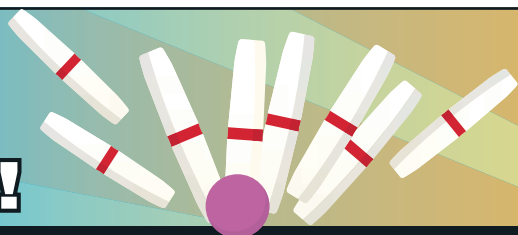


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What Summer Means To Me

By Carol M. Shirley, Registered Psychologist, with ENIGMA

As a person who was born, raised and lived Nova Scotia for six decades I think its safe to say, for many of us, Summer, has become synonymous with a sense of freedom; one that cannot be described in words but must be experienced with enthusiasm to be understood.

Summer is the perfect time of the year to naturally or organically connect to the people, places and things that support our wellbeing. When I say naturally I mean inherent to the types of activities we do in warmer weather. For example, laying, sitting, or walking on the Earth, or simply, playing barefoot will 'ground' our electro-magnetic bodies (electro: our nervous systems are electrical, whereas our thoughts, words and emotions are magnetic hence electro-magnetic) to the Earth.

The support to our wellbeing comes in the "Grounding" which neutralizes the free radicals in our bodies. Free radicals are present when there is inflammation, stress, cell damage, and trauma in our bodies. Grounding helps to improve sleep, reduce inflammation and support our immune system.

Summer can mean spending more time in Nature or outside in general. This also means an increase in sun exposure (increase in vitamin D) and an increased awareness to



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Carol M. Shirley
Principle / Registered Psychologist
info@carolshirley.ca
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the sighs, sounds, smells and our responses to the world around us; as opposed to that of the larger World.

A walk in the woods has been shown to reduce blood pressure, boost short term memory, reduce cortisol (stress hormone) levels, decrease the symptoms of anxiety and depression and clear our minds for better focus.

Time spent at the beach reduces stress and release serotonin. The sights and sounds of the environment and its rhythmic nature are incredibly soothing and grounding naturally happens.

We also tend to hydrate our bodies more in the Summer than we might at other times of the year. The increase in fluids help with digestion, circulation, absorption, and transportation of nutrients, saliva production and keeping our body's temperature regulated. Another great benefit of being hydrated is in the support water (a conductor of electricity) gives to our nervous system (electrical current).

Summer often means more time socializing with others and enjoying delicious seasonal foods. Time spent with people we enjoy improves our psychological wellbeing, increases our cardiovascular health and can increase our sense of belonging. The benefits of eating, cooking or sharing a meal with others is in the trust that can be developed, the sense of community and in the reduction of isolation.

The enhancement of wellbeing happens more organically from late Spring to mid Fall in our climate. With a mindful approach the benefits can be experienced year round by getting outside and enjoying daylight, staying hydrated (your pee should be clear by mid day), grounding (take off your rubber soles), eating well, and spending more time with the people, places and things you can enjoy with all your senses!

For more information go to www.carolshirley.ca or phone 902-495-3181, and we are located at 255 Lacewood Drive, Suite 301, Halifax

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HRM MLAs and MPs Working Hard for YOU!

An Update from Darrell Samson, the Member of Parliament for Sackville-Preston-Chezzetcook

Congratulations to the Graduates!

I want to take this opportunity to congratulate all high school graduates on successfully completing this chapter of your life! As a former teacher, it's always rewarding to see our youth finish another year with more knowledge and confidence than they had last September. Wishing all students, teachers, and staff, a safe and happy summer!!

Prospects are bright for our Youth!

As thoughts turn to graduates, we recall their future wasn't looking bright only a few years ago when the youth employment rate was the **lowest it had ever been**. Common concerns were lack of job opportunities, cost of financing their education, and barriers for young entrepreneurs. It all seemed insurmountable, with no "silver bullet" to fix the situation.

It took several initiatives working together to finally reverse that trend, and now **more young people are staying to work here in Nova Scotia than are leaving!** With over one-million jobs created since November 2015, the youth employment rate is now **higher** than it has ever been in our history!

That's a testament to many plans that were put in place, such as:

Small Business Investments:

Several measures were established, like cutting small business tax to 9% (lowest in the G7). New trade deals and our **CanExport Program** helped expansion into new markets, contributing to growth and job creation. For young entrepreneurs, we invested in **NEXT Canada** to offer mentoring, training, and seed funding of start-ups; and launched **Innovation Canada**, a one-stop-shop to help entrepreneurs turn their ideas into successful companies.

Helping students get a head start:

We also **lowered interest rates** on Canada Student Loans and Apprentice Loans, which are now interest-free for the first 6-months after graduating; and expanded the **Student Work Placement Program** to non-STEM students (e.g. arts, humanities, social sciences), creating more job opportunities.

Canada Summer Jobs:

The number of positions **doubled** this year, subsidizing more jobs for local businesses and giving



more youth practical experience. Also, since these were opened to all youth up to age 30 (not only students returning to school), they can potentially turn into long-term employment.

So, if you're concerned about our youth being able to make it, don't despair. The future is looking much better than it did a few years ago and getting brighter. Personally, I'm encouraged that my children and grandchildren now have better opportunities to make a good life here at home.

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Twitter: [@darrellsamson](https://twitter.com/darrellsamson)

Email: darrell.samson@parl.gc.ca

Honourable
Lena Metlege Diab
MLA-Députée Halifax Armdale
(902) 455-1610 • info@lenadiab.ca • [@LenaDiabNS](https://twitter.com/LenaDiabNS)

Seniors Expo
hosted by Hon. Lena Metlege Diab, MLA Halifax Armdale
St. Agnes Church (6903 Mumford Rd.)
Friday, June 21, from 10:00am to 1:00pm
Featuring a variety of organizations and service providers gathered to share information, answer questions, and make connections with Armdale residents.

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MLA Update

By Hon. Lena Metlege Diab, MLA Halifax Armdale

Happy Summer everyone! Wishing all the best to our graduating students. Whichever path life takes you after your studies, I hope you'll look back on your academic career with pride in your accomplishments.

This month I'll be hosting a Seniors Expo at St. Agnes Church (6903 Mumford Rd.) and everyone from across our community is invited to attend. We'll have a great variety of organizations and service providers gathered to share information, answer questions, and make connections with residents. The expo will be Friday, June 21, from 10:00am to 1:00pm. There will be light refreshments and lots to learn. I encourage you to check

my Facebook (@LenaDiabNS) for more information. I hope to see you there.

Public education remains a key priority for our province. This year's provincial budget includes an increase in education funding. In year two of Nova Scotia's five-year rollout of changes for inclusive education, an additional \$15 million is being invested in student supports. This funding will go towards hiring for 173 new positions, including guidance counselors, autism teacher specialists, education assistants, pre-primary inclusion coaches, school psychologists, speech language pathologists, and more. Better supports means stronger classrooms where all learners can

succeed, and I'm happy to see these changes to inclusive education moving forward.

I'm looking forward to hosting a number of events in Armdale this summer, including trail walks and community picnics at some of our favourite spots throughout the constituency. I encourage you to check out my Facebook for more information, and to join us for some fun in the sun.

Remember you can always reach my office at (902) 455-1610 or info@lenadiab.ca. Thank you for your continued support and Happy Summer!

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I hope to see you and your family at one of our events!
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HRM MLAs and MPs Working Hard for YOU!

Summer Updates from MLA Di Costanzo...

Just like that, Summer is here in full swing. I would like to share an event that is always a hit for the entire family; The Annual Community BBQ that aaaaal host, along with the Friends of Clayton Park Society, and many wonderful volunteers that come out to show their support and love for their community, is happening July 28th from 4 p.m. to 6 p.m., with a rain date of July 29th from 5 p.m. to 7p.m.

It is always a great time for neighbours to connect and catch-up, while enjoying delicious hot dogs, hamburgers and pizza! There is fun stuff for the kids to do as well, such as playing on the bouncy castle, fire truck games and face-painting. We also always provide booths for local community groups to inform their peers about what's going on in the community. We hope to see you in July!

I would also like to quickly mention that we had a won-

derful turnout for my Annual Member's Statement Ceremony on May 30th, with over 90 per cent of invitees in attendance. A Member's Statement Ceremony is where we gather all the people and statements I read at the Legislature in the Fall and Spring Sessions of 2019, and have a celebration in their honour for all of the hard work and volunteerism they do. It is amazing to work and volunteerism they do. It is amazing to hear all the accomplishments in sports, arts and music, and the incredible generosity of our community volunteers, who enrich our community.

If you know someone who lives in Clayton Park West that deserves to be acknowledged for giving back to their community in any way, please contact my office by emailing: Rafah@RafahDiCostanzo.com or calling: 902-443-8318.

I will end off on what I believe to be a truly life-changing mo-

ment in Nova Scotia's history. On the last day of the House Session, I had the privilege to speak on Bill 133: The Human Organ and Tissue Donation Act. Our Province is setting the stage for other Canadian Provinces to follow our leadership and embrace this progressive Legislation. Receiving an organ is both lifesaving and life changing. The experience impacts not only the recipient, but also the family and friends surrounding both individuals involved. I am thankful that I had a chance to speak on a Bill that meant so much to me, because I had an amazing experience while working at the IWK in their Dialysis Unit with two precious young girls that are alive today because of organ donation.

My wish is for everyone to have a safe and eventful Summer!

Thank you, Rafah

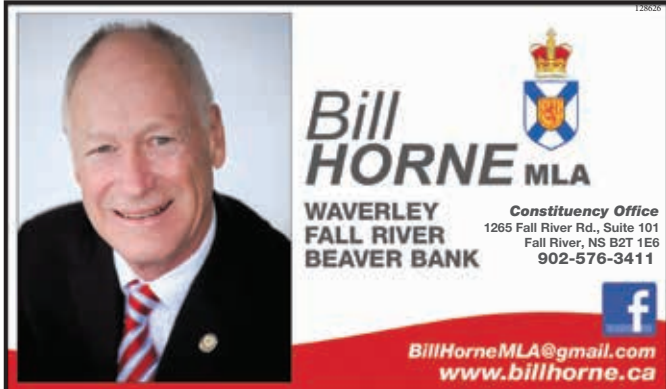


Rafah Di Costanzo
MLA - CLAYTON PARK WEST

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As the MLA for Hammonds Plains-Lucasville, which contains three public schools, I know and witness daily that education is one of the most formative aspects of a child's life. As part of our new model of inclusive education in Nova Scotia, new resources are being introduced to continue to support our students.

Our fourth consecutive balanced budget has allowed for continued investments in inclusive education, with \$15 million being dedicated for resources and training supports for students with complex needs.

We're adding an additional 173 inclusive education specialists, teachers, and non-teaching staff to our schools this September, on top of the 190 we added last year. This includes autism teacher specialists, school psychologists and speech language pathologists, education assistants, and African Nova Scotia and Mi'kmaw student support workers. Each of these individuals will have a positive impact on students in schools across our province.

Specialized training and development opportunities will also be available to teachers, so that they can build on their ability to support children who have diverse needs or behavioural

challenges, including Autism Spectrum Disorder (ASD). As part of the Brief Intensive Outreach Service pilot program being introduced this summer, youth under 19 years of age with ASD can also have access to specialists in Halifax and Cape Breton. Teams of specialists will work with individuals and their families by creating care plans to support young individuals who may be experiencing serious behavioural issues and developmental disabilities related to ASD.

The addition of more specialized educational workers is a positive step for our new model of inclusive education, as we continue to work in supporting the needs of all our students, so that they can flourish to the best of their abilities.

*Ben Jessome,
MLA for Hammonds Plains-Lucasville*

Seniors' Living Care

Retirement Living— A Lifestyle Solution for Seniors

Submitted by The Berkeley



At The Berkeley, we consider 'retirement' a stage of life spanning several decades, during which time, the way you live, and your needs will change. Retirement living, and all the included benefits, is an ideal solution during this ever-changing stage in one's life. When performing regular chores, preparing nutritious meals and getting out of the house becomes more difficult or less appealing, the ensuing isolation can lead to loneliness, possible malnourishment and an overall decline in one's health—mental, physical and emotional. The simple foundation of belonging to a retirement community has a powerful and positive impact on overall health and wellness.

The Berkeley provides a warm, welcoming community where residents have the freedom to choose, stay connected, make new friends and enjoy various experiences. It is a personalized lifestyle for seniors marked by convenience, security and peace of mind. Residents have the option to socialize or not, get care or not, and enjoy full-service dining every day, as well as a variety



of daily activities. Other included benefits are a 24-hour health professional on site and weekly housekeeping.

Retirement living is about independence, assistance and having the infrastructure in place for options. Living with the choice to do as you please with support, if necessary. This could be as simple as taking advantage of the included benefits of retirement living—not having to grocery shop, cook and clean allowing more time to socialize—or it could mean adding personal care and other additional services such as medication administration for greater peace of mind. Of course, as seniors age in place, their needs change and adding care to meet those needs is most often very easily accomplished.

For residents of The Berkeley, who are typically in the latter years of their retirement, it is a time to embrace the idea of a simpler life without the stress of household maintenance, grocery shopping, cooking and cleaning. Belonging to a seniors' community with included services allows residents to easily enjoy the company of like-minded people in a similar stage of life. A retirement living community is the perfect way to get everything you need in one place! It means time to do what you want when you want. It means resting for a favourite activity or heading out to do a nearby errand. It is simply living life and living it well. And, in our opinion, it's retirement as it should be!

For more information, and to book a tour, visit theberkeley.com or call Jenn at 902.802.0346.

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Seniors' Living Care

211 is here to help when you want to hit the open road this summer

By Suzy Teubner, Director of Communications and Outreach, 211 Nova Scotia

For many people, including older adults, road trips are a vital part of summer planning. Whether you're scheduling day-trips or longer stays, the vision of hitting the open road (preferably in a convertible) and explore new places is a symbol of independence across generations. For those who are now retired, the vision to venture to new locales or revisit old sites that evoke nostalgia may be an even easier reality.

Many people know that 211 can help you find government, community and social programs and services in your community but did you know 211 can also be your first call to find out about cultural resources to explore? Nova Scotia is home to museums across the province that can pique many interests, from mining to farming, lighthouses, ships, aviation, fishing, discovery centres and many more.

For outdoor enthusiasts, a walking program may be of interest or a visit to a national park, natural historic site or marine conservation area. Those with a green thumb may want to spend time wandering through a public garden. Interested in exploring your family history? 211 has information on local historical societies and genealogy programs throughout the province to tracing your lineage and family history.

If a day trip is not practical, possibly due to transportation issues or other challenges, 211 also has information about local community organizations that offer bus tours and the opportunity to socialize along with other local programs that may be of interest.

Curious about what hidden gems are available in your community or want to learn more about 211 service? Simply dial 2-1-1 or visit ns.211.ca.

For more information about 211 or to find programs and services available in your community, call 2-1-1, visit ns.211.ca or text 211. To request 211 promotional materials or a presentation, contact Suzy at 902-466-5723 or email steubner@ns.211.ca.

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Health & Wellness

Straight teeth without conventional braces? What you need to know!

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C), Halifax Orthodontic Specialist Group

You have probably heard that there is a new alternative to conventional braces when it comes to straightening teeth! Invisalign has become a household name for magazines, tv shows and among the many adults and teens who sport them. But although many people can tell you they are familiar with the term; few people understand exactly what Invisalign is and how it works.



Invisalign is a brand name for a clear aligner product that aligns teeth. Invisalign works by having the patient wear a series of clear aligners, in sequence, that gradually guide teeth to their ideal position. Small, tooth-colored attachments are often temporarily bonded to teeth that have especially difficult movements. These discreet attachments aid the aligner in distributing forces to the teeth so that the proper movements are achieved.

Although the technology has been around since 1999, recent years have shown major advances in improving the product resulting in widespread use of Invisalign and other clear aligners as an alternative treatment modality for patients seeking to improve their smile. But buyer beware, all clear aligners are not the same. Plastic quality varies between manufacturers and discount options do not include attachments on the teeth, which limits the amount of movement that can be achieved.

Trust your local orthodontists

they care about you and your smile

- no referral needed
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- free consultations

*some restrictions apply

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Furthermore, software limitations mean an Orthodontist is best equipped to engineer your Invisalign plan to ensure your best outcome.

If at your initial consultation your Orthodontist recommends Invisalign, the next step is to obtain a 3-D virtual model of your teeth. Although traditional molds of your teeth can be made, digital scanners offer a more accurate method for capturing your bite that avoids any impressions. Before your custom-made clear aligners are manufactured, your Orthodontist must use software to manipulate your bite in virtual reality until the perfect result is achieved. This step is the most important one

as your Orthodontist's knowledge and expertise of this technology is paramount to the quality of your result.

Historically, Invisalign treatment was limited to simple crowding and minor bite issues. Orthodontists now have the opportunity to do further training on advanced Invisalign techniques, which means many challenging bite problems can now be treated with Invisalign. Many patients that have previously been told they are "not an Invisalign candidate" are now finding that they in fact are! Check with your Orthodontist as to their experience with Invisalign. The Invisalign website has a doctor locator that lists doctors with a high **cont. on page 26**

BE HEALTHY BY CHOICE...NOT BY CHANCE!



WHO IS NIKKEN?

A Research & Development Company that's invested over 40 years studying how to make our lives better.

Nikken wellness technology offers a comprehensive solution, with products designed to promote better sleep, clean air and water, nutrition and more.

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Summer Camp Guide

Artech Camps—Celebrating 15 years of technology and art camps—for kids & teens!

Artech Camps is celebrating fifteen years of providing quality technology and art camps! Week-long camps in a wide assortment of digital media arts is the mainstay of Artech.

Film and Animation camps open new avenues and forms of expression for youth. Kids love that they: "...[we] could use our own ideas and didn't have to do a specific story. We could be creative," comments one camper.

Fostering creative expression and problem solving is the goal of Artech Instructors. "We give them the tools, guide them in their use and are always amazed to see what they come up with!" says director Ronnie Scullion.

From 2d and 3d Game Design to Minecraft & Roblox, young people get to reimagine and redesign new worlds! They learn programming and design.

Making video games is not only fun, but is fast becoming the newest, most dynamic form of ex-



Anik and the world she created for Pink Piggie.

pression. The planning and design that goes into game development inspires creative problem solving. It is a process that engages and empowers young people to take on challenges and succeed!

The #1 reason parents choose Artech: We have a low instructor to camper ratio. Compare our average 1-to-7 instructor-to-camper ratio with other camps. Small group learning is the key to Artech's

Inquiring young minds don't take a break!

Game Design
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virtual reality

ages 7 through teens

artech camps

WWW.ARTEHCAMPS.COM 902-579-3317

success.

Information online at www.artechcamps.com. Call 902-579-3317.

Camp location: NSCC Institute of Technology, Leeds Street.

SUMMER SCHOOL OF THE ARTS



Our classes for ages 5-12 are led by local practicing artists and art educators and feature hands-on studio activities and explorations of the Gallery.

Get creative with the Summer School of the Arts at the Art Gallery of Nova Scotia

Summer School of the Arts offers a range of painting, sculpting and building classes that will satisfy even the wildest of imaginations. Kids can experiment with an array of supplies and materials, discover new techniques, and explore Atlantic Canada's largest collection of art.

We offer full-day classes for ages 5 to 12 with a variety of lessons led by practicing artists. They can experiment with printmaking and painting in "Exploration Imagination," play with colour and discover clay hand building in "Colour Wheel," or create their own three-dimen-

sional objects in "Art in 3D."

Registration for camps is easy! Reserve a space online at artgalleryofnovascotia.ca, by phone at (902) 424-5280, or in person at the Art Gallery of Nova Scotia, 1723 Hollis St. Camps run 8 p.m. to 4 p.m. Monday to Friday. After-school care is available.

Classes begin July 2. Find the full list of classes and dates online at artgalleryofnovascotia.ca. Gallery members save 10%. Classes fill up fast so register early before it's too late!

Summer School of the Arts is the artventure they've been waiting for!



Art Gallery of Nova Scotia

ENROLL TODAY: artgalleryofnovascotia.ca

SUMMER with Us 2019!

Blast through the summer with super fantastic weekly camps!

45 Camps To Choose From

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- Basketball phenoms
- Beach blast
- Beach days
- Be a maker in our space
- Calling all secret agents - shhh!
- Camp throwdown
- Disc mania
- Earth, mud, sand, and soil
- Gamers vs. athletes
- Hollywood or Broadway!
- Imaginarium
- Leaps and beats
- Mad scientists
- Minecraft marauders
- Movin' an' groovin'

- Nature unleashed
- Old school arcade
- Pamper yourself, inside and out
- Roblox vs. Minecraft
- Roblox retreat
- Say yes to the mess
- Sensational skills
- Soccer stars
- Spectacular stuffies
- Super structures
- Sweet science
- The Davinci experience
- The great outsmores
- Water, water, everywhere
- Wet and wild
- Wind and water
- Youtube creator

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902-832-5437 Centre Hours : 7:00am – 6:00pm**



CREATIVE KIDS Education Centre
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Summer Camp Guide

Un été en français à Halifax!

Offrez la chance à vos enfants de s'amuser en français au Camp de jour et au Camp en action du Conseil communautaire du Grand-Havre! Les camps auront lieu à l'école du Carrefour à Dartmouth et à l'école du Sommet à Bedford.

Ceux-ci se dérouleront en juillet et août 2019. Le programme du Camp de jour est destiné aux enfants de 4 à 9 ans et celui du Camp en action s'adresse aux jeunes de 10 à 13 ans. "Les inscriptions sont maintenant ouvertes"

Chaque semaine une thématique différente initiera votre enfant à des activités plus stim-

ulantes les unes que les autres. Des sorties à chaque semaine, des bricolages et une variété d'activités dynamiques tout en français seront au menu. Les jeunes inscrits au Camp en action participeront à des activités plus avancées et adaptées à leur groupe d'âge, incluant le go-kart, du trampoline acrobatique et Atlantic Playland! L'occasion idéale pour votre enfant de continuer à communiquer et jouer en français pendant les mois d'été!

Pour plus d'information :
Courriel : camp@ccgh.ca
ou Téléphone : (902) 435-3244

A French Summer in Halifax!

Offer your child an opportunity to have fun at the Camp de jour and the Camp en action, a French summer camp organized by the Conseil communautaire du Grand-Havre. The camps will take place at École du Carrefour in Dartmouth and at École du Sommet in Bedford.

The camps will be offered starting from July to August 2019. The Camp de jour is intended for children between the ages of 4 and 9 and the Camp en action for young pre-teenagers between the ages of 10 to 13 years old. Registration is Now Open.

Each week, a different theme will initiate your

child to various stimulating activities. Weekly outings, crafts, outside water games and other energizing activities will be in store. Youth enrolled in the Camp en action will participate in activities adapted for their age group, such as go-karting, acrobatic trampolines and Atlantic Playland! The perfect opportunity for your child to continue to play and engage with others in French during the summer!

For further inquiries: E-mail: camp@ccgh.ca or Phone: (902) 435-3244

Courtlyn Arsenault,
Coordonnatrice du Camp de jour
camp@ccgh.ca, T: (902) 435-3244 #206



CAMP DE JOUR 2019

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8 weeks full of activities, discoveries and sports for children ages 4-13, **TOUT EN FRANÇAIS!**



Register Now!

REGISTER YOUR CHILD IN OUR CAMP DE JOUR (AGES 4 TO 10) OR IN OUR CAMP EN ACTION (AGES 10 TO 13)

For registration and more information:


CCGH-CAMPDEJOUR-CS.CA
CAMP@CCGH.CA

or by phone: (902) 435-3244



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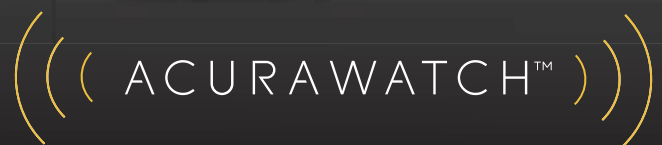
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Summer Camp Guide Summer Camp Guide Summer Camp Guide Summer Camp Guide Summer Camp Guide Summer Camp Guide Summer Camp Guide Summer Camp Guide

Is My Child Ready For Camp?

Submitted Canadian Parents for French, Nova Scotia

With summer just around the corner, many parents are looking for summertime activities for their children that enrich the path to success. Extracurricular activities, such as summer camps, regardless of a student's age, are a great way to do this.

Overnight camps can help build independence if children are ready for the experience. When making the decision whether to send a child to an overnight camp, it is important to consider your child's strengths and weaknesses. How independent is your child presently? Are they comfortable being away from

you? Can they handle the daily routines of self care such as teeth brushing, dressing themselves or making beds? Counsellors are there to help campers with responsibilities, but your child should be prepared to take on new roles and tasks.

Camp life is fun but full of activities and schedules. How well does your child take direction? It is important to be able to listen to counsellors and understand directions. Is it hard for your child to switch activities? Having a flexible personality helps with the routines and activities at camp.

Making friends or bringing friends? While making friends is one of the best aspects of summer camp, not all children are socially equipped for camp. If your child is shy or has trouble making friends, bringing a friend to camp helps ease the situation. Also, your child is less likely to want to come home if they sign up for camp with a friend.

Most camps focus on technology free activities, so prepare your child to spend time outdoors and away from television, computers and cell phones. Being technology free at summer camp gives children the opportunity to develop new hobbies, sports and engage with their friends.

Many factors contribute to your child's success and motivation, your support and encouragement is one of the main ways to help your child to feel confident. If your child isn't ready for camp, then it is okay to wait another year or two.

CPF Nova Scotia has organized French summer camps for over 35 years. We offer a variety of camp experiences in French from day camps to overnight camps for ages 6-18 yrs. Check out ns.cpf.ca for more information on our camps in July and August 2019!

For more information, please contact: ns.cpf.ca or phone 902-453-2048



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Îles-de-la-Madeleine/Magdalen Islands, Québec
Ages 15-17

CAMP FRANTASTIQUE

Barton, Digby County
Ages 10-14

CAMP DE LA BAIE

Sambro Head, HRM
Ages 10-14

DAY CAMPS

Halifax and Cole Harbour
Ages 6-10

CHAPTER CAMPS

For more info on local camps, contact your local CPF chapter.



CPF Nova Scotia Summer Camps

8 Flamingo Drive, Halifax, NS B3M 4N8

T 902-453-2048 TF 1-877-CPF-5233

E cpf@ns.cpf.ca W ns.cpf.ca

Registration forms available online

cpf.ns @CPFNovaScotia cpfnovascotia CPF Nova Scotia #iSupportCPFNS

Royal City Soccer Club Summer day camps

The Royal City Soccer Club is excited to bring our very popular summer soccer day camps to the Halifax and Dartmouth area this summer. For the past 27 years,

we've hosted over 300,000 boys & girls in over 100 locations across Canada. We're the #1 grassroots soccer day camps in Canada.

Our program is designed to promote personal development, team building and of course, FUN! The camp program is uniquely designed to offer a soccer focus in the morning and a leisure swim with other organized camp activities in the afternoons. We encourage all boys and girls between the ages of 5 and 13 to register.

We offer full day, morning and afternoon sessions where each camper receives a camp soccer ball, tshirt, camp medal, great supervision ratios and much more. We also offer early drop off and pickup times fully supervised at no extra charge. The camps operate during the months of July and August. We look forward to a great summer of camp.

Check out our website at www.royalsoccer.com for more information or call 1-800-427-0536.



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Soccer day Camps 2019



Locations in Halifax and Dartmouth

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Getaways & Resorts

The Beautiful Villages of Mountain Gap Resort is a property that offers a rustic version of today's accommodations. We have upgraded with new beds and bedding, painted, kitchenettes in some rooms with standard motel rooms, studio cottages. 2 bedroom apartment, family suites, 1, 2 and 3 bedroom cottages. Something to fit all needs if you are travelling for business, pleasure, by bus, alone or with your family. I can offer you nightly, weekly or monthly rates. We also offer group rates should you wish to book 10 or more rooms with us. We have recently build a new conference/reception hall and many other updates. Our restaurant overlooks the beautiful Annapolis Basin and the World famous Digby scallop and Lobster fleets with spectacular sunsets. We serve fresh local seafood

and many other dishes to tease your taste buds.

Many things to do at our property:

- Large Playground, Giant Chessboard, Free WIFI, Commentary Breakfast
- On Site Chapel, Wedding Receptions, Family Reunions, Meeting Space
- Swimming Pool, Walking Beach, Beautiful Sunsets, Dining (Anchors Bar and Grill)
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- Kids Play Room, Nightly Bonfire with outdoor movies (July & August)

Packages:

We offer Golf Packages, Upper Clements Theme Park Packages, Kids Weekends, Friends Getaway Weekends or we can put together a package that will accommodate what you are looking for and much



more. We invite you to check out our web site at www.mountaingap.ca or follow us on Facebook.

Thank you for your reading about our beautiful property and we would love to have you stay with us.

Thank you once again for reading about our beautiful property. If you have any questions or require further details, please do not hesitate to contact me at any time. I can be reached direct at (902) 245-5841 or better yet, via email at valericarty@mountaingap.ca

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• 4 Forest Hills Drive

SACKVILLE
• 720 Sackville Drive

Parent-Child Guide

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FALL REGISTRATION GUIDE

Also featuring Education, Fun Places To Go, Health & Wellness, Education, Seniors' Living Care and More!

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naturalhistory.novascotia.ca

FUN

Places To Go!

The Victorian Era is alive & well at Sherbrooke Village Museum



tuned interpreters on the streets and the in 25 heritage buildings including blacksmiths, potters, wood turners, weavers and printers. Come back in time to the boom years when shipbuilding, lumbering, and gold mining dominated the local economy.

Every day is an adventure and a trip back in time as Nova Scotia's 19th century heritage is brought to life. This summer you're invited to "Step Into 1867". You may dress in period attire and become part of the Village story. A unique way to experience history for all ages.

Choose Your Level of Experience. You may become an **Explorer**—Dress up, tour the Village and take part in a treasure hunt. Or immerse yourself further and become a **Discoverer**—Dress in period attire and be a part of the Sherbrooke Village adventure by becoming immersed in the life of a local villager during 1867. Will you become the blacksmith's, potter's or wood turners apprentice, be a member of a farming family, or maybe the jailer's wife? Enjoy a Victorian tea or homemade treats and take a piece of the Village with you when you leave. Daily activities will include treasure hunts, crafts, artisan's demonstrations, trades, chores, children's games, & a petting zoo.

Take a trip back in time as Nova Scotia's 19th century heritage is brought to life for visitors of all ages by cos-



Sherbrooke Village Museum is open June 2 to October 14 from 9:30 am to 5 pm, with extended offers from Victoria Day to June 1. The "Step Into 1867" program begins on July 2nd. An added fee is charged for this additional experience.

Sherbrooke Village is located 45 minutes south of Antigonish at exit 32, or 3 hours east of Halifax on Highway #7. Call for registrations or more information at 1-888-743-7845. Visit us at: [facebook.com/sherbrookevillage/](https://www.facebook.com/sherbrookevillage/) for regular updates or online at sherbrookevillage.novascotia.ca



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"Step Into 1867"

Join us in 2019!
Become a part of the Village story!

The Victorian Era is alive & well at Sherbrooke Village. Every day is a trip back in time as Nova Scotia's 19th century heritage is brought to life in 25 original buildings including the blacksmith, woodturner, jail, potter, weaver and print shops. Dress in period attire and become a part of the Village story. A unique way to experience history for all ages. Activities include: crafts, trades, chores, children's games, & petting zoo.

Choose Your Level of Experience!

Explorer – Dress in period attire, visit the Village and take part in a treasure hunt. *Fee charged.*

Discoverer – Dress in period attire and become a part of the Sherbrooke Village adventure by being immersed in the life of a local villager during 1867. Become the blacksmith's, potter's or wood turners apprentice, part of a farming family, or maybe the jailer's wife? You may join in for a Victorian tea or treats and take a piece of the Village with you when you leave! *Fee charged.*

July 2 to October 13, 2019



You're always the right age to play dress-up at Sherbrooke Village!

sherbrookevillage.novascotia.ca
1-888-743-7845 - 45 Minutes South of Antigonish



"Beat The Heat", Install a Heat Pump System in your home.

This summer is expected to carry another round of record-breaking temperatures. It's time to "Beat The Heat" and consider installing a heat pump system in your home. Review the following 10 tips to assist with the purchase a heat pump:

1. The Heating Solutions Team at NS Power manage the province wide "heat pumps set you free" program.

They govern a list of excellent contractors who are held accountable to meet your install and service needs.

2. Social media is the fastest way to reach out to others in your local community. What contractors can you find thru the testimonials from Facebook, Instagram, Twitter?

3. Word of mouth can go a

long way. Speak with family, friends and neighbors you know who own a heat pump. Testimonies from those we trust guarantee our experience can be the same!

4. Use caution, especially when price shopping a number of contractors. Extremely low prices should be considered a red flag. These situations can lead to service disasters later on.

5. Ask for the expected turn around time from in the event of a breakdown? What are common services issues? Asking the right questions will indicate what to expect later on.

6. Recognize properties may require additional work to reach maximum savings. Is your home currently freezing in the winter because it is 60 years old and requires upgrades such as windows,

insulation or doors? If so, upgrades will be required to obtain the greatest privileges from a heat pump.

7. Is a heat pump purchase is out of budget for you this year? There is hope! NS Power team up with preferred contractors such as Scotia HVAC to give away a heat pump including install and start up at province wide events all summer long! View the Nova Scotia Power

website or call their customer care line for information on dates in your area.

8. Best practice with a split entry home, for example, would be to install an inside unit on each level to maximize savings. Keep in mind the layout of the property inside and outside your home determine the best possible locations for your heat pumps. A neighbor pur-

cont. on page 26

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Massive New Charity Thrift Store Thriving in Bayers Lake

17,000 ft² of brand new space to shop clothing and housewares

Eight years ago Ken and Michelle Porter arrived in Halifax with enthusiasm and dreams and not a lot else. Over those eight years they have seen more and more of those dreams become reality. Souls Harbour Rescue Mission now serves 190 guests daily at their Halifax Drop In Centre. Renovations are underway for a Life Recovery Shelter. There is a thriving Drop In Centre in Bridgewater and Truro. But there has always been one dream that has never had the opportunity to move forward. Until now.

Souls Harbour Rescue Mission is thrilled to announce the successful opening of Mission Mart this past November! Located in the new development in Bayers Lake, this thrift **cont. on page 26**

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Education

How Well Will Your Kid's Brain Be Working By The End Of Summer?

Submitted by Oxford Learning

For students of all ages, summer can't get here fast enough! While kids may be ready for a vacation, the opposite is true for their brain. The brain never gets tired of doing the one thing that it was designed to do: learn.

So, what happens in the summer when kids are not in school, and not providing their brains with the active intake of information that it needs to stay sharp? Like any muscle, it weakens, and it begins to forget. When students are not actively engaging their brains, neurological connections can begin to deteriorate, making it increasingly difficult to recall the information that was learned throughout the school year.

Ask your kid today how to convert a fraction into a percent and he'll tell you to divide the top number by the bottom and multiply by 100. But ask him again in July or at the

end of August and you'll likely get a blank stare.

Research shows that students can lose up to 30% of their academic skills over the summer break. This means that in the fall, students are further behind than when they left school at the beginning of summer.

Maintaining academic momentum over the summer prevents this backward learning slide, helps students remember the material they spent the school year learning, and keeps their brains in active learning mode so that they are ready to learn from the first day of school.

A few hours a week of academic work maintains important school skills. Try these tips to keep kids of all ages mentally engaged over the summer:

READ! Encourage kids to **keep reading** every day this summer.

cont. on page 23

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Education

cont. from page 22

Frequent reading improves comprehension skills and develops vocabulary.

WRITE! Give children a journal or scrapbook and encourage them to **write** every day. Stumped about what to write? Keep lists of new words, start a short story, or just summarize the day.

TALK! Make discussing your day part of your family's regular routine. Chat about what you did, saw, or wondered about. This builds memory skills and keeps the mind active and engaged.

PLAY! Games such as Sudoku, crossword puzzles, board games, or any game with strategy and planning keep the cognitive wheels working. Discuss strategy, alternative moves, and different outcomes.

THINK! Keep the mind active by asking questions about anything and everything! Parents can model questions for kids. Don't worry if

there aren't answers. An alert mind is always questioning and thinking.

JOIN! Enroll your child in a **class** at Oxford Learning. Flexible schedules mean that there's a great way to keep learning this summer for everyone!

Established in 1984, Oxford Learning goes beyond tutoring to help students reach their learning potential, not just for one grade but for a lifetime. The unique programs teach children to learn how to learn. Visit Oxford Learning online at www.oxfordlearning.com for complete program information or contact Oxford Learning Halifax at 902-701-9254 or Bedford at 902-700-6489



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Private Christian School Thriving in HRM!!

Submitted by Halifax Christian Academy

"Halifax Christian Academy has been embracing the future with a powerful new vision and mission for their Halifax and Timberlea campuses. Our staff is touching the lives of children from 18 months of age to 18 years of age. From diapers to diplomas we are nurturing our students' minds, bodies and souls. We are committed to providing a strong option for families who are seeking an educational partner that SUPPORTS and AFFIRMS their Christian faith," says Shaun Alspach, Head of School.

We are sure that everyone would agree that the world has changed dramatically in the 45 years that HCA has been partnering with families in our city. In response to this reality, the school brought in new leadership, and discovered and committed to a fresh new vision and mission, for the next chapter. Once HCA gained increased focus on who they are and what they were called to do, they have been blessed in so many ways.

"It is remarkable the resurgence and revival that we have seen at "HCA 2.0". We have grown by over 50% in the one year since committing to the new direction and reaffirming many amazing aspects of

our existing ministry," stated Alspach. "Parents are actively seeking alternatives to their current schools, and HCA is a powerful and effective choice. Now that we know exactly what we are all about, and the impact we have, we can be a powerful, life changing opportunity for students and families," he continued.

The school didn't stop there, in response to the reality of overcrowded public-school classes, last summer HCA expanded its impact in the Timberlea area by starting a new and successful elementary school program. They are not satisfied with the status quo and are expanding the program again to include preprimary through grade 2 for the 2019/20 school year. If you are a parent of a child in the BLT area HCA Timberlea is here to help and is offering new families a special "Founders Tuition". If you live in HRM and have elementary, middle or high school aged children, HCA's Armdale campus wants to bless you too, and invites you to connect by email, phone or through social media to learn how they create a winning climate for great academics and spiritual development.

"I would love for all children of faith receive the blessing of a discipleship infused educa-

tion at no cost. However, the reality is such that we receive no government funding, and are forced to charge tuition. That said, through our diligent efforts and our missional hearts, we ask parents to invest far, far less than other private schools.", said Alspach. "Does that mean we have the fanciest facilities in the world? No we don't. But it does mean that we keep HCA at a level of investment that flings the doors of blessing open to many families."

"Above all, what stands out about HCA is a sense of community and family. The people there go above and beyond to foster an inclusive and accepting environment. They are not just taking care of kids, they are helping them grow emotionally and intellectually, building confidence, and promoting important life values."—S Murphy

To increase the positive impact they have on families, HCA is also expanding its SUMMER CAMP programs (at both campuses). They have a full suite of summer camps to keep your children of all ages engaged, learning, having fun, and making friends. If you are interested in connecting with HCA to learn more and to receive a summer camp guide, please email info@halifaxchristianacademy.ca.

The Importance of Outdoor Play

By Angie White, The Growing Place

Children have a natural want to be outside. Being outside gives them the space they need to grow, to explore their own abilities and develop muscle strength, coordination, self confidence and learn about their environment. Swinging, biking, walking, running, sliding, monkey bars, along with countless other activities children do at playgrounds all require balance and strength, they use all their large muscles for these activities. Digging in the dirt, picking flowers, looking for bugs and salamanders all require the use of their small muscles and allow children to explore the environment.

Getting the fresh air and exercise is what every child needs to help battle common illnesses that tend to be passed around schools and daycares. It is great for the overall health of everyone. In daycares, we encourage teachers to get the classes out as much as possible, in all weather, and we even bring our curriculum outside. Who says we can't read, do art, or build outside? Being outside doesn't take away from learning, it just gives a new classroom to learn in.

Having the proper equipment to keep them safe is a must and creates a more joyful experience for all. Rain boots, splash suits, snow pants, hats, mitts, jackets, sweaters and sunblock are all required to keep children safe so they can be outside through all seasons.

Whether a child is at a man-made playground or just out running in a field, these opportunities help children in all ways. There are many playgrounds to visit along the waterfronts, common areas, near schools, and there are also many splash parks to be found. Pack a lunch and spend the day at one of the many playgrounds HRM has to offer.

Angie currently teaches the school age program at The Growing Place (Pleasant Street location), as well as assisting with our Inclusion Programming. She is our Arts and Crafts expert, and an endless resource for new ideas to try in the classroom. For more information please visit our website at www.thegrowingplace.ca

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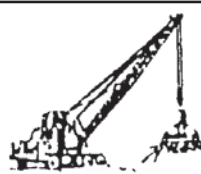
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Summer of Love

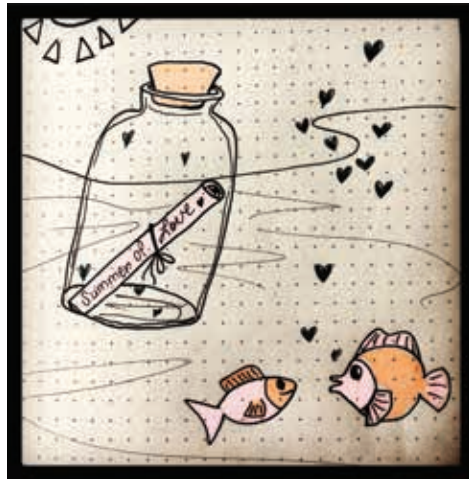
By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts

Some of you may recall the year deemed "Summer of Love" and the free loving, spirited hippie movement of the 1960's. I was not around for that so this will be my "Summer of Love".

I decided to buy only red flowers for the garden, make a playlist of my favorite love songs, create a recipe for a watermelon salad with cut out melon cubes in the shape of hearts and read at least one Romantic novel which lead me to Nicholas Sparks' "Message In A Bottle" and from there my mind started to think of all the fun ideas to create a message in a bottle.

Messages have been slipped into bottles and sent out on mysterious voyages for a very long time, the earliest messages thought to have been sent by Theophrastus, a Greek philosopher around 310 BC. Still to this day "drift bottles" are used as a means of charting oceans currents.

There are so many stories of people finding messages from long ago, from rescue pleas and sad farewells and some of finding love, messages in bottles are a curious antidote



to the high speed modes of communication we've become accustomed to.

This project does not have to get tossed away into the ocean. It can be used as a guest book idea for a wedding or baby shower, a collection of your summer beach adventures. You can send a poem or words of encouragement to the ones you love. Have a treasure hunt themed party and leave the clues as messages in a bottle.

This is an easy craft that can be tailored to your own decorating style. Start with a clean dry bottle and if your intention is to send it into the ocean then all you need is your message. If this is going to be a gift, decoration, or party favor you may want to add embellishments or age the paper for an old time feeling. Don't forget to seal the bottle with a cork and wax for a strong seal to prevent any moisture from seeping in.

There are many motives that compel people to cork up their words and send them on seafaring adventures and to me there is something romantic about tossing a message into the unknown.

Drop in to Maritime Hobbies & Crafts to see our craft corner and for many holiday craft ideas. 1521 Grafton Street, Halifax, 902-423-8870



"Straight teeth" cont. from page 11

degree of expertise using this technology.

In addition, Invisalign is also available in an Invisalign teen product for younger patients. If you or your child are looking for an alternative to con-

ventional braces, ask your Orthodontist if Invisalign or Invisalign teen is right for you.

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with the Halifax Orthodontic Specialist

Group. She is a co-owner of The Brace Space in Bedford (Larry Uteck) and Stuart & Davidson Orthodontics in Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 455-7222.

"Beat the Heat" cont. from page 21

chased a single zone system with one unit on the main floor, nothing on the lower level and mentioned last year his billing was the same or higher. To reach more potential savings, the 2nd heat pump on the lower level would take the pressure of the heat loss/heat gain and provide additional savings. Manufacturer warranties

require certain conditions with regards to unit placements for such things as refrigerant line maximum length cut-offs and air flow. Be sure your contractor is aware of these standards.

9. Aim to obtain 3 physical quotes or less. Too many quotes may lead to information overload and confusion.

10. Choose a company working with contractors who carry over 20 years of install and service experience such as Tudor Heating & Maintenance Services. At Tudor Heating & Maintenance Services, we patiently wait to answer your heat pump questions and assist with your shopping needs. Please contact us at 902 465 HVAC (4822).

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"Massive New Thrift Store" cont. from page 21

store will not only help to support the work that Souls Harbour is doing in Nova Scotia, but also provide valuable job training for our guests and adults dealing with disabilities. "We sacrificed some floor space so that we can engage in job training for our guests and other adults with disabilities. Through Mission Mart, we can train people on stockrooms, janitorial, greeting, merchandising, cash, and we are even offering an in-store cafe, so we can train in food services and serving," says Michelle Porter, CEO.

Obviously one of the first questions asked, is, "What about the free clothing and household items that have always been handed out for free?" This isn't going to change. "We will always give away free clothing to the needy. Food. Clothing. Shelter. At its core, that is what Souls Harbour is all about," clarifies Porter.

100% of the profits will stay in Nova Scotia, and 100% of the profits will be used for the work of Souls Harbour in helping the hungry, homeless, addicted and abused. Now that's a

purchase you can feel good about!

Mission Mart is located at 265 Susie Lake Crescent and is open Monday to Friday, 9:00 am to 9:00 pm, and Saturdays and Sundays from 10:00 - 5:00.

And to further support the cause, why not consider volunteering? This store is 99% volunteer driven and they need help from individuals, families and groups. Apply at <http://bit.ly/volunteer-halifax>. Or join one of our weekday walk-in workbees Monday to Friday at 9:00 or 1:00.

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