

# **Business Directory 2006**

## **Alarms/Security**

### **Independis information systems**

Ralf Pickart  
633 Bald Rock Road  
B3V-1K9  
482-7173  
482-7177 (fax)  
<http://www.independis.ca>  
Security camera manufacturer

## **Apartments**

### **Anchor Group (Atlantic) Limited**

3 Anchor Drive  
B3N-3H7  
477-7900

### **Armdale Place Apartments**

36 Abbey Road  
B3P-2M6  
425-8877  
477-6217 (fax)

### **Foxwood Terrace Apartments**

14 Foxwood Terrace  
B3R-2H7  
477-4685

### **Homburg Canada Inc.**

35 Highfield Park Drive  
461-4663

### **Ridgeway Towers**

30 Ridgevalley Road  
B3P-2J8  
477-0490

### **Terrace View Apartments**

41 Cowie Hill Road  
B3P-2M7  
477-0818

## **Associations/Community Centers**

### **Greyston Drive Tenants Associates**

4 Cranberry Court  
B3R-2E5  
446-3130

### **Harrietsfield Community Centre**

1138 Old Sambro Road  
B3V-1B1  
479-8514

### **Nova Scotia Federation of Anglers & Hunters**

12 Elmsdale Crescent  
B3K-2Z8  
477-8898

### **Royal Canadian Legion Earl Francis Spryfield Memorial Br 152**

Betty Neville  
PO Box 20112  
B3R-2L1  
477-0467

### **Single Parent Centre**

3 Sylvia Ave.  
B3R-1J7  
479-3031  
477-2257 (fax)

### **Spryfield Lions Club**

25 Drysdale Road  
479-2917

## **Auto shops**

### **Canadian Tire**

Randy Coombs  
16 Dentith Road  
B3R-2H9  
477-5608

### **Dial A Tire**

Dave MacDonald  
308 Herring Cove Road  
B3R-1V4  
475-3358  
475-3358 (fax)

### **Fraser's Auto Body Mechanical Repairs**

Brent Fraser  
767 Old Sambro Road  
B3V-1A3  
477-2034  
477-0811 (fax)

### **Garrisons Auto body**

Blair Garrison  
1683 Ketch Harbour Road  
B3V-1L6  
868-2487

### **Garry's Transmission**

Gary Salunwhite  
501 Old Sambro Road  
B3V-1A1  
450-0098  
450-0104 (fax)

### **Harrietsfield Auto Svc**

Leo Cochrane  
793 Old Sambro Road  
B3V-1A3  
477-2565

### **Harrietsfield Collision Centre LTD.**

David Saulnier  
652 Old Sambro Road  
B3V-1A2  
477-5823

### **Macleod's Auto Service**

Donnie MacLeod  
44 Herring Cove Road  
B3N-1P5  
477-4682

### **Scotia Emergency Vehicle Svc**

780 Old Sambro Road  
B3V-1A3  
444-3703  
Puts lights on emergency vehicles

### **Settle's Auto Repair**

Mike Settle  
810 Old Sambro Road  
B3V-1A3  
477-5556

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## **Speedy Muffler King**

Glen Sangster  
179 Herring Cove Road  
B3P-1K9  
479-1334  
477-2993 (fax)

## **Spryfield Auto Parts**

Donald Brown  
390 Herring Cove Road  
B3R-1W4  
477-0333  
477-0576 (fax)

## **Steve R. Murphy's Auto services LTD.**

Stephen Murphy  
225 Ketch Harbour Road  
B3V-1J6  
477-4160  
484-6150 (fax)  
murphysa@ns.sympatico.ca  
Gas, service centre, body shop

## **Whites Auto & Rust Check**

Barry White  
485 Herring Cove Road  
B3R-1W5  
479-1883

## **Bakeries**

### **Mrs. P's Home Style Bakery**

Marilyn Royston  
336 Herring Cove Road  
B3R-1V7  
479-1293  
479-1293 (fax)  
mroyStreeton@eaStreetlink.ca

## **Banks & Financial Institutions**

### **Bank of Montreal**

279 Herring Cove Road  
B3P-1M2  
421-5060  
421-5068 (fax)

### **Cash Money**

Niki Jafari  
16 Dentith Road  
B3R-2H9  
477-2274

### **Royal Bank**

Sherry Lampshire-Hall  
339 Herring Cove Road  
B3R-1V5  
421-8973  
421-8867 (fax)

## **Beauty Supplies**

### **Avon Canada**

Anna Braun  
439 Herring Cove Road  
B3R-1W5  
475-1401  
www.avon.ca

## **Shopper Drug Mart**

Dominic Gniewek  
315 Herring Cove Road  
B3R-1V5  
477-1210  
477-5453 (fax)

## **Bed & Breakfast**

### **Captain Spry Bed & Breakfast**

Catherine Bryden  
198 Herring Cove Road  
B3P-1K7  
479-0677  
479-0158 (fax)  
captn.spry@novascotia.sympatico.ca

## **Boats & Marine**

### **Armdale Yacht club**

Linda McEwan  
40 Purcells Cove Road  
B3P-1R4  
477-4617  
477-0148 (fax)

### **The Binnacle**

Chris Shaw  
15 Purcells Cove Road  
B3N-1R2  
423-6464  
479-1518 (fax)  
Yachting equipment and accessories

### **Brenton Gray's Boatyard LTD.**

Brenton Gray  
1420 Ketch Harbour Road  
B3V-1L1  
868-2007  
868-2764 (fax)  
Boat building and repairs

### **New Dawn Charters**

Andrea Macdonald  
539 Purcells Cove Road  
479-2900  
newdawncharters@eastlink.ca  
Daily boat tours

### **DRH Canvas & Marine Limited**

Dave Hickey  
251 Herring Cove Road  
B3P-1K6  
475-3295  
477-1310 (fax)

### **Royal Nova Scotia Yacht squadron**

Peter Stirling  
376 Purcells Cove Road  
B3P-1C7  
477-5653  
477-6298 (fax)  
www.rnsys.com

### **Sea Merchants**

Elliot Givner  
339 Herring Cove Road, Suite 215  
B3R-1V5  
477-1973  
477-3942 (fax)

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## **Skipper Dave's charters**

David Gray  
1439 Ketch Harbour Road  
B3V-1L1  
868-2748  
captainandcrew@hfx.eaStreetlink.ca  
Daily boat tours

## **Bookkeeping**

### **Just In Time Accounting Services**

Michael Lawen, Accountant  
446-2898  
880-2898  
jitaccounting@eastlink.ca

### **Touchstone Bookkeeping**

Phyllis Hayden  
349 Herring Cove Road  
B3R 2K9  
476-5394  
phyllis@touchStreetonebookkeeping.ca

## **Bowling**

### **South Centre Bowlarama**

Art Macmillan  
16 Dentith Road  
B3R-2H9  
479-2695  
479-2885 (fax)

## **Building supplies**

### **Lumber Mart**

Fred O'hearn  
751 Herring Cove Road  
B3R-1Y9  
477-6500  
479-0839  
www.lumbermart.ca

## **Buy & Sell Electronic goods**

### **Chamber Entertainment**

Roy Chambers  
336 Herring Cove Road  
B3R-1V8  
477-3030

## **Canvas & Sails**

### **DRH Canvas & Marine Limited**

Dave Hickey  
251 Herring Cove Road  
B3P-1K6  
475-3295  
477-1310 (fax)

### **Maritime Canvas Converters**

Fred Johnson  
378 Herring Cove Road  
B3R-1W2  
429-1201  
422-3231 (fax)  
fred@maritimecanvas.ca

## **Catering**

### **All Occasions Catering**

Pat O'Brien  
9B Old Sambro Road  
B3H-1A1  
477-9936  
469-1751 (fax)  
Personal and business catering

## **Cleaning Services**

### **Cats Meow Cleaning Services**

Sharon Tibbetts  
32 Westgate Drive  
B3P-1T8  
475-1406

### **Clean Freak**

Cerena Paul  
28 Elmdale Crescent  
B3R-2G5  
477-0110

### **D B High Pressure Cleaners**

William Keating  
6 Mayor Avenue  
B3P-1M8  
475-1710  
Removes graffiti, bubble gum, mold, grease

### **Fern Window Cleaning**

Fern Maillet  
98 Old Sambro Road  
B3H-1A1  
483-0361

## **Clothing**

### **Hand in Hand (Society of Vincent DePaul)**

Mary Brown  
436 Herring Cove Road  
B3R-1W4  
477-7744  
477-6993 (fax)  
handinhand@hfx.eastlink.ca

### **Salvation Army Thrift Store**

Chuck Carter  
1 Hartlen Ave.  
B3R-1R5  
477-4359  
477-4359 (fax)

## **Commercial Leasing**

### **Cemanco Properties**

Cecil Caines  
339 Herring Cove Road  
B3R-1V5  
477-6621  
479-1613 (fax)  
cemanco@ns.aliantzinc.ca

### **Melville Ridge Holdings**

Chris Raju  
15 Shoreham Lane  
B3P-2R3  
477-7000  
475-3665 (fax)

# **Business Directory 2006**

## **South Centre / Morguard investments limited**

Allan MacDonald  
16 Dentith Road (box 10)  
B3R-2H9  
479-0272  
479-2172 (fax)

## **Consultants**

### **Agency5000.Com**

1246 Ketch Harbour Road  
B3V-1K8  
421-1940  
Marketing consultant

## **Construction & General Contracting**

### **A.D. Welch Construction LTD.**

Dan Welch  
24 lupin lane  
B3V-1K6  
456-2337  
welchwhalen@aol.com  
Renovators, restorers, builders

### **Aerial Treeworks**

228 Purcells Cove Road  
B3P-1C1  
479-2121

### **Atlantic Automatic Sprinkler Ltd**

Marcel Payette  
334 Herring Cove Road  
B3R-1V7  
479-0443  
479-0448 (fax)

### **Baxter P J Construction CO Limited**

12 Burns Drive  
B3P-1V5  
477-1810

### **Best Price Tree Cutting & Property Services**

B3V1E8  
471-2427 or 499-4536

### **Blunden Construction Limited**

Walter Dan  
519 Herring Cove Road  
B3J-2P3  
477-2531  
477-0290 (fax)

### **Don LeBlanc Contracting**

Don LeBlanc  
P.O. Box 20102  
B3R-2K9  
830-2307  
446-5608 (fax)  
donleblancontracting@hotmail.com

### **Homeland Builders Inc.**

67 Rockingstone Road  
B3R-2E1  
477-7408

### **J L Fancy Excavating Ltd**

Jeff Fancy  
733 Old Sambro Road

B3V-1A3  
479-2278

### **Smith and McCarthy Painting Contracting LTD.**

Tim McCarthy  
866 Old Sambro Road  
B3R-2H5  
477-6244  
Marina industrial sandblasting/painting

### **Spryfield Masonry Limited**

Anthony Brown  
459 Herring Cove Road  
B3R-1W5  
479-3207  
Stone mason

### **Steele Developments Ltd**

Steve Murphy  
866 Old Sambro Road  
B3V-1A4  
479-1336  
479-3306 (fax)

### **Stone Gallery**

Garnet Wright  
767 Old Sambro Road  
B3V-1A3  
479-7866  
www.stonegallery.ca  
Natural stone products-construction

## **Convenience Stores**

### **Cove Market**

Elias Safatli  
565 Herring cove Road  
B3R-1X3  
477-6746

### **Danielson's / Water n Wine**

Dan Doherty  
16 Dentith Road  
B3R-2H9  
479-1418  
Water\_wine@eaStreetlink.ca  
Smoke, Lotto, Wine

### **Dollarama**

Sue Leblanc  
16 Dentith Road / PO Box 22175  
B3R-2H9  
479-2465  
477-2555 (fax)

### **Ketch Harbour Market**

Donna Flemming  
1216 Ketch Harbour Road  
B3V-1K7  
868-1129

### **Luck Way Mini Mart**

Mofid Ayache  
138 Herring Cove Road  
B3P-1K4  
477-0018

### **Mishoo's Convenience**

Abdalrham Altememe  
179 B Hebridean Drive  
B3V-1H4  
479-4900

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## **Mishoo's Variety**

Michael Saoud  
1 West Pennant Rd.  
B3V-1E9  
868-2800  
868-1616 (fax)

## **Needs Convenience**

Jason Hart  
33 Herring Cove Road  
B3N-1T7  
479-2856

## **Needs Convenience**

Jason Hart  
15 Purcells Cove Road  
B3N-1R2  
477-8403

## **Needs Convenience**

318 Herring Cove Road  
B3R-1V4  
479-0015

## **Spryfield Discount Kwik Way**

Michael Saoud  
213 Herring Cove Road  
B3P-1L1  
477-9966

## **Crafts**

### **Modern Blacksmith**

Dan Brazzell  
33 Ketch Harbour Road  
B3V-1H4  
443-0282  
431-2203 (fax)  
www.modernblacksmith.com

### **Mrs P's Home Style Bakery**

Marilyn Royston  
336 Herring Cove Road  
B3R-1V7  
479-1293  
479-1293 (fax)  
mroyStreeton@eaStreetlink.ca

### **Party Lite**

Susan Ratkovic  
1109 Ketch Harbour Road  
B3V-1K5  
868-1166  
johnandsue@hfx.eaStreetlink.ca

## **Day Care**

### **Edward Jost Children's Centre**

Nancy Smyth  
7 Mont Street  
B3P-1N3  
477-9324

## **Dentists**

### **Dr. Elaine Carey Dentistry**

Elaine Carey  
339 Herring Cove Road  
B3R-1V5  
477-9457  
477-2446 (fax)

## **Spryfield Dental Centre**

Rhonda Brunt  
349 Herring Cove Road  
B3R-1V9  
477-8252  
477-2559 (fax)

## **Spryfield Denture Clinic**

Cyril Prime  
15 Shoreham Lane (box 3)  
B3P-2R3  
479-2453

## **Electrical Contracting**

### **C B Electric**

Costa Boukistianos  
4 Saraguay Place  
B3P-2N9  
479-0320

### **Dempsey Electric**

Tom Dempsey  
164 Ketch Harbour Road  
B3V-1J5  
471-9473  
477-7789 (fax)  
dempseyelectric@eaStreetlink.ca  
Electrical contractor, leasehold improvements

### **Pelham Electric**

Don, Jim Pelham  
477-4621  
20 Battery Drive  
B3P-2G8

### **T. D. Chiasson Electric (1979) LTD.**

David Chiasson  
19 Punch Bowl Drive  
B3P-2C4  
477-6501  
477-6503 (fax)

## **Electrolysis**

### **Pace Electrolysis**

77 Purcells Cove Road  
B3P-1B3  
477-2644

## **Excavating**

### **J L Fancy Excavating Ltd**

Jeff Fancy  
733 Old Sambro Road  
B3V-1A3  
479-2278

### **Poole's Backhoeing Services**

Harry Poole  
18 Poole Drive  
B3V-1H6  
477-3337

### **Steele Developments Ltd**

Steve Murphy  
866 Old Sambro Road  
B3V-1A4  
479-1336  
479-3306 (fax)

# **Business Directory 2006**

## **Financial Solutions & Investments**

### **J R Younker & Associates Investment Counsel Inc.**

J Robert Younker  
19 Herbert Road  
B3N-3C7  
479-3515  
479-3161 (fax)  
www.jryounger.com  
Investment advisory

### **H & R Block**

Paul Fowler  
16 Dentith Road  
B3R-2H9  
420-1420  
Financial solutions and investments

## **Fisheries**

### **Ivy Fisheries Ltd.**

Wesley Henneberry  
3762 Old Sambro Road  
B3V-1G1  
868-2075

### **Sambro Fisheries Limited**

Douglas Garrison  
40 Lennys lane  
B3V-1L5  
868-2140  
868-2596 (fax)  
Fish plant/seafood

## **Fitness Centers**

### **Captain Spry Fitness Club**

Captain William Spry Community Centre  
10 Kidston Road  
477-7665

### **Curves**

Lorraine Simmons-Yerian  
937 D Herring Cove Road  
B3R-1Z5  
404-3810  
404-3811 (fax)

### **Fresh Start Fitness**

Pat Cummings  
5 Hartlen Ave.  
B3R-1R5  
477-4447  
<http://www.takethirty.com>

## **Flooring**

### **Lumber Mart**

Fred O'hearn  
751 Herring Cove Road  
B3R-1Y9  
477-6500  
479-0839  
www.lumbermart.ca

### **Sam's Flooring**

36 Mountain Road  
B3N-1A2  
444-3064

## **Florists**

### **Steve's Bloomin' flowers**

Steve Bonnar  
249 Herring Cove Road  
B3P-1L8  
477-2564  
477-1479 (fax)  
bloominflowers@eaStreetlink.ca

### **Whyhavon Nursery Gardens**

22 Winchester Avenue  
B3P-2C8  
477-5203

## **Funeral homes**

### **J Albert Walker Funeral Home(2005) Ltd**

Erin Jennings  
149 Herring Cove Road  
B3P-1K6  
477-5601  
477-5485 (fax)

## **Furniture**

### **Hanrahan and sons Fine woodworking**

Terry Hanrahan  
870 Purcells Cove Road  
B3V-1G3  
477-9933  
High end kitchen cabins and furniture

## **Furniture Wholesaler**

### **Terra Imports LTD.**

Scott/ Tracey wiener  
187 Ketch Harbour Road  
B3V-1J6  
479-2487  
431-2651 (fax)  
Wholesale furniture Distributor (only sells  
wholesale to Stores)

## **Garden Supplies**

### **Canadian Tire**

Randy Coombs  
16 Dentith Road  
B3R-2H9  
477-5608

### **Real Atlantic SuperStore**

Mike MacIntyre  
16 Dentith Road  
B3R-2H9  
477-7973  
477-4505 (fax)

### **Sobeys**

Brian Perro  
279 Herring Cove Road  
B3H-1A1  
477-2817

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## **Gas Stations & Convenience**

### **Circle City Shell**

Jacques and Tara Raymond  
19 Purcells Cove Road  
B3N-1R2  
477-9958

### **Irving (Mainway)**

503 Old Sambro Road  
477-4167

### **Petrocan (Darrell Day Holdings)**

Darrell Day  
231 Herring Cove Road  
B3P-1L5  
477-0046  
477-3239

### **Steve R. Murphy's Auto services LTD.**

Stephen Murphy  
225 Ketch Harbour Road  
B3V-1J6  
477-4160  
484-6150 (fax)  
murphysa@ns.sympatico.ca  
Gas, service centre, body shop

### **Ultramar (Corporate)**

Barry white  
485 Herring Cove Road B3R-1W5  
477-2414

### **Ultramar**

Kathy Cleveland  
173 Herring Cove Road  
B3P-1K9  
477-4921

### **Wilson Fuel co. limited**

Dave Collins  
279 Herring cove Road  
B3P-1M2  
429-3835

## **Grocery Stores**

### **Freds Market**

Marcel Gerges  
38 Dentith Road  
B3R-1T4  
477-9600

### **Harrietsfield Pizza-Grocery-Video**

George Joukhadar  
1117 Old Sambro Road  
B3V-1A1  
479-3731

### **Rose Grocery**

Corinne Rose  
24 Mountain Road  
B3N-1A2  
477-8750

### **Sobeys**

Brian Perro  
279 Herring Cove Road  
B3H-1A1  
477-2817

### **Real Atlantic SuperStore**

Mike MacIntyre  
16 Dentith Road  
B3R-2H9

477-7973  
477-4505 (fax)

## **Hairstyling & Nails**

### **Angela's Beauty Shop**

Florence Hampton  
471 Herring Cove Road  
B3R-1W5  
477-5928

### **Cutans**

Joseph Dibani  
30 Herring Cove Road  
B3N-1P5  
477-4000

### **Cuts of Class**

Sandy Martin  
355 Herring Cove Road  
B3R-1V8  
477-7351  
479-2497

### **Dave's Barber Shop**

Dave Drysdale  
349B Herring Cove Road  
B3R-1V9  
479-3041

### **First Choice Hair Cutters**

Joan Bignell  
16 Dentith Road  
B3R-2H9  
479-4104

### **Hairing Cove Clipper**

VeraLynn Beattie  
3 Oceanbreeze Ave.  
B3V-1H5  
479-1007  
Full salon, hair, waxing, piercing

### **The Head Shoppe**

Joan Darrah  
5 Dentith Road  
B3R-1T5  
477-6494

### **Ketch-A-Tan**

Jackie Burnett  
937 Herring cove Road  
B3H-1A1  
475-3111

### **N & D Nails**

Amy Nguyen  
16 Dentith Road  
B3R-2H9  
477-4624

### **Purcell's Barber Shop**

Ed Burke  
353 Herring Cove Road  
B3H-1A1  
477-0717

### **Tiara Beauty Salon**

Curtis Gabriel  
347B Herring Cove Road  
B3R-1V9  
477-7641

# **Business Directory 2006**

## **Village cuts**

114 Hebridean Drive  
475-3388

## **Hardware/Building supplies/Paint**

### **Canadian Tire**

Randy Coombs  
16 Dentith Road  
B3R-2H9  
477-5608

### **Lumber Mart**

Fred O'hearn  
751 Herring Cove Road  
B3R-1Y9  
477-6500  
479-0839  
www.lumbermart.ca

## **Home brewing**

### **Danielsons / Water n Wine**

Dan Doherty  
16 Dentith Road  
B3R-2H9  
479-1418  
Water\_wine@eaStreetlink.ca  
Smoke, Lotto, Wine

## **Insurance**

### **K. N. Umlah Insurance**

Kevin Umlah  
181 Herring Cove Road  
B3P-1K9  
477-2511  
477-3743 (fax)  
kumlah@umlahins.ns.ca

## **Landscaping/Yard care**

### **Blade Lawn Care Landscaping**

Bruce VanBuskirk  
499-2823  
www.bladelawncare.com  
bruceconnie@eastlink.ca

### **Orins Landscaping**

Orin Small  
43 Lee Murphy Crescent  
B3V-1C3  
209-2001  
446-1951 (fax)

### **Russell's Landscaping**

David Russell  
3711 Old Sambro Road  
B3R-1Y8  
868-1887  
477-7795 (fax)

## **Laundromats/Tailors & Dry Cleaning**

### **Louis Tailor Shop**

Louis Tasiopoulos  
5 Dentith Road  
B3R-2k8  
477-7065

### **Marina's Alterations & Dry Cleaning**

George Kapetanakis  
30 Herring Cove Road  
B3N1P5  
477-5040

### **May Tag Just Like Home Laundromat**

Lil Stanton  
19 Dentith Road  
B3R-1T5  
479-0160

### **Wash Dry N Fold Laundromat**

404 Herring Cove Road  
B3R1W4  
479-1036

## **Laundry equipment**

### **Caltech Services Ltd**

Debbie MacInnis  
393 Herring Cove Road  
B3R-1W3  
477-9004  
477-8256 (fax)  
caltechattcanada.ca

### **East Coast Laundry Equipment**

Peter Blunden  
519 Herring Cove Road  
B3R-1X3  
477-7722  
477-3926

## **Law Offices**

### **Clyde Paul & Associates**

Clyde Paul  
349 Herring Cove Road  
B3R-1V9  
477-2518  
479-1482 (fax)

### **E.M. Power Law**

Daphne Williamson  
477-6888

### **Ray Wortman**

339 Herring Cove Road, Suite 205  
B3R-1V5  
477-2214  
479-3504 (fax)

## **Liquor Outlet**

### **Mishoo's LC**

Michael Saoud  
1 West Pennant Road  
B3V-1E9  
868-2800  
868-1616 (fax)  
Liquor and beer store

### **Nova Scotia Liquor Commission**

Gavin Alward  
16 Dentith Road  
B3R-2H9  
477-4615  
477-5898 (fax)

# **Business Directory 2006**

## **Lumber**

### **Lumber Mart**

Fred O'hearn  
751 Herring Cove Road  
B3R-1Y9  
477-6500  
479-0839 (fax)  
www.lumbermart.ca

## **Massage and Body Therapy**

### **Alexander Technique Atlantic**

Tasha Miller  
219 Sambro Creek Road  
B3V-1L8  
346-2065  
www.AlexanderTechniqueAtlantic.ca  
Better posture, improved health, greater poise

### **The Head Shoppe**

Joan Darrah  
5 Dentith Road  
B3R-1T5  
477-6494

### **Tranquil Moments Massage and Body Treatments**

Bobbi Jo Ferguson-Hill  
2481 Old Sambro Road  
B3V-1C9  
452-4038  
messagebybobbi@eastlink.ca  
Massage therapy

## **Medical**

### **Cowie Family Medical Centre**

15 Shoreham Lane  
B3P-2R3  
473-1234  
477-4353 (fax)

### **Dr. Bruce McWhirter**

471 Herring Cove Road  
B3R-1W5  
477-5669  
477-4652 (fax)

### **Spryfield Family Medicine Clinic**

Dr. Margaret Rowicka  
315 Herring cove Road  
B3R-1V5  
479-0025  
479-2627 (fax)

### **Spryfield Medical Centre**

Joanne Cole  
349 Herring Cove Road  
B3R-1V9  
477-5693  
477-0502 (fax)

## **Mobile Homes**

### **Burchley Court Limited**

Sandra Oxner  
17 Harriet Lane (Harrietsfield)  
B3V-1B6  
477-9233  
479-2055 (fax)

armdaleacres@eastlink.ca  
Sells mobile homes

## **Moving/trucking**

### **The Trailer Shop**

59 Ketch Harbour Road  
B3V-1H4  
449-8401

### **Transport Specialists**

Jason Purcell  
379 Herring Cove Road  
B3R-2K9  
476-2476  
346-2050

### **U-Haul Co Ltd Independent Dealers**

**Halifax**  
Stephen Murphy  
225 Ketch Harbour Road  
B3V-1J6  
477-0715  
484-6150 (fax)

## **Music & Entertainment services**

### **ABI Productions**

Brad Fox  
264 Herring Cove Road  
B3P-1M1  
468-2807  
468-2807 (fax)  
www.musicstop.com  
Audio and lighting production and sales

### **Atlantic Federation of Musicians**

Jon Alphonse  
221 Herring Cove Road  
B3P-1L3  
479-3200  
479-1312 (fax)

### **Canvasland Studios**

Matt Johnson  
378 Herring Cove Road  
B3R-1W2  
404-7625  
422-3231 (fax)  
Rents music Studios

### **Denmark Productions Recording Studio**

Dennis Field  
33 Punch Bowl Drive suite 101  
B3P-2C4  
477-0399  
477-5880 (fax)  
www.denmarkproductions.com  
Recording studio and CD, DVD duplication

## **Painters**

### **George Ramsay's Painting**

George Ramsay  
564 Herring cove Road  
B3R-1X3  
477-4811  
446-3119 (fax)  
Painting contractor

# **Business Directory 2006**

## **Smith and McCarthy Painting Contracting LTD.**

Tim McCarthy  
866 Old Sambro Road  
B3R-2H5  
477-6244  
Marina industrial sandblasting/painting

## **Pawn Shops**

### **Sprytown Fast Cash**

Debby Melvin  
390 Herring Cove Road  
B3R-1W4  
479-7296

## **Personal Services**

### **Karen's Errands**

Karen Juteau  
932 Old Sambro Road  
B3V-1A4  
209-7243  
www.karenserrands.ca  
karenserrands@eastlink.ca  
Runs personal errands

### **The Pampered Chef Canada**

Linda Levin  
479-1625  
446-9940 (fax)  
www.pamperedchef.biz/yourkitchenangel

Kitchen, bridal and catalogue shows

### **Tips tools and techniques**

Valerie Hanson  
75 Williamslake Road  
B3P-1T2  
483-9575  
477-3146 (fax)  
tipstoolstechniques@ns.sympatico.ca  
Professional organizer

## **Pest Control**

### **Orkin Pest Control**

John Zinck  
50 Thornhill Drive  
B3B-1S1  
422-9661  
www.pco.ca

### **Pesco Pest Control**

27 Guildwood Crescent  
Stephen Laphen  
479-3658  
456-4203 (cell)

## **Pets**

### **Spryfield Animal Hospital**

Peter Anslie  
320 Herring Cove Road  
B3R-1V4  
477-4040  
479-4123 (fax)  
[hfx.vet@ns.sympatico.ca](mailto:hfx.vet@ns.sympatico.ca)

## **Pharmacies**

### **Crowells Pharmasave**

349 Herring Cove Road  
B3R-1V9  
477-4650  
479-1863

### **Lawtons Drug**

Leon Deagle  
15 Shoreham Lane  
B3P-2R3  
477-2131  
477-3862 (fax)

### **Shopper Drug Mart**

Dominic Gniewek  
315 Herring Cove Road  
B3R-1V5  
477-1210  
477-5453 (fax)

## **Physiotherapy**

### **Classic Physiotherapy**

Carmel O'keefe  
349 Herring Cove Road  
B3R-1V9  
475-1770  
455-5607  
classicphysio3@eaStreetlink.ca

### **Cowie Hill Physiotherapy**

Aldena Deveau  
15 Shoreham Lane  
B3P-2R3  
479-2063  
479-2809  
cowiehill.phys@ns.sympatico.ca

### **Physiocare at Home**

3 Winchester Avenue  
B3P-2C9  
404-4200

### **Spryfield Physiotherapy**

Linda MacLaggan  
357 Herring Cove Road  
B3R-1V9  
479-7500  
479-0777

## **Plumbing, heating & Air**

### **Ace Plumbing & Heating Ltd**

Erik Moulton  
3 Hartlen Ave..  
B3R-1R5  
479-1516  
479-0448 (fax)

### **Dave Pace Plumbing & Heating Ltd**

Nancy/Dave Pace  
34 Winchester Ave.  
B3P-2C8  
477-4633  
477-6747 (fax)

### **KLC plumbing**

Kevin Tough  
19 Barharbour Lane  
B3V-1M4  
830-7095  
346-2016 (fax)

# **Business Directory 2006**

## **Leo's Plumbing & Heating Limited**

Jeannette Conrad  
12 Margate Drive  
B3P-1N6  
477-8107  
Baseboard radiators, circulators

## **Tailored Air Ventilation Experts**

Danny Taylor  
885 Old Sambro Road  
B3V-1A4  
479-2463  
479-2463 (fax)  
Air exchanges, ventilation

## **Political Representatives**

### **Alexa McDonough MP Halifax**

7071 Bayers Road Suite 319 A  
B3L-2C2  
426-2891  
426-8693 (fax)  
Alexa@hfx.eastlink.ca

### **Graham Steele MLA Halifax Fairview**

7071 Bayers Road Suite 319 A  
B3L-2C2  
453-5556  
453-4566  
graham@grahamsteele.ca

### **Councilor Linda Mosher (Armdale,**

Purcelss cove)  
Linda Mosher  
242 Milsom St.  
Halifax  
B3N-2B9  
477-8618  
mosherl@halifax.ca

### **Michelle Raymond MLA Halifax Atlantic**

Michelle Raymond  
47 Williams Lake Road  
B3P-1S9  
477-4100  
477-4810 (fax)  
mhraymondmla@eastlink.ca

### **Councilor Steve Adams (Spryfield,**

Herring cove, Sambro)  
62 Millrun Crescent  
Bedford  
B4A-1H7  
497-8818  
adams@halifax.ca

## **Postal services**

### **Crowells Pharmasave**

349 Herring Cove Road  
B3R-1V9  
477-4650  
479-1863

## **Printing & Publishing**

### **Community Publishing Halifax Inc.**

**Chebucto News**  
Reg Horner  
PO Box 20141  
B3R-2K9  
479-6397  
477-6397 (fax)  
rhorner@ns.sympatico.ca

### **Dolco Atlantic**

19 Glenora Avenue  
B3P-2B8  
1-800-267-2751

### **Lifestyle Nova Scotia Magazine**

P.O. Box 20128  
B3R-2K9  
444-7895

### **Messenger Publications Incorporated**

Eva Huber  
18 Armshore Drive  
B3N-1M5  
477-9802  
477-2346 (fax)

### **Words' Worth Communication Consulting**

Mark Campbell  
178 Abrams Way  
B3P-2S1  
423-8278  
krambell@ns.sympatico.ca  
Copywriting, editing

## **Promotional Items**

### **Ramsay's Embroidery**

Gladys Ramsay  
563 Herring cove Road  
B3R-1X3  
477-4811  
446-3119  
ramsayembroidery@hfx.eastlink.ca  
Embroidery and sports lettering

## **Real Estate & Developments**

### **Atlantic Urban Realty Services**

16 Anchor Drive  
B3N-3G1  
425-0264  
425-2340 (fax)  
Mortgage broker

### **Arm of the Lake Estates**

Al Blom  
499-0338  
www.armofthelakeestates.com

### **The Breakers**

Heather Horne  
P.O. 38054 Dartmouth  
B3B-1X2  
453-1700  
346-1911 (fax)  
hhh@royallepage.ca

# **Business Directory 2006**

## **Destiny Homes Incorporated**

Mr. Greg J. Hammond  
7105 Chebucto Road Suite 100  
B3L-4W8  
446-1975  
446-1977 (fax)  
www.DeStreetinyhomes.ca

## **Flemming Park Estates**

Danny Chadrawe  
5 Ramsgate Lane  
B3P-2S6  
477-6444  
Apartment rentals

## **Jeff Costwell OPM Holding**

Jeff Costwell  
12 Mont Street  
B3P-1R5  
830-9198  
477-4493 (fax)  
Rents commercial warehouse space

## **Kimberly-Lloyd Developments**

6017 Quinpool Road  
422-1402  
<http://www.armcocap.com>

## **Polygon Group of Companies**

Peter Polley  
P.O. box 31369  
B3K-5Z1  
431-9917  
431-9918 (fax)  
polley@eastlink.ca

## **Prestige Homes**

639-1920  
639-1253 (fax)  
www.prestigehomes.ca

## **Real Estate Sales**

### **Exit Realty Citadel**

Dan Doherty  
478-4023  
405-3299  
dandoherty@eastlink.ca

### **Prudential Property Specialists**

David Sampson  
483-8761  
835-7018 (fax)  
www.davidsampson.com  
www.preacanada.com/halifax

### **Sutton group**

Elaine Meredith  
3845 Joseph Howe Drive suite 100  
B3L-4H9  
453-5552  
455-8663 (fax)  
emeredith@sutton.com

### **Sutton group**

Kathy Johnson  
3845 Joseph Howe Drive suite 100  
B3L-4H9  
489-5741  
868-1103 (fax)  
kathyjohnson@eastlink.ca  
www.kathyjohnson.com

## **Sutton Group**

Roy Thomas  
7071 Bayers Road  
P.O. 22096  
B3L-4T7  
430-8700  
444-3455 (fax)  
roy@roythomas.ca

## **Recreation & Entertainment**

### **Adventure Earth Centre**

Hugh MacDonald  
68 Parkhill Road  
B3P-1R6  
490-4539

### **Chocolate lake recreation centre**

Marry Angela Monro  
14 Purcells Cove Road  
B3N-1R4  
490-4607

### **Isners Stables Trail Rides**

Dan/ Sharon Isner  
1060 Old Sambro Road  
B3V-1B1  
477-5043  
Pony wagons and sleigh rides

### **New Dawn Charters**

Andrea Macdonald  
539 Purcells Cove Road  
479-2900  
newdawncharters@eastlink.ca  
Daily boat tours

### **Q Billiards Club**

South Centre Mall  
16 Dentith Road  
B3R-2H9  
479-1072

### **Royal Canadian Memorial Legion Br 152**

Betty Neville  
PO Box 20112  
B3R-2L1  
477-0467

### **South Centre Bowlarama**

Art Macmillan  
16 Dentith Road  
B3R-2H9  
479-2695  
479-2885 (fax)

### **Spryfield Lions Wave Pool**

10 Kidston Road  
B3R-2G9  
477-7665

## **Restaurants**

### **Crystal Pizzeria**

Gebran Fares  
860 Old Sambro Road  
B3V-1A4  
477-5509

# **Business Directory 2006**

## **Dock & Dory Marina**

1618 Ketch Harbour Road  
B3V-1L4  
868-2453  
Boat Docking and refreshments

## **Emilio's Snack bar**

179 Hebridean Drive  
B3V-1H4  
479-4900

## **Harrietsfield Pizza-Grocery-Video**

George Joukhadar  
1117 Old Sambro Road  
B3V-1A1  
479-3731

## **Hop Sing Restaurant**

Huomin Xie  
324 Herring Cove Road  
B3R-1V4  
477-5671

## **Jessy's Pizza**

Zahi Nasralla  
374 Herring Cove Road  
B3R-1W2  
479-9999

## **KFC**

Rob Grabes  
247 Herring Cove Road  
B3P-1L6  
477-4627

## **King of Donair**

Dave Finlayson  
378 Herring Cove Road  
B3R-1W2  
479-5464

## **Mandarin Kitchen Restaurant**

Jack Suen  
189 Herring cove road  
B3P-1K9  
477-5696

## **Mcdonald's Restaurants**

Charlie Truman  
331 Herring Cove Road  
B3R-1V5  
477-2203  
477-2097 (fax)

## **PG 's Pizza**

Ted Bremmner  
386 Herring Cove Road  
B3R-1W4  
477-2222

## **Phil's fish and chips**

Ash Slawlsn  
91 Purcells cove rd.  
B3P-1B3  
477-2761

## **Phoenix Garden Restaurant**

Pintping Chen  
347 Herring Cove Road  
B3R-1V5  
475-2828

## **Pizza Pro**

Elias Talayne

215 Herring cove Road  
B3P-1L1  
477-3333

## **Thornhill Pizza**

George Sfalagakos  
477 Herring Cove Road  
B3R1W5  
477-8888

**Tim Hortons** – Osbourne, Ultramar,  
Pinegrove, Governors road

Bev Shearer  
154 Osbourne Street  
B3N-3J6  
477-9984  
477-0086 (fax)

## **Uncle Bucks**

Rick Tanner  
5 Dentith Road  
B3R-1T5  
477-3663

## **Retirement Homes**

### **Arborstone Enhanced Care**

Chris Lebreche  
126 Purcells Cove Road  
B3P-1B5  
477-8051  
477-5726 (fax)

### **Magica Meadows Manor**

6 Brackett Court  
B3V-1H3  
475-1511

### **Melville Heights**

Irene Swindells  
24 Ramsgate Lane  
B3P-2R6  
477-3313  
477-6118 (fax)  
irene.swindells@gemhealth.com

## **Sign Production**

### **Brown's Quality Signs**

Gerald Brown  
640 Old Sambro Road  
B3V-1A2  
477-4786  
Commercial art and sign design

### **Tremblay Signs**

William Mantle  
749 Herring Cove Road  
B3R-1Y9  
477-7171  
477-9993 (fax)  
Makes commercial signs

## **Sports and Sporting Goods**

### **G woodill Enterprises Limited**

Greg Woodill  
20 Shaw Crescent  
B3P-1V3  
455-8811  
455-5723 (fax)  
Sporting goods wholesale manufacturer

# **Business Directory 2006**

## **Hillbilly Golf Nova Scotia**

Roy Keefe  
7 Linden lane  
B3R-1N1  
479-1707  
www.Hillbillycanada.com

## **Social Clubs**

### **Golden Age Social Centre Society**

212 Herring Cove Road  
B3P1L2  
477-0837

### **Purcells Cove Social Club**

505 Purcells Cove Road  
B3P-1C5  
477-9041

### **The Saraguay Club**

Eric shields  
360 Purcells Cove Road  
B3P-1C7  
477-2581  
479-0837 (fax)  
www.saraguay.ca  
Private dinning club

### **Silver Seas Social Club**

Scotty Millar  
1618 Ketch Harbour Road  
B3V-1L4  
868-2453

## **Tailors**

### **Louis Tailor Shop & Don Schelew Dry Cleaners drop off**

Louis Tasiopoulos  
5 Dentith Road  
B3R-2k8  
477-7065

### **Marina's Alterations & Dry Cleaning**

George Kapetanakis  
30 Herring Cove Road  
B3N1P5  
477-5040

## **Tanning Salons**

### **Cutans**

Joseph Dibani  
30 Herring Cove Road  
B3N-1P5  
477-4000

### **Cuts of Class**

Sandy Martin  
355 Herring Cove Road  
B3R-1V8  
477-7351  
479-2497

### **Ketch-A-Tan**

Jackie Burnett  
937 Herring cove Road  
B3H-1A1  
475-3111

### **SunSations**

Darlene McKelvie  
16 Dentith Road (box 9)

B3R-2H9  
404-7866  
sunnations@eaStreetlink.ca

## **Tobacco**

### **Danielsons Tobacco Shop**

Dan Doherty  
16 Dentith Road  
B3R-2H9  
479-1418  
Water\_wine@eaStreetlink.ca  
Smoke, Lotto, Wine

## **Trucking**

### **Mark Hubley Transport**

Mark Hubley  
36 Dentith Road  
B3R-1T4  
477-5110

### **Transport Specialists**

Jason Purcell  
379 Herring Cove Road  
B3R-2K9  
476-2476  
346-2050

### **U-Haul Co Ltd Independent Dealers Halifax**

Stephen Murphy  
225 Ketch Harbour Road  
B3V-1J6  
477-0715  
484-6150 (fax)

## **Travel**

### **Welsh's Travel Services**

Angela Welsh  
2499 Old Sambro Road  
B3V-1C9  
475-1939  
475-1103 (fax)  
wtravel@eastlink.ca  
Travel agent

## **Uniforms**

### **Target Linens LTD.**

Michelle Carter  
7 Purcells Cove Road  
B3N-2R1  
425-6621  
423-4032 (fax)

## **Veterinarians**

### **Spryfield Animal Hospital**

Peter Anslie  
320 Herring Cove Road  
B3R-1V4  
477-4040  
479-4123 (fax)  
hfx.vet@ns.sympatico.ca

# **Business Directory 2006**

## **Video rental**

### **Bens Video**

30 Herring Cove Road  
477-5897

### **Cove Market**

Elias Safatli  
565 Herring cove Road  
B3R-1X3  
477-6746

### **Harrietsfield Pizza-Grocery-Video**

George Joukhadar  
1117 Old Sambro Road  
B3V-1A1  
479-3731

### **Rogers Video**

Syd Maskell  
16 Dentith Road (unit 12)  
B3R-2H9  
477-8848

## **Waste Services & Sanitation**

### **Beaver Enviro Depot**

Wyatt Redmond  
374B Herring Cove Road  
B3R-1W6  
479-2929  
479-3900 (fax)

### **RDM Recycling**

1275 Old Sambro Road  
B3V-1B2  
477-9995  
477-0534 (fax)

### **Royal Flush/Royal Disposal Services Limited**

Phyllis Durham  
400 Herring Cove Road  
B3R-1W4  
477-6400  
477-6315 (fax)

### **Spryfield Sanitation**

Chris Mitchell  
53 Steven Murphy Drive  
B3V-1C5  
477-2586

## **Water & Wells**

### **Dave's Water**

Charles Darrah  
937 A Herring Cove Road  
B3R-1Z5  
471-2777  
477-8388 (fax)  
davesbulkwater@eastlink.ca  
Pools, wells

### **H J Edwards Well Drilling LTD.**

41 Duggan Lane  
477-2552

## **Web/ Internet services**

### **justhosting.ca web services**

Keith Gallant  
65 Ridgevalley Road  
B3P-2E5  
475-3784  
sales@justhosting.ca  
www.justhosting.ca  
Web hosting and design

## **Wedding Chapel**

### **Halifax Wedding Chapel**

Josephine Egan  
2 Auburn Avenue  
B3R-1K4  
423-2651  
477-1375 (fax)

## **Wildlife Control**

### **Advanced Wildlife Control**

Mike Iarade  
469 Ketch Harbour Road  
B3V-1J8  
497-2582  
868-1890 (fax)  
www.advwildlifecntrl.com

## **Windows**

### **M & M Glass**

Michael Kersey  
1428 Ketch Harbour Road  
B3V-1N1  
497-8989  
868-1300 (fax)  
michael.kersey@ns.sympatico.ca  
Vinyl window replacements

### **Fern Window Cleaning**

Fern Maillet  
98 Old Sambro Road  
B3H-1A1  
483-0361