities in their children's lives has always been a challenge for parents. The Internet has made this challenge even more difficult. The engaging nature of Internet communications and interactive games means many children and teens have trouble keeping track of time when they're online.

It is likely that over 10 per cent of students have an Internet dependency problem. Unfortunately, parents and teachers are usually not aware that there is a problem until it becomes serious. This is because it is easy to hide what you are doing online and because Internet addiction is not widely recognized by the medical community. (Mental health practitioners continue to debate whether this behaviour is an "addiction," with some preferring to identify it as "compulsive behaviour.")

Children and young people can easily become 'hooked' on online activities such as multi-user games, instant messaging, pornography and chat rooms. The most vulnerable children, according to the Computer-Addiction Services at Harvard Medical School, are those who are "lonely and bored or from families where nobody is at home to relate to after school."

Children who are unpopular or shy with peers are often attracted to the opportunities for creating new identities in online communities. Boys, in particular, are frequent users of online role-playing games, where they assume new identities and interact with other players. Although playing these games with thousands of other users may appear to be a social activity, for the introverted child or teen, excessive playing can further isolate them from friends and peers.

Harvard Medical School's Computer-Addiction Services identifies the following symptoms of computer addiction.

Psychological symptoms

- Having a sense of well-being or euphoria while at the computer
- Inability to stop the activity
- Craving more and more time at the computer
- Neglecting family and friends
- Feeling empty, depressed and irritable when not at the computer
- Lying to family and friends about activities
- Problems with school or work

Physical symptoms

- Carpal tunnel syndrome
- Dry eyes
- Migraine headaches
- Backaches
- Eating irregularities, such as skipping meals
- Neglecting personal hygiene
- Sleep disturbances and changes in sleep patterns

Tips for parents

If your kids are spending too much time on the Internet, you need to establish a healthy balance between Internet use and other activities.

- Look for symptoms of Internet dependency. Ask yourself if your child's Internet use is affecting his or her school performance, health, and relationships with family and friends.
- If your child is demonstrating strong signs of Internet addiction, consider seeking professional counselling. Compulsive Internet use may be symptomatic of other problems such as depression, anger and low self-esteem.
- Examine your own online habits. Do you have trouble controlling your Internet use? Remember, you are your child's most important role model.
- Don't ban the Internet - it is an important part of most kids' social lives. Instead, establish rules about where your kids can go online and what they can do there - and stick to them. Such rules might include: a limited amount of time online each day; no surfing or instant messaging until they complete their homework; no chat rooms or online pornography.
- Keep your computer in a public area of your house, not in a child's bedroom.
- Encourage and support your child's participation in other activities - particularly physical pastimes with other children.
- If your child is shy or socially awkward with peers, consider a social skills class. Encourage activities that will bring your child together with others who have similar interests, such as computer classes or hobby groups.
- Investigate software that monitors and restricts Internet use. Although these tools are helpful, keep in mind they can be easily disabled by a savvy computer user. Your ultimate goal should be helping your kids to develop self-control, discipline and accountability with the Internet.
- If your child seems interested only in playing online video games, try a tie-in to one of their favourite games. For example, if your child prefers fantasy role-playing, encourage her or him to read fantasy books.

Business Patrons

GREEN WORKS LANDSCAPING LTD.
GREG CORKUM EXCAVATION LTD
GREG WHITNEY FARM PRODUCE
GREG'S DODGE AUTO REPAIR
GREYTOP PROPERTY SERVICES INC
GUARANTEE CO OF NORTH AMERICA
GULF SHORE CAMPING PARK
GUPPY'S PLACE FAMILY RESTAURANT
GUYS. CO. HOME SUPPORT AGENCY
H B & J CONTRACTORS LTD.
H C LINDSAY FUNERAL HOMES
H L PRIEST ELECTRIC
H N S TUBULORS LTD
HAIR AFFAIR & RAYS UNLIMITED
HALDANE ELIZABETH BARRISTER
HALIFAX HEATING & AIR CONDITIONING
HALLMARK FLOORS CARPET ONE FLOOR & HOME
HARBOUR CONSTRUCTION CO. LTD.
HARBOUR DEVELOPMENT
HARBOUR METAL RECYCLING LTD.
HARBOURSIDE COTTAGES
HARDY WAYNE NS LAND SURVEYOR
HARLOW CONSTRUCTION LTD
HARLOW SATELLITE
HARTLEN'S ESSO
HATFIELD FISHERIES LTD / R E
HAVE A YARN
HAWES TRUCKING & EXCAVATING LTD
HCH VIDEO
HEAVENLY TOUCH ESTHETICS
HECTOR BUILDING SUPPLIES
HEISLER BOAT YARD
HERITAGE CARPENTRY AND RESTORATION
HERMAN & TRUDY
HIGHFIELD VIDEO & VARIETY
HIGHLAND HEARING CLINIC
HIGHLAND MOTEL
HIGHLANDS PHARMACY
HIMMELMAN'S TROPHIES & GIFTS
HINTERLAND ADVENTURES & GEAR
HOLY REDEEMER CONVENT
HOLY ROSARY CHURCH
HOME HARDWARE BUILDING CTR
HOME LOANS CANADA
HOMELIFE VALLEY REALTY LTD.
HONG FA
HOPE
HOPE WESLEYAN CHURCH
HORACE GARDNER
HOUSE OF GOLDEN JUNK
HOUSE OF HAIR DESIGN
HOUSEWIDE CLEANING
HOUSTON NORTH GALLERY
HOWIE CTR. IRVING MAINWAY
HUB TUNE UP CENTRE LTD.
HUGH BEATON & SONS LTD
HULL ELECTRICAL SERVICE LTD
IAN A. (SANDY) MACKAY
IMAGE HOUSE DIGITAL INC.
INTERGRADED LAWN CARE SYSTEMS
INTERPROVINCIAL MEAT SALES LTD
INVISIBLE FENCING OF NS
ISLANDVIEW BEAUTY SALON
J CONLEY & SONS ENTERPRISE
J D HENDERSON PLUMBING
J H MCKAY MARINE RAILWAY LTD.
J. C. MECHANICAL
J. CHIASSON SERVICE STATION
J. R. CONSTRUCTION LTD.
J. VELING AUTO REPAIR & WHEEL ALIGNMENT
JACKIE'S USED CLOTHING LTD.
JAMES HEIGHT
JAN GNEMMI
JANET MACLEOD ROYAL LEPAGE ATLANTIC
JANET'S FLOWERS LTD
JANIE CASHEL
JEANETTE DENTON
JEDDOR LODGE AND CABINS
JEDDOR VARIETY
JEN'S L'IL KIDS PLACE
JERRY S. COULTER LTD.
JERRY'S RV TRAILER SALES & SRV
JIM & MARY RHYNOLD
JOE'S PIZZERIA
JOHN B. HENLEY
JOHN D. ANDERSON CONST. LTD.
JOHN GILROY GENERAL CONTRACTORS
JOHN MC STAY
JOHN'S LUNCH
JORDAN BRANCH VETERINARY CLINIC
JORDAN'S HEATING SERVICE
JUDS BEAUTY SALON
K & M CREATIVE METALS
KAREN BENT
KEITH'S AUTO REPAIR
KEMIC BIORESEARCH LABORATORIES
KEN'S APPLIANCE REPAIR
KEN'S GROCERY LTD
KENT & DUFFETT CHARTD ACCTNTS
KENT FIELDS ESTATES LIMITED
KET CONSTRUCTION LTD.
KINECOR
KING LAM RESTAURANT
KNIGHTS OF COLUMBUS
L & B SILVI LTD.
L & C CLEANING SUPPLIES
L & D SAUNDERS AUTO & SVC CTR
L F SHAW ELEMENTARY SCHOOL
L E SHEA AUTO SALES LTD
LAHAVE BAKERY
LAKE BREEZE CAMP GROUND AND COTTAGES
LAKEFRONT GROCERY & VIDEO
LAKEPORT EXCAVATING LTD.
LAKESIDE VARIETY STORE LTD.
LAM'S USED BOOK STORE

LASTING IMPRESSIONS LANDSCAPE
LAURENCE GUEST HOUSE
LAW OFFICE OF PATRICK MORRIS
LE TROIS PIGNONS
LEBLANC BROTHERS BOAT BUILDERS
LEBLANC DIESEL REPAIR LTD.
LEE NAUSS AUTO REPAIR
LEE WILSON
LENCO ELECTRIC LIMITED
LEON'S HAIRSTYLING
LEO'S SUPERMARKET
LES RELIGIEUSES DE NOTRE-DAME DU SACRE-COEUR
LESLIE FINERY
LEVIN DENTURE CLINIC
LEWIS DEARMAN INVESTORS GROUP
LIBERTY ENTERPRISES LTD
LINDA COOK
LINDSAY'S WINDSOR FUNERAL HOME
LINUS AUCOIN C.G.A.
LIONSTONE INN THE
LITTLE PEOPLE'S PLACE
LITTLE SALES & SERVICE
LOCKPORT FIREMANS ASSOC.
LOHNES REST HOME
LOUISBOURG DOLLHOUSE EMPORIUM
LUCKY RABBIT POTTERY
LUNENBURG FRENCHYS USED CLOTHING
LYLE TILLEY DAVIDSON
M & B TRANSMISSION
M & B WHOLESALE LTD.
M WELLS CONSTRUCTION
M. WALTERS & SONS CONTRACTING
MA & PA CARPENTRY
MABOU BEAUTY SALON
MAC AULAY'S SVC STATION
MAC LEOD & GRANT LTD.
MAC NEIL'S MOTEL
MACCALLUM'S PRODUCE
MACEACHERN ALEXANDER DR.
MACGILLIVRAY & SON LUMBERING
MACINNIS SERVICE CTR
MACINNIS SURVEYS LTD.
MACINTOSH DENTURE CLINIC
MACISAAC'S ESSO
MACKAY GROUP
MACKENZIE SECURITY
MACKINLEY'S BODY SHOP
MACKINNON JOHN REV
MACLEAN CONCRETE CONST. LTD.
MACRAE ALVIN DR PHYS
MAGIC WOK
MAHONE FUNERAL HOME
MAIN ST. DENTAL CENTER
MAIN ST. ULTRAMAR
MAIN STREET RESTAURANT & BAKERY
MALLET RESEARCH SVC.
MALONE'S BOAT REPAIR
MAMMY'S PIZZA
MANZER CONSTRUCTION
MAPLE GROVE GREENHOUSES & FARM
MAPLETON SURVEYS
MARCEL EL-MOUKHTIFI
MARGAREE FORKS IRVING
MARGAREE HARBOUR CRAFTS & GIFT
MARGIE ROBSON
MARITIME AUTO SALVAGE
MARITIME CAR WASH SALES & SVC LTD.
MARITIME INNS & RESORTS
MARK WINDFIELD
MARKLAND ASSOCIATES LTD.
MARSH CANADA
MARSHALL'S ROOFING AND SIDING
MASON WILLIAM DR.
MASON'S SERVICE STATION
MATTATALL SIGNS LTD.
MAX WHITE EXCAVATING LTD
MAXIM CONSTRUCTION
MCCARTHY'S ROOFING LTD
MCINTYRE COTTAGES
MCKILLOP FLOWERS
MCLELLAN NICHOLS & RICHARDS
MCNAIR BROS PLUMBING/HEATING
MCNUTT AUTO BODY
MEMORIES TROPHIES ENGRAVING
MEMORY LANE
METALINE GRAPHICS LTD.
MICHAEL BISHOP ACCOUNTING LTD.
MICHAEL F. FEINDEL
MICHAEL FORD FOUNDATION LTD.
MIDAS CAR CARE
MIKE HECIMOVICH
MIKE HIMMLEMAN
MIKE RANDALL
MIKE'S LUNCH
MIKE'S UPHOLSTERY-REFINISHING
MILLENNIUM SAFETY & DRIVING ACADEMY LTD.
MILLER R. BRUCE DR.
MILLER'S CAR BRITE AUTO CLEAN
MINAS PASTRIES
MIND BODY SPIRIT GROUP
MING'S RESTAURANT
MOODY BLUE STAMP CO
MOONLIGHT RESTAURANT
MOORE NICKELS & DIMES FOR YOU RECYCLING
MOOREHEAD WILLIAM REV
MORAN DAN PRODUCTIONS
MORSE CONSTRUCTION INC
MR. CHICKEN
MR. FT'S CUSTOM FRAMING
MR. GAVRIC
MRS. H. TEMPLE/HILL
MRS. P'S HOMESTYLE BAKERY
MUNRO A DR.
MURIEL M. SUTHERLAND
MURRAY MUNRO RENOVATIONS

MYLES LOCK & KEY CENTER
NS RADIATOR & HEAT EXCHANGE
NANCY LEVO
NANCY STEWART CGA
NATURE BOOK STORE
NAUTICUS MARINE LTD
NEIL FISHER
NEW WATERFORD FIRE DEPT.
NEWFOUND TRADING LTD.
NICKERSON PERRY SEAFOODS LTD.
NORM BALCOMBE PLUMBING HEATING
NORTH END COMMUNITY DAY CARE CENTRE
NORTH END COMMUNITY HEALTH CTR
NORTH END GENERAL STORE
NORTH NOVA SEAFOODS LTD.
NORTHSIDE ELECTRICAL SERVICES
NORTHSIDE TROPHIES & CRAFTS
NORTHUMBERLAND ELECTRIC INC
NOVAWAY KENNELS
OCEAN VIEW CHILDREN CTR
OCEANVIEW DESIGN & INSPECTION SERVICES
ONE HOUR MARTINIZING
ONE WORLD NATURAL FOODS
OPPORTUNITY FARM
ORCHARD AWAY DAY CARE
ORCHIDS AND MORE INC
OTTO STRONG'S BURNER SVC
OXFORD FROZEN FOODS LTD
P G'S SPECIALTY RESTAURANT
P J S MANAGEMENT SERVICES LTD
P M SPICER CONTRACTING
P MARTIN REALTY
PARAGON DOOR
PASTOR DANIEL TING
PAT BOUDREAU PLUMBING & HEATING
PAT MORRISON C/O CBCI TELECOM
PAT'S FAMILY HAIR CARE
PAT'S MENS HAIRSTYLING
PATRICK STEWART
PATTEN FUNERAL HOME (1987) LTD
PAUL'S WATER SERVICE
PENDLETON'S CORNER STORE
PENTZ POTTERY
PERMACRETE CAPE BRETON
PETE'S MARINE ELECTRONICS 1989 LTD
PETER A LOHNES
PETER E. BELLIVEAU
PETRO CANADA
PHYSIOTHERAPY ALTERNATIVES
PICTOU COUNTY EXCAVATORS LTD.
PIZZA DELIGHT NORTH SYDNEY
PLAY TO LEARN DAYCARE
PLETTNER PORT MOUTON PROPERTY
POTTIER GERALD A SURVYR
POULAIN'S PHARMACY
PREMIUM SEAFOODS
PRESBYTERIAN CHURCH OF ST DAVID
PRESCOTT & ASSOCIATES
PRINCESA GOLD JEWELLERS
PROF EDDIE J COMEAU (RET)
PROVINCE HOUSE CREDIT UNION
PUBNICO LEDGE FISHERIES LTD
PUGWASH HOME HARDWARE
QUINPOOL TAILOR SHOP
R A WILSON INSURANCE
R K WHITMAN CONSTRUCTION LTD.
R V WHEEL ESTATE
RATCHFORD PHOTOGRAPHIC
RAYMOND E. HARVEY- CA
RAYMOND YUILL
RAYPORT CAMP GROUNDS
REARDON PATRICIA BARRISTER
RECOVERED TREASURES
REMAX FAIRLANE REALTY
RENT A WRECK BADDECK
RESOLUTE CLUB
REV ED FLANDER
REV JAMES H MACINTOSH
REV J. RAY CORBETT
REV GEORGE MACLEAN
REV ERNEST H. NICKERSON
REV RON MCLEAN
REV SHARON BUDD
REV. CAROL R. ARMSTRONG "THREE RIVERS"
REV GLENN GRAY
REV. JOHN MEAN
REV. JUDY SAUNDERS
REV. SIDNEY SNOW
REV. WILLIAM GUSTAFSON
REVEREND ROBERT SEAMAN
RGM COMMUNICATION
RHODENIZER SALVAGE ENTERPRISES
RICKY SLOCUM TRUCKING LTD
RIDEOUT
RINGER S GARAGE
RIVERSIDE CAMPGROUND & CABINS
RIVERSIDE CONVENIENCE
RIVERVIEW COTTAGES
RIVERVIEW MEAT MARKET
ROAD WORTHY DRIVER TRAINING
ROBERT A. ARCHIBALD TRUCKING
ROBERT BLAIR TRUCKING LTD
ROBERT J. PETTIPAS ENTERPRISES
ROBERT M STORY LTD
ROBERT NEWCOMBE
ROBERT PETERSON WELL DRILLING
ROBERT'S LOCK REPAIR
ROCKVILLE CARRIERS LTD.
ROMATEC
RON BAIN
ROSE ARBOR CAFE
ROSE REAL ESTATE LTD
ROSEMARIE TEBOGT
ROSS FUR CO. LTD.
ROSS LAWN CARE

BusinessPatrons

ROY B MATTINSON AND SONS TRUCKING
ROYAL CANADIAN LEGION BRANCH #3 GLACE BAY
ROYAL CANADIAN LEGION—BRANCH 106
ROYSONS' FLOORING & WOODWORKING
RUDOLPH TRANSFER
RUSH CAB
RYFAS INC
S & L BAKERY
S & M TRUCKING LTD
S R BUILDING AND REPAIR
S.J. MACRAE & SON LTD.
SABLE FISH PACKERS (1988) LTD.
SALVATION ARMY
SALVATION ARMY YOUTH RESOURCE CENTER
SALZMAN'S CARPET & TILE
SANDRA VOEGELE
SANFORD'S FAMILY HAIRSTYLING
SANFORD'S GARAGE LTD.
SATURN SAAB OF HALIFAX
SCOTIA BANK
SCOTIA BEST XMAS TREE LTD.
SCOTIA POULTRY FARM LTD
SCOTIA VACUUMS
SCOTIABANK
SEA SIDE SEA FOODS
SEA SPRAY OUTDOOR ADVENTURES
SEABREEZE COTTAGES & MOTEL
SEASCAPE BUILDING MAINTENANCE
SEASCAPE COTTAGES
SEASHORE ELECTRONICS
SEASIDE CAMPING GROUNDS
SEAWAY INTL. FOODS LTD.
SEVEN WAVES WEAR
SHAMBALA INTERNATIONAL CENTRE
SHARP DONALD REV
SHELburne FURNITURE & APPLIANCES LTD.
SHEPHERD COLEEN COUNSELLING
SHERBROOKE GARAGE LTD
SIGNATURE PROPERTY MANAGEMENT
SIGNS ON THE GO
SIMPSON ELECTRIC LTD.
SIMPSON INSTALLATIONS LTD
SINCLAIR DENTURE CLINIC
SISSIBOO HOME HARDWARE BUILDING CENTRE
& SISSIBOO FARM SUPPLIE
SISSIBOO VETERINARY SVC LTD.
SISTERS OF CHARITY
SISTERS OF SAINT MARTHA-SPRING HOUSE
SISTERS OF ST. MARTHA
SISTERS OF SVC
SISTERS OF THE GOOD SHEPARD
SJ MCISAAC, C. A.
SKYVIEW HOMES LTD.
SKYWAYS TAXI LIMO
SMITH & MCCARTHY PAINTING LTD
SMITH & WATT LTD
SOBEYS INC
SOUTH BERWICK AUTOMOTIVE LTD.
SOUTH POINT CONSTRUCTION LTD.
SOUTH SHORE OPTICAL
SPECIAL PROJECTS LTD
SPLASH OF COLOR CHILDREN'S CTR
SPRUCE TOP RUG HOOKING STUDIO
SPRYFIELD MASONRY LTD.
ST. ANDREWS PARISH
ST. JAMES ANGLICAN CHURCH
ST. JOSEPH'S ROMAN CATHOLIC CHURCH

ST. JOSEPH'S CONVENT
ST. PETER'S CATHOLIC CHURCH
ST. THERESA CONVENT
ST. ANDREW'S PARISH
ST. LEO'S & ST JOHN THE BAPTIST PARISHES
ST. MICHAELS PARISH
ST. PATRICK CATHOLIC CHURCH
ST. PETERS BOTTLE EXCHANGE & RECYCLING
STANDARD DRAFTING SERVICES
STANDARD LIGHTING
STELLA MARIS PARISH
STEVE MORSE HEAVY TOWING
STEVE'S 24-HR TOWING
STEWART'S GARAGE
STEWIACK GIFT BOUTIQUE
STONE'S RV AND HOME CENTER
STRAIT ENGINEERING LTD
STRAITVIEW AUTOMOTIVE
STUDIO 21 FINE ART
STULL INSURANCE SRVS
SUDS'N STUFF LAUNDROMAT
SUMMERVILLE BEACH RETREAT
SUMNER PLUMBING SUPPLY
SUN VALLEY MOTEL LTD
SUNRISE VISION CARE
SUNTIME ENTERPRISES
SUPERLINE FUELS INC
SWALLOWS MACHINE SHOP
SWEENEY'S FUNERAL HOME
SWPCO
SYMCOR INC.
T & J DEMEYERE PROPERTIES LTD
T COADY ALARMS LTD.
TARTAN BLADE BARBER SHOP
TARTAN DRYWALL LTD.
TD BANK FINANCIAL GROUP
TED SALMON
TERRA MARINE ENVIRONMENTAL LTD
TERRY COLLETT PIANO TUNER-TECH
TERRY H ZICKLER LUMBER & BUILDING SUPPLIES
TERRY SPRINKLER LTD.
TERRY'S PLACE
THAT'S THE LOOK HAIR STUDIO
THE LOBSTER POUND RESTAURANT
THE SUN ROOM
THERIAULT / JAMES
THOMAS SCOTT LUMBER LTD.
TIBBETTS ELECTRICAL CONTRACTIN
TIBB'S TUMBLERS LOCKSMITHING
TIDY TAILS PET SUPPLIES AND GROOMING
TIMOTHY A. REID
TOPMAST MOTEL
TOWN & COUNTRY IMPROVEMENTS
TRACTION
TRAVEL UNIVERSAL VACATIONS LTD.
TRECAN COMBUSTION LIMITED
TREEN MANSION BED & BREAKFAST
TRENT CONRAD GEN. TRUCKING
TRI COUNTY CONST. LTD.
TRI COUNTY VETERINARY SERVICES LTD.
TRI MAR PROMOTIONS
TRIDENT SERVICE BOOKKEEPING
TRIPLE S ENTERPRISES LTD.
TROFEL
TROPHY HOUSE
TUTTLE COMPUTERIZED ACCOUNTING
TWEED ENGINEERING SERVICES

TWIN CITIES ENGRAVERS
U.J. LEBLANC PRO HOME CENTER
UNITED DENTAL LAB LTD.
UNITED TRANS LTD
UNIVERSAL WOOD INDUSTRIES
URSULA'S HAIR DESIGN
VALLEY MEADOWS LTD.
VALLEY MUSHROOM CO. LTD.
VALLIE'S HAIR SHOP
VAN-GO DELIVERY
VANOOSTRUM FARM EQUIPMENT / J
VANTAGE MOTORS
VAUGHN REALTY
VELO'S PIZZA DONAIRS & SUBS
VERITAS CATHOLIC BOOKS & GIFTS
VERNON GAUDET
VERSATILE HAIR DESIGN
VICTOR HAYMAN CHAINSAWS
VICTORIA RIDGE HOMES LIMITED
VILLA ACADIENNE
VILLAGE EMPORIUM
VILLAGE GREEN MOTOR CAR CO. LTD.
VILLAGE GROCERY
VISION HEATING & VENTILATION LTD
W. MACDONALD DIESEL MAINTENANCE
W.T. GROVER FISHERIES LTD.
WADE CORNELL VIDEOGRAPHER
WAGNER REFRIGERATION
WALKER SEAFOODS LTD / L
WALLACE QUARRIES LTD.
WALLACE TAYLOR
WALLIN SCHOOL OF DANCING
WAYNE ISNOR ELECTRICAL SERVICES
WAYNE PARTRIDGE CONST. LTD.
WAYNE RYAN
WAYNE YORKE
WEAR WELL GARMENTS CO.
WEE FOLK KINDERGARTEN
WELLS BOOKS
WELLS FARGO FINANCIAL
WENTZELL'S BOTTLE RECYCLING
WHAT'S THE BUZZ BARBER SHOP
WHITE GULL INVESTMENTS LTD
WHITE HEAD CONSULTANTS LTD.
WHITMAN INN
WHYCOCOMAGH CO-OP & LIQUOR AGENCY STORE
WHYNOT SERVICES LTD.
WILBERT MACKENZIE
WILDCAT COMMUNITY ASSOC.
WILDLIFE CONTROL
WILLIAM ALEXANDER & ASSOC LTD
WILLIAM F. WHITE LTD.
WILLIAM THOMSON & SONS PAINTING
WILLIAMS HEAVY HAULING
WOLF COLLISION LTD
WOLFES GROUNDS MANAGEMENT
WONG'S TAILOR SHOP
WOODS CONCRETE
WOODS WISE OUTFITTERS
WOODVILLE AUTOBODY LTD.
WORKSPACE BY DESIGN
YARMOUTH DRIVER SCHOOL
YEA OLDE WATCH & CLOCK SHOP
YOUR HAIR ONLY DESIGNS
YUILL CHISHOLM BARR & SOLCT.

AD INDEX

A & A ROOFING LTD.	40	AUTOLOT COLLISION CTR.	44	BURNSIDE REALTY LTD.	8	CITADEL COINS	54
A 1 TIRES LTD.	40	AVIS RENT A CAR	44	BUSINESS PATRONS	140	CITY CENTRE ATLANTIC	14
A D E METRO MIDTOWN TAXI LTD.	40	AVON VIEW HIGH SCHOOL	44	C & D MEDICAL CARE PRODUCTS	50	CITY PRINTERS LTD	54
A M L PAINTING LTD.	40	B J MACPHEE TRUCKING LTD.	46	C C K MAC DONALD LTD	50	CLARE MUTUAL INSURANCE CO	54
A R B SCOTT MASONRY LTD.	40	B. G. MAXX MANAGEMENT LTD.	46	C K F INC	50	CLEAR CHOICE WATER SHOP	54
A. G. BROWN & SON LTD.	40	B. J. ELECTRIC MOTOR & CONTROL LTD.	46	C. F. CONSTRUCTION LTD.	50	CLEARWATER SEAFOODS	54
ACADIA ROOFING & CONTRACTING LTD.	40	BANFIELD OCULAR PROSTHETICS	46	CABOT SHIPPING SUPPLIES LTD	50	CLEVE'S SPORTING GOODS LTD.	56
ACADIA UNIVERSITY	10	BANK OF MONTREAL	6	CADBURY ADAMS	50	COASTAL RESTORATION & MASONRY	14
ACADIAN FISH PROCESSORS LTD	40	BARR'S SMALL ENGINE SALES & SERVICE	46	CANADA CORRECTIONAL SVC	50	COASTAL WOODWORKERS	54
ACUREN GROUP INC	110	BASIL AUDIO VISUAL	46	CANADIAN CANCER SOCIETY NOVA SCOTIA	Cover	COCA COLA BOTTLING LTD.	56
AEL SECURITY LTD.	110	BEAUMONT GARAGE DOOR CO.	46	DIVISION SMOKERS HELPLINE	10	COLLINS BARROW	10
ALL - WAYS EXCAVATION	40	BEDFORD / SACKVILLE WAL- MART	50	CANADIAN CORPS OF COMMISSIONAIRES	10	COMMUNICATIONS NOVA SCOTIA ADVER.SVCS.	38
ALTUS GROUP	42	BELL ALIANT	6	CANADIAN LINEN & UNIFORM SERV.	50	COMMUNITY BUSINESS DEV CORPS OF NS	56
ALUMICOR LTD.	40	BENOIT ELECTRIC	48	CANAL FAMILY RESTAURANT & MONTES BAR & GRILL	10	CONNORS DIESEL LTD.	56
AME SECURITY LTD	116	BERENDSEN FLUID POWER LTD	50	CANSO CHEMICALS LTD.	52	CONSEIL SCOLAIRE ACADIEN PROVINCIAL	12
AMHERST VETERINARY CLINIC	42	BERGENGREN CREDIT UNION LTD.	48	CANWEL BUILDING MATERIALS DIVISION	52	CONSERVATIVE PARTY CENTRAL N. S.	56
ANICOM SIGNS LTD	42	BERNARD H. MORASH INSURANCE	112	CAPE BRETON & CENTRAL NOVA SCOTIA RAILWAY	52	CROFTER'S STEAK & SEAFOOD	122
ANNAPOLIS VALLEY REG. SCHOOL BOARD	42	BERNARD L. MAILMAN PROJECTS	48	CAPE BRETON BEVERAGES	52	CURTIS & VELMA FISHER	58
ANTIGONISH REGIONAL DEV. AUTH.	42	BEST TOYOTA INC.	48	CAPE BRETON VICTORIA SCHOOL BOARD	12	D E SHEEHAN ELECTRIC LTD	12
A-PLUS CEMENT SERVICES LTD.	8	BEST WESTERN GLENGARRY	48	CAPITAL VENTILATION SYSTEMS LTD.	52	D S S MARINE INC	56
ARCHIBALD DRILLING & BLASTING 1986 LTD.	42	BIRDS EYE BUILDERS LTD.	48	CARL ANTHONY TRUCKING LTD.	52	D. A. MACGREGOR ELECTRIC LTD.	56
ARMOUR TRANSPORTATION SYSTEMS INC.	42	BLACK & MCDONALD LTD.	6	CARMEL & CO LTD	52	D. C. HUSKINS & SONS TRUCKING LTD.	14
ARMSTRONG AUTO SALES & SALVAGE LTD.	42	BLUE WATER BUSINESS DEV. CORP.	48	CASA DANTE HAIRSTYLING LTD.	52	DALHOUSIE GAZETTE	56
ATHENS RESTAURANT CO. LTD.	42	BOC CANADA LTD. (LINDE GROUP)	120	CEDAR HOUSE BAKERY & RESTAURANT	120	DARTMOUTH KENNEL SERVICE	112
ATLANTIC ALARM & SOUND LTD.	42	BOND & COOLEN CONTRACTING	110	CENTRAL HOME IMPROVEMENT	122	DEEP BROOK WALDECK LIONS CLUB	2
ATLANTIC DRIVER TRAINING	44	BOOSTER BOXES	128	CENTRAL TILE & TERRAZZO CO LTD	52	DEFINITE FOOD SERVICES	58
ATLANTIC FUNERAL HOMES	44	BORCHERDT CONCRETE PRODUCTS	48	CENTRE PROVINCIAL DE RESSOURCES PEDAGOGIQUES	116	DELTA SYDNEY	58
ATLANTIC HARDCHROME LIMITED	44	BRIDGEWATER MOTOR INN	48	CHATER MEAT MARKET	52	DICKINSON BROS.	14
ATLANTIC NEWS STAND	44	BRILUN CONSTRUCTION LTD.	8	CHERUBINI METAL WORKS LTD.	54	DIGBY SALVAGE & DISPOSAL CO. LTD.	56
ATLANTIC SUPERSTORE	6	BRIMAC ROOFING LTD.	8	CHINA ROSE CAFE	120	DIRECT CASH A T M	58
AUSTIN CONTRACTING LTD	44	BRINK'S CANADA LTD	46	CHOW FAMILY RESTAURANT	12	DISMAS SOCIETY & LAVERS HOUSE	58
AUTO DENT & PAINT KING	44	BROOKFIELD GOLF & COUNTRY CLUB	46	CHRIS D' ENTREMONT M L A	54	DIXON'S MARINE GROUP	112
AUTO TRIM DESIGN OF N. S.	44	BURCHELL MAC DOUGALL LAWYERS	46	CHUCKWAGON FREIGHT INC.	54	DONALD EXCAVATIONS LTD	110
		BURLOCK OPTICAL SERVICES LTD.	100	CITADEL AMATEUR BOXING CLUB	54		

AD INDEX

DOOLEY'S PHARMACY	58	K & N AUTO COMMERCIAL MARINE REPAIR	118	NOVA SCOTIA COMMUNITY COLLEGE	28	STELLAR INDUSTRIAL SALES LTD.	114
DOUG BRAGG ENTERPRISES LTD.	58	K. D. ROGERS WELL DRILLING LTD.	120	NOVA SCOTIA FIREFIGHTERS SCHOOL	26	STERLING BELLIVEAU M.L.A. SHELBURNE COUNTY	94
DR. CHERYL CONROD	58	KAREN CASEY M L A CONST OFFICE	70	NOVA SCOTIA TRANSPORTATION & PUBLIC WORKS	82	STEVE LEWIS AUTO BODY	116
DR. COLIN A. MACPHEE	58	KAULBACK P B BUILDING LTD	38	NOVA TREE COMPANY INC.	118	STEVENS GROUP MANAGEMENT	96
DR. DOUGLAS LEGAY	58	KEITH COLWELL M.L.A.	120	NOVATEC BRAIDS LTD.	82	STEVIE CRETE FOUNDATIONS LTD.	96
E C ARMITAGE HARDWARE CO LTD	58	KEVIN PRATT'S AUTO REPAIR	116	NOYE ENTERPRISES INC.	82	STONE BROTHERS PLUMBING & HEATING LTD	96
E G ENERGY CONTROLS	16	KHATTER & KHATTER BARRISTERS & SOLICITORS	20	O' BRIENS R X PHARMA CHOICE	82	STONEHOUSE MOTEL & RESTAURANT	94
EAGLE NEST RECOVERY HOUSE	60	KIEL DEVELOPMENTS LTD	116	O' REGAN'S CHEV OLDS CADILLAC	26	STONE'S DRUG STORE LTD	96
EARL FRANCIS SPRYFIELD MEMORIAL BRANCH #152	60	KILLAM PROPERTIES	70	OFFICE INTERIORS INC.	82	STRAITLINE STEVEDORING	96
EASSONS TRANSPORT LTD	60	KINGS ROAD PRESCRIPTION CTR	110	OLYMPIA TILE INTERNATIONAL INC.	82	STRAIT-RICHMOND HOSPITAL	108
EAST SIDE FISHERIES LTD.	16	KOHLTECH INTERNATIONAL	20	ONCE AGAIN SPORTS LIMITED	108	STRICTLY SALES AND SERVICES	96
EASTSIDE MARIO'S RESTAURANT	34	KOOL PROMOTIONAL ADVERTISING	108	ORIGINAL ROOFING & SIDING	82	STUART PONTIAC BUICK LTD.	30
EATON CORPORATION	60	L & A ELECTRIC (A SOURCE ATLANTIC COMPANY)	70	OUR NEIGHBOURHOOD LIVING SOCIETY	112	SUBWAY SANDWICHES & SALADS	32
ELEGANT FLOORING LTD	60	LAFARGE CANADA INC	72	OVER ALL COLLISION CUSTOM AND RESTORATION	114	SULLIVAN FUELS LTD	96
ELMSDALE SUBWAY LTD.	60	LAFARGE CANADA INC.	70	P & R MACLEAN'S WATER & TRUCKING CO	110	SUPERIOR FOUNDATIONS LTD	96
EMPLOYMENT SOLUTIONS SOCIETY	108	LAKEVIEW INNS & SUITES	22	P P G CANADA INC	84	SUPPORTIVE LIVING SOCIETY	96
ENTERPRISE CAPE BRETON CORP.	120	LAST PORT MOTEL	70	P. A. YEOMAN MARINE SERVICE INC.	84	SWISS CHALET/HARVEY'S	96
ESKASONI BAND COUNCIL	16	LAWTONS DRUGS	120	PAS AUTOMOTIVE REPAIR	84	SYDCO FUELS LTD.	98
ESRI CANADA LTD	60	LEGAL EXPRESS COURIER	38	PAT DUNN M.L.A.	118	SYLRICK ENTERPRISES LTD.	98
EVANGELINE EXCAVATING	60	LEISURE POOLS	72	PELHAM ELECTRIC & REFRIGERATION	34	SZETO RESTAURANT	116
EVANS MAC ISAAC MAC MILLAN	60	LEONARD BROWN GARAGE	72	PENNEY'S INSURANCE LTD.	84	T & R TRUCK REPAIR LTD.	98
F & K COMPUTER SALES & SERVICES	60	LESLIE EXCAVATING LTD.	72	PERRY'S AUTO BODY	84	T T L SUPPLY LTD	98
FACTS ENGINEERING	62	LEWIS KELLY EXCAVATING LTD.	22	PERSONS WITH DISABILITIES	28	TARA INN	98
FADER AGENCIES	62	LIBERAL CAUCUS OFFICE	72	PEVERILL AND ASSOCIATES INC.	118	TATTLE TALES BOOKS TOYS AND COLLECTIBLES	98
FAIRLEY & STEVENS FORD LINCOLN	62	LIGHTHOUSE LUMBER WHOLESALERS LTD.	72	PHIL LEIL ENTERPRISES LTD.	112	TAYLOR & SILVER	98
FITZGERALD & SNOW	62	LINDWOOD HOLDINGS	72	PICKUP & MAC DOWELL	84	TEEF K-9 CTR	122
FIVE STAR ROOFING & MASONRY	62	LLOY'S DENTURE CLINIC	72	PICTOU SOLID WASTE MANAGEMENT	28	THE DRAGON BUFFET KING RESTAURANT	Cover
FRASERFRAN R V CENTRE LTD	64	LOGAN DRILLING GROUP INC.	72	PIERCEY INVESTORS LTD.	84	THE SALVATION ARMY	98
FRED M DUNPHY EXCAVATING LTD	62	LOOK HO HO RESTAURANT	74	PILOTS DINING ROOM & LOUNGE	84	THE SALVATION ARMY COMMUNITY	
G FRED HORNE INVESTIGATIONS SERVICES LTD	64	LOUISIANA PACIFIC CANADA LTD.	72	PITNEY BOWES CANADA	32	CHURCH(FAMILY SERVICES)	122
G M MACDONALD WELDING LTD.	64	LUDEY CONSULTANTS	22	PIVOTAL POWER	84	THE SMILING DRAGON	114
GEOFF REGAN M P HALIFAX WEST	64	M & C AUTO SVC LTD	74	PLAZA ATLANTIC LTD.	84	TOWN OF CANSO	98
GEORGE MAC DONALD & SONS LTD.	16	M T P POWER ENTERPRISES INC	74	PLENUS CONSULTANTS	86	TOWN OF DIGBY	98
GIFFIN GROUP	110	M V OSPREY LTD	74	POLLETT DRUG STORES LTD.	86	TOWN OF KENTVILLE POLICE	100
GILLIS D VENTILATION & A/C	116	MABOU FRESHMART	74	POLYTECH WINDOWS & DOORS	86	TOWN OF MULGRAVE	100
GLUBES SOUND STUDIO	66	MAC KENZIE'S TOWING & SVC CTR	120	PRIMUM INSURANCE CO	86	TOWN OF PORT HAWKESBURY	100
GOLD STAR REALTY	112	MAC LEOD GROUP	74	PRINCESS CREDIT UNION LTD.	86	TOWN OF TRENTON	100
GRIGGS ENGINEERING LTD.	64	MACAIR LTD	74	PROFESSIONAL LISTINGS	122	TRADE CENTER LIMITED	30
GROUPE SAVOIE INC	64	MACGILLIVRAY WELDING	76	R & D NICKERSON FISH PRODUCTS LTD	86	TRUEFOAM	30
H P H MECHANICAL LTD.	64	MACKAY'S TRUCK & TRAILER CENTER LIMITED	76	R A CORKUM FUNERAL HOME	88	TRURO HEIGHTS IRVING RESTAURANT	100
H. A. HORSNELL GENERAL INSURANCE 1995 LTD.	64	MACLELLAN CONSTRUCTION SERVICES LTD	36	R J F HEALTH CARE SERVICES LTD	114	TRURO INTERNATIONAL INC.	100
HAILEY'S APPLIANCE REPAIRS LTD.	64	MADER'S ROOFING & MASONRY	74	R K O STEEL LTD.	34	TRURO VETERINARY HOSPITAL	100
HALIFAX C & D RECYCLING LTD.	62	MAINLINE NEEDLE EXCHANGE	74	RADIAN COMMUNICATION SERVICES CANADA LTD.	86	TUSKET SEAFOODS LTD.	100
HALIFAX PSYCHOLOGICAL SERVICES	62	MAPLEWOOD MANOR	76	RAFES CONSTRUCTION LTD	86	TWIN CITY INSULATION CONTRACTORS LTD	100
HALIFAX REGIONAL FIRE & EMERGENCY	62	MARINERS CENTRE	76	RAINBOW NET & RIGGING LTD.	86	ULTRAMAR HOME ENERGY	102
HALIFAX SHIPYARDS	4	MARIPLEX	Cover	REGION OF QUEENS MUNICIPALITY	88	UNICORN RESTORATIONS, AKA BATH FITTER	30
HALTERM CONTAINER TERMINAL LTD	62	MARITIME ENVIRONMENTAL TRAINING INSTITUTE	38	REIGH'S SERVICE CTR.	88	UNITED ASSN. JOURNEYMEN	
HAMACHI HOUSE	120	MARITIME PAPER PRODUCTS LTD.	22	RENAISSANCE	88	PLUMBERS LOCAL 56	102
HARRIS & ROOME SUPPLY, DIVISION		MARITIME TRACTOR REPAIR LTD.	76	RIVERVIEW TREE FARMS CO. LTD.	88	UNITED PLUMBERS & STEAMFITTERS LOCAL 682	110
OF GRAYBAR CANADA LIMITED	66	MARKET REALTY LTD	76	ROOFING CONNECTION	86	UNITED RENTALS LTD.	112
HARRIS HOME & BUILDING CTR.	66	MC LEOD SAFETY SERVICES	76	ROSE VALLEY TRUCKING EXCAVATING LTD.	88	UPPER SACKVILLE AUTO BODY	110
HEALTHYWAY CAFE	64	MCGILLIVRAY V. J. FUNERAL HOMES	74	ROTHMANS BENSON & HEDGES INC	88	VALLEY CREDIT UNION LTD	102
HEATHER HOTEL AND CONVENTION CENTRE	66	METRO SELF STORAGE	38	ROYAL LE PAGE ANCHOR REALTY	88	VALLEY SOD & LANDSCAPING	104
HEFLER FOREST PRODUCTS LTD	66	METROPOLITAN REGIONAL HOUSING AUTH.	118	RX SECURITY	16	VANCE HANES AUTO PARTS LTD.	102
HIGHLAND PULP LTD.	66	METSO MINERALS	76	SACKVILLE DRIVING SCHOOL	88	VERHAGEN DEMOLITION LTD.	102
HOMEPORT MOTEL	66	MI'KMAW FAMILY & CHILDREN'S SERVICES	76	SACKVILLE INSURANCE AGENCY INC.	88	VT'S RESTAURANT LTD.	102
HON JAMIE MUIR M L A	66	MICMAC BEVERAGE ROOM & GRILL	24	SACKVILLE RIVER ASSOCIATION RIVER WATCH PROGRAM	90	VICTOR & DOUGLAS OICKLE BOTTLE & ENVIRO DEPOT	102
HONEYWELL LTD.	66	MIDTRAIL RESORT LTD	118	SALVATORE'S	90	VILLAGE HISTORIQUE	102
HONOURABLE MICHAEL BAKER	120	MIKE MACDONALD ELECTRICAL		SANDY & SONS FISHERIES LTD.	90	VILLAGE OF NEW MINAS	102
HUMPHREY'S LANDSCAPING & CONSTRUCTION LTD.	66	CONTRACTING & APARTMENTS	76	SCANWOOD CANADA LTD	36	VIN.ART WINES	38
HUNT'S POINT BEACH COTTAGES	118	MIKMAQ GAS AND CONVENIENCE	24	SCOTIA EMERGENCY VEHICLE SERVICES	36	W A LATIMER GENERAL CONTR LTD	104
HUSSMANN CANADA INC.	18	MILL BEVERAGE ROOM	78	SCOTIA MC LEOD	90	W B L I CHARTERED ACCOUNTANTS	104
I C T CANADA MARKETING INC	18	MILLEN FARMS LTD.	78	SCOTIA RECYCLING LTD	90	W J POWER PLUMBING HEATING LTD.	104
I M L FUNERAL SERVICES	68	MIME J SEAFOODS LIMITED	108	SCOTSBURN DAIRY GROUP	90	W R GRAHAM SERVICES LTD.	104
I M P GROUP INTERNATIONAL INC.	68	MINAS VIEW GOLF LINKS	78	SEA COAST H V A C (2004) LTD	118	W. R. BOLIVAR TRANSPORT LTD.	114
IDEAL CONCRETE LTD.	18	MISTY MEADOW FARMS	78	SEAVIEW MANOR CORPORATION	90	WJAX INDUSTRIES LTD	104
IDEAL FOODS CO. LTD.	108	MOLSON CANADA	24	SEE- SAW CONSTRUCTION INC	36	WAL - MART	102
IN FOCUS OPTICAL LTD	68	MORNEAU SOBECO	24	SELF-HELP CONNECTION	92	WAL - MART	104
INDEPENDENT ARMoured TRANSPORT	68	MORRISON FUELS	78	SENIORS FOR SENIORS	92	WAL - MART	106
INDUSTRIAL ALLIANCE PACIFIC - SAL	18	MOSHER LIMESTONE CO. LTD.	78	SERVICE MASTER OF TRURO	92	WAL - MART ANTIGONISH	106
INSURANCE BROKERS ASSN.	2	MOTION PICTURE STUDIO PRODUCTION TECH.	78	SHANNEX HEALTH CARE MGMT	92	WAL - MART BRIDGEWATER	1121
INTERNATIONAL BROTHERHOOD OF		MUNICIPALITY OF ARGYLE	78	SHAW RESOURCES	92	WAL - MART NEW MINAS	114
ELECTRICAL WORKERS LOCAL 625	20	MUNICIPALITY OF CUMBERLAND COUNTY	26	SHEEHY ENTERPRISES CO	92	WAL - MART YARMOUTH	108
INTERTAPE POLYMER GROUP	68	MUNICIPALITY OF DIST. OF LUNENBURG	26	SHELBURNE DIESEL SUPPLIES & SERVICE	92	WALKER'S GAS & ELECTRIC LTD.	104
INVENTIVE MARINE PRODUCTS LTD	68	MUNICIPALITY OF THE COUNTY OF VICTORIA	116	SIMPLY FINANCIALS	92	WASTE MANAGEMENT	104
IRVING EQUIPMENT	68	MURPHY'S FAMOUS FISH & CHIPS 1996	78	SOURCE FOR SPACE PROPERTIES	92	WATERBURY & NEWTON	104
ISLAND FRESH SEAFOODS	68	MURRAY GM	112	SOUTH EAST DRY WALL	92	WAVES SEAFOOD & GRILL	32
ISLAND VIEW FAMILY RESTAURANT & BAKERY	118	N D P CAUCUS OFFICE	80	SOUTH SHORE FUELS	94	WEATHERFORD CANADA	106
J E RAMSAY HEARING SERVICES	114	N S HIGHWAY WORKERS UNION CUPE LOCAL 1867	80	SOUTH SHORE GLASS LTD.	94	WENDELL A BROWN ENTERPRISES LTD.	106
J. ARMSWORTHY EXCAVATING LTD.	68	NAPOLI PIZZERIA	80	SOUTH WEST NOVA DISTRICT HEALTH AUTHORITY	94	WHYCOMAGH FIRST NATIONS	106
J. CREEMER HOLDINGS LTD.	114	NAPOLICK HOLDINGS LTD.	110	SOUTHSIDE FARMS C/O EYKING BROS	94	WILLIAMS BROTHERS LTD.	106
J. D. IRVING LTD.	4	NATIONAL TRAILER SALES	80	SPEEDY GLASS LTD/REGIONAL OFFICE	108	WILSON ELECTRONICS	106
J. M. GIFFIN P. ENGINEERING INC.	68	NEW GLASGOW POLICE	80	SPERRY MARINE CANADA	118	WILSON'S GAS STOP	106
JAYMAR DIESEL LTD	70	NEW ROSS CREDIT UNION	80	SPRING GARDEN PLACE	94	WINCHESTER DISPOSAL SERVICE	106
JENTRONICS LIMITED	70	NEW VISION SPECIAL CARE HOMES	80	ST. ANNE COMMUNITY & NURSING CARE CENTRE	94	WOLFVILLE NURSING HOMES LTD.	106
JERRY KOHUT	114	NEWELL LOBSTER LTD	80	ST. JOHN AMBULANCE	120	WOOD - MIZER CANADA EAST	108
JIM'S WINDOW & DOOR SERVICE	70	NIEFORTH STEEL PRODUCTS LTD.	80	ST. LAWRENCE CEMENT INC.	116	WOODLAND FARM NURSERY	112
JOHN HAMILTON MEDICINE INC	70	NORM SMITH ELECTRIC LTD.	80	ST. MARY'S BASILICA	94	WORLD LINK FOOD DISTRIBUTORS INC.	36
JOHN ROSS & SONS LTD.	20	NORTH BAY FISHERMEN'S CO OP	80	STAN DEMINGS & SONS FISHERIES LTD	94	X-NET GROUP	108
JOHN SWAINE & ASSOC	38	NOVA ENTERPRISES LTD.	82	STANLEY SECURITY SOLUTIONS	114	X-WAVE	32
JOHNNY ON THE SPOT	70	NOVA LEATHER LTD.	82	STANTEC	28	ZINCK TREVOR DARTMOUTH NORTH M.L.A.	34
		NOVA MILLWRIGHTS CONTRACTING	82				