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KNOW ABOUT YOUR CAR AIR FILTERS?

Why do you have to replace the air filter in your car?

When the air filter in your car gets clogged or worn out, this affects the quality and quantity of the air going into your engine.

How often should you change the engine air filter in your car?

You should change your air filter every 20,000 km or once a year. But if you're driving mostly on city streets or dusty roads, it's a good idea to change the air filter in your car more often, or to at least inspect it regularly.

A quick cleaning to clear out the built-up particles is part of the recommended maintenance of your car: simply blow them out with an air compressor or give the filter a quick vacuuming, and you're good to go.

Neglecting to change your air filter could cause serious damage to your engine, so you're better off replacing it frequently, as required.

This way, you can rest – and drive – a little easier.

What is a cabin air filter?

The primary purpose of cabin air filters, located on most vehicles since 2000, is keeping the air inside your vehicle's cabin clean. It's typically located behind the glove compartment or under the hood or dashboard on most modern vehicles.

Its job is to filter all of the air that comes through the car's HVAC system to prevent pollutants, such as dust, pollen, smog and mold spores from entering. The filters can also catch rodent droppings, leaves and other unwanted debris. They help with allergy problems.

Besides improving air quality, replacing the cabin air filter may prevent an expensive repair. "When the air is dirty the A/C will work harder."

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Current Times

By Carol M. Shirley, Registered Psychologist, with ENIGMA

As I continue to reflect on “current times”; 2 years into a pandemic, it occurs to me how much we have lost. Many have lost loved ones to death without the ability to grieve with family and friends in a traditional way.

Many of our old friendships have fallen by the wayside. How and where we work has changed for many. Schools, childcare, and home school have all taken on new meaning for so many families.

The systems institutions and structures we’ve depended on have shown their weaknesses. Families have been divided based on the differences in their beliefs and the choices made. We have all experienced times we have never before experienced: no safe travel, masks, testing, mass vaccinations, mandates throughout the entire planet and a global sense of fear.

In a society that generally dislikes change we have experienced a great deal of it over the past 2 years. Sadly, much of the change has been motivated by fear. Fear of getting sick, fear of making others sick, fear of death, fear of losing or not having income, fear our kids are missing out on education, fear that this is our new normal and freedom and peace have become a faint memory of days gone by. Among the many losses experienced our ability to feel safe, supported and hopeful seems to be the most widely felt.

Did you know fear and love (Peace) are opposing by nature or that all of our emotions are rooted in either fear or love?

Fear itself is a feeling (a very uncomfortable feeling) that comes from a belief that something or someone will cause us harm or pain. The fear we feel are our bodies way of tell us we are out of alignment with our values.

Fear based emotions include:

- **Grief** – is expressed as depression, regret, hopelessness, disappointment, doubt, etc.
- **Apathy** – disconnection with others, expressed hatred, contempt, disrespect, resentment, hostility, indifference, etc.
- **Uncertainty** – Fear of the unknown, the future manifests as distress, worry, anxiety, stress, etc.
- **Abandonment** – isolation, loneliness, alienation, etc.
- **Horror** – Shock, panic, helplessness, fright, disbelief, etc.

Whereas Love based emotions include:

- **Empathy** – Seeing oneself in others, compassion, kindness, etc.
- **Certainty** – Being ok with the unknown, faith, inner fortitude, excitement, relaxation, etc.
- **Belonging** – A feeling of being a part of something bigger, support, helpfulness, caring, togetherness.
- **Wonder** – Expression of gratitude, surprise, awe, beauty, etc.


• **Acceptance** – Comfort, non-judgement, cooperation
When our body is in a state of fear it responds by preparing us for fight or flight. Our bodies chemistry is produced by the body to prepare us to run or escape from a threat and we go into survival mode. If we stay in this state for prolonged periods of time illnesses both physical and mental will ensue.

When our bodies are in a state of love (peace) we are in a perfect place for our bodies to rest and restore. What we believe/think will absolutely have an effect on the body; negative or positive. We have all likely noticed that when we are worried sleep is elusive.

What if I said living in fear or love is a choice? If what we perceive or what we think affects us physically and mentally then the choice is in thinking or perceiving things in ways that support us feeling at least neutral or better yet positive. It’s a simple and effective concept but difficult to practice. Your practice might begin by just noticing your bodies response in different situations. Notice what happens when you watch the news compared to watching birds at a feeder as an example. Noticing requires us to be aware, to be curious and to understand ourselves as individuals. Notice yourself in numerous scenarios and how your body responds. Choose the situations that your body responds positively to more often.

We all have our own stories, triggers, and reasons for doing what we do. Judging or assuming creates fear. I would rather assume for example that the person who let the door close in my face either didn’t see me or just received bad news. It makes me feel better than thinking it was done purposefully. Find a better feeling thought and go with it...especially when its impossible to know the real reason. Don’t allow your happiness to be dependant on someone else’s behavior. Choose love, peace and have compassion for your struggles and for those suffered by others.

For more information go to www.carolshirley.ca or phone 902-495-3181.

	
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Parent-Child GUIDE

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New Leaf Occupational Therapy



Jessica Earle, OT Reg. (NS),
OT Reg. (NB)

New Leaf Occupational Therapy is a mobile private practice that provides early intervention and school-age therapy services to children and families across Nova Scotia and New Brunswick. Therapy services are family-centered and use a collaborative approach to help develop a child's motor, sensory, emotional, and cognitive skills. Therapy is available at the family's home, daycares, and/or within the community to help meet each family's needs. Services are also available virtually.

At New Leaf Occupational Therapy, there are 3 main areas of service: feeding therapy, sensory integrative therapy, and attachment-based therapy. Family participation is an important part of the therapeutic process and is highly valued at New Leaf Occupational Therapy. Sessions are organized around a child's interest and child lead to help develop a therapeutic relationship between therapist and child.

Examples of therapy services:

- Help picky eaters and problem feeders expand their diet (feeding assessment, feeding therapy available)
- Children who are at risk of a developmental delay and would like support (review developmental history, observe a child in play, provide



Photo: klimkin @ Pixabay

- feedback that aligns with family's goals)
- Children who have a diagnosis and require support for everyday needs (a diagnosis is not required to access therapy services)
- Children who have difficulty processing sensory information and it impacts their ability to participate in day-to-day tasks (e.g., wear certain clothes, sensitivity to lights/sounds, difficulty focusing/remaining attentive, difficulty sitting still, etc.).
- Strong behaviours that are difficult to manage (assess & support the development of self-regulation skills)
- Social-emotional difficulties that impact family dynamics and ability to participate in social activities.
- Opportunities to help educate families, staff, and allied health professionals in the areas of

feeding, sensory, and attachment-based therapy.

- Difficulty with motor tasks (e.g., handwriting, printing, scissor skills, etc.).

Jessica Earle aims at providing quality therapy services in a timely manner to help meet the needs of each family.

To review Jessica's experience and professional development around pediatrics, you can find her on LinkedIn:

www.linkedin.com/in/jessica-earle2021



New Leaf Occupational Therapy

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Budget and Savings: Here's some advice to help you achieve your objectives

Submitted by The Sutherland Wealth Management Group

Whatever your goal may be, saving is often the first step to achieving it. You could be setting some money aside to pay for a vacation, a car, or a first home – or maybe to plan for your retirement. For some, saving money may seem difficult. Here are some tips and advice to help you adjust your budget to make your dreams a reality.

Step 1: Make a budget

To find out how much you can save, you first need to account for your income and your expenses. Then, you'll be able to determine which expenses you could potentially cut down on. The one way to figure out all these variables is by making a budget. It's an essential tool and the first step towards better financial habits.

Why are budgets important? With a budget, you can make projections for the coming year, which will establish a global vision of your financial situation and help you set your savings goals. Then, make some projections at the start of each month to make sure you're still on track with your initial plan, and follow up at the end of the month to ensure everything looks good.

Step 2: Determine your capacity to save

After you've made your budget, you can figure out your savings capacity, meaning the percentage of your income that isn't used to pay off your required monthly and annual expenses that you can allocate to your savings.

Whether you're saving \$25 per week or per month, that's already a good start. The number doesn't matter. You can increase that number when you're able to. The important thing is to start as early as possible, develop the right reflexes, and turn it into a habit.

Step 3: Define your objectives

Ideally, your very first short-term goal should be building an emergency fund. In fact, saving is also essential for building an emergency fund or

financial cushion that amounts to three to six months' worth of expenses. It will help you pay for your expenses even if you're on disability, if you lose your job, etc.

If you've managed to free up some money you can put towards your savings, we recommend defining your goals and the timeline for them. You'll always be more motivated to save if you have a specific goal.

Step 4: Make a savings plan

After that, we recommend making a savings plan to reach your goals. Your savings plan should address these two questions: how much do you want to save up, and how long are you giving yourself to hit that number?

Once you have the money you need for a car, for example, don't stop saving. Maintain those good habits.

Step 5: Choose the right account

It can sometimes be hard making heads or tails of TFSAs, RRSPs and savings accounts. That's why the expert recommends meeting with an advisor. They will explain the different types of investment vehicles to you and suggest the one that's most appropriate for your goal.

Step 6: Meet with an advisor

No income or goal is too small. Some people don't make a lot of money but still manage to set aside a good amount. Often, it's just a question of reflexes and habits.

Finally, keep in mind that saving doesn't mean depriving yourself. There's no immediate gratification. But the day you reach your goal thanks to your savings rather than your credit card, you'll feel a great deal of satisfaction. Saving means preparing for your future.

Questions? Reach out to us at anytime at terry.sutherland@nbc.ca.

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HRM MLAs and MPs Working Hard for YOU!

A Message from Darrell Samson the Member of Parliament for Sackville-Preston-Chezzetcook

Update on Affordable Childcare

There are many social and economic benefits to our government's **Early Learning & Child Care** program that aims to see a reduction of 50% in fees by the end of this year toward \$10 per day in 2026. So far, we have signed agreements with nine provinces and two territories to bring affordable child care across Canada.

Implementation of this program is led by the respective provincial/territorial governments, which are outlined by their Action Plans to use the federal funding.

The province of Nova Scotia had an ambitious plan to build an affordable system, which required private operators to switch to a non-profit model. It is my understanding that the Alberta and New Brunswick model are not requiring private operators to switch to the non-profit model.

The private and public sector have done a fantastic job in delivering child care services in the past and I'm confident that they can play an important role in the newly created spaces in Nova Scotia. We must ensure that no providers

get left behind.

I have been meeting with childcare providers in the riding who have also shared their concerns regarding the private sector's delivery of childcare, and I will continue to advocate for both sectors.

African Heritage Month 2022

This year's African Heritage Month provincial theme, *Through Our Eyes: The Voices of African Nova Scotians*, recognizes the long-standing history of people of African Descent in the development of Canada. This theme explores and examines the affects of anti-black racism and the voice of African Nova Scotians who blazed the trail for change.

Nova Scotia has over 50 historic African Nova Scotian communities with a long, deep, and complex history dating back over 200 years. African Heritage Month provides us with another opportunity to celebrate their culture, legacy, achievements, and contributions – past and present. I hope everyone has an opportunity to learn more about this important part of Nova Scotia history.



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Halifax West MP Report

By Hon. Lena Metlege Diab, QC, Member of Parliament, Halifax West

I want to wish all families in Halifax West all the best as we approach Nova Scotia Heritage Day! This year, we recognize a special honouree: the landscape of Grand-Pré, our very own UNESCO-recognized world heritage site. This year's Heritage Day—February 21—coincides with the tenth anniversary of this designation, and it's a fantastic time to learn more about the significance of the area, its use, and its meaning to those who have farmed, settled, and made the land into what it is.

As your Member of Parliament, I'm pleased to be back for our first sitting of the year. Although it is a hybrid virtual and in-person sitting, I am feeling confident that increased vaccination and booster coverage are working to help us get past

this Omicron wave and back to more normal routines.

In fact, the federal government continues to supply vaccine in large numbers to ensure every Canadian will be able to be fully vaccinated and boosted. On that front, we've made quite a lot of progress. As of January 30, almost 89% of Canadians over the age of 18 had been fully vaccinated, and 15.3 million booster shots had been administered. In Nova Scotia, as of January 28, over 64% of children aged 5-11 had received their first dose of a pediatric COVID-19 vaccine.

We also continue to take important steps to counter harmful misinformation and encourage vaccine uptake. Through the Government of Canada's Immunization Partnership Fund (IPF), close to 100 organiza-

tions across the country have received support to deliver evidence-based and culturally relevant projects to encourage COVID-19 vaccine uptake in our communities. Last year, an additional \$14 million was invested in the IPF to address misinformation and disinformation. This funding helps empower organizations serving marginalized and vulnerable communities locally, and I'm pleased to see the impact these efforts are having here in Halifax and in Canada more broadly.

Finally, I'd like to encourage Halifax West based non-profits and community organizations to reach out to my office to learn more about potential federal support for projects and programming. I am happy to help connect you with programs that might be helpful

for your organization and to assist with applications. Some programs—including the Canada Community Revitalization Fund, the

Active Transportation Fund, Skills for Success, and The Low Carbon Economy Challenge Champion stream—are time sensitive, so don't

wait if your organization could benefit from accessing them.

Thank you for your continued support!



Lena Metlege Diab
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HRM MLAs and MPs Working Hard for YOU!

A Message from Braedon Clark MLA Bedford South

Hi everyone,
Well 2022 is off to a busy start.

Our Federal and Provincial governments jointly announced that childcare costs will be reduced for all families across the province. After much public outcry the original March 18th deadline imposed by the provincial government on private daycare operators to decide their best options to participate was rescinded. Thank you everyone who let me know how this impacted your lives and that of your children so that I could work on your behalf with my colleagues to make sure the people directly involved are listened to and that clear answers are given to their important questions.

Nova Scotia Power let us know of their proposed application filed to penalize users of solar energy and to have a rate increase. My colleagues and I are currently meeting with stakeholders involved but it will take all of us to make our

voices heard. The Nova Scotia Utility and Review Board will hold a public hearing at a later date where you are encouraged to let your thoughts be known. So look for updates on this.

February is African Heritage Month in Nova Scotia. This is a great time to celebrate and learn more about the history, culture, and contributions of African Nova Scotians. So have fun participating in the many planned events.

February 21 is Heritage Day. To mark the 10th anniversary of the Landscape of Grand Pré becoming a UNESCO World Heritage Site, we will celebrate its

rich heritage which features a traditional agricultural settlement still in use today. It is also an iconic place of memory for Acadians everywhere.

Wishing everyone a happy Spring and let's hope the Easter Bunny finds you in April and leaves you some well-deserved treats. Make sure you, your family, and friends take some time to get outdoors to enjoy some of our province's beautiful trails. Being outdoors and connecting with nature is so important for our overall well-being. Stay safe and healthy.

*Braedon Clark, MLA
Bedford South*



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A Message from Rafah Di Costanzo MLA Clayton Park West

As we enter 2022, I would like to wish all of my constituents a very Happy New Year. While last year had its challenges, it also had many bright lights. For our community, this included the welcome news of the start of construction of the Bayers Lake Outpatient Centre. I continue to advocate for a twenty-four hour walk-in clinic to be added to the outpatient centre that can serve our communities for minor emergencies. I was also able to successfully advocate for the Newcomer Health Clinic to receive necessary support to build their capacity and continue accepting new patients. Furthermore, I was proud to stand with a team who introduced important pieces of legislation in the last house session that will help to tackle important issues in our community including on housing, anti-racism, and healthcare recruitment.

This year, I look forward to restarting our Litter Prevention Committee, and our Clayton Park West - Connecting Seniors Committee. These are bimonthly meetings held via zoom until it is safe to hold them in person once again. Anyone in the riding is welcome to attend and we appreciate your input and ideas! Please contact our office for additional information.

I would like to remind everyone that I host Coffee & Conversation the first Monday of each month (with the exception of holidays), which is an opportunity for me to meet

with constituents and organizations to share, learn, and offer assistance when needed. To schedule an appointment, please contact our office.

Be sure to follow my social media, as our office shares news from the community and government that may benefit you or someone you know! As always, it is an honour to serve as your MLA, and I know that together, we will continue to ensure Clayton Park West is an incredible place to live, work, and play in 2022!

*Rafah Di Costanzo, MLA
Clayton Park West*



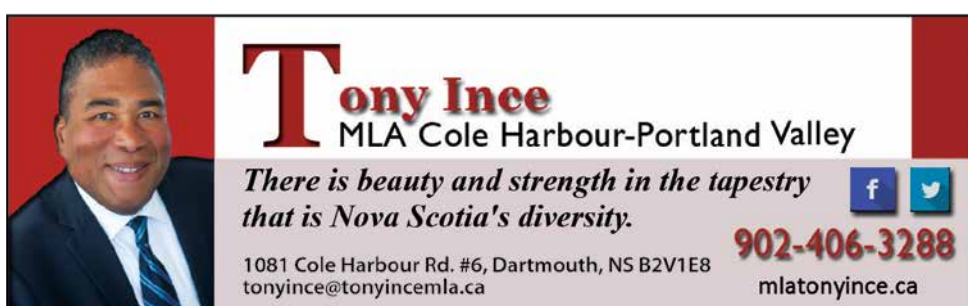
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A Message from Hon. Tim Halman, MLA Dartmouth East

Hello Dartmouth!

I want to take the opportunity to update you on some exciting developments going on in Dartmouth.

A new Addictions Care Centre is open in downtown Dartmouth. The recovery support centre is the first local hub for adults requiring less intensive withdrawal management support. Services that are provided at this site include in-person assessments, group programming, as well as recovery and/or harm reduction supports. People can access these supports by visiting the centre at 45 Alderney Drive, or by calling the centre directly at (902) 425-3439.

The new 24-bedroom Bryony House shelter, for women and children fleeing family violence, is complete. This shelter was built from the ground up with purpose; the new space will help women and children thrive as they heal from experiences of abuse. We look forward to more updates from

Bryony House as they come.

Finally, there is steady progress being made on the Affirmative Ventures Association's Main Street Centre project. This housing project will bring 45 affordable residential units to Dartmouth East and provide an independent living facility for mental health consumers and seniors. Construction is expected to begin in early summer. A big thank you to the team at Affirmative Ventures for their persistence and dedication to this project.

These are just three examples of the exciting things happening around Dartmouth. If you know of something else exciting happening in the Dartmouth East area, I would love to hear about it! You can contact my constituency office on Monday - Friday, between 9:00am and 4:00pm at (902) 469-7353 or timhalmanmla@gmail.com

Take care Dartmouth.

HRM MLAs and MPs Working Hard for YOU!

A Message from Ali Duale MLA, Halifax Armdale

This past month has been very challenging for our province. There have been many changes in day-to-day life as a result of continuing to adapt to Covid-19, and to top it off we got a massive storm every weekend. With Shubenacadie Sam predicting plenty more winter in front of us, I wanted to highlight some of the warmer things going on in our community.

Nova Scotians have shown a passion for protecting the environment and building momentum around an expanding green economy. As such, there are two major initiatives underway that support that passion. The province has recently announced a \$500,000 investment in electric charging stations, the infrastructure groundwork that will enable a switch to electric transportation in the near future. As well the province has prioritized land conservation, receiving another \$1.5 million to protect more natural areas in Nova Scotia through the federal

government's Canada Nature Fund Target 1 Challenge fund. Since 2020, about \$1.2 million has been used to buy about 526 hectares of land across the province. This land will eventually become parts of nature reserves, wilderness areas, provincial parks or other protected areas.

Finally, I want to introduce an initiative in the Armdale Community. I want to hear about the history of our riding, the stories from Armdale's past. There will be social media pages created in the coming weeks that can serve as a platform to share stories of our diverse community. To keep up to date with the Government's plans, the community initiatives, or have some thoughts you would like to share with me, please reach out to my Constituency Office at (902) 454-2102.

"There is no power for change greater than a community discovering what it cares about."

—Margaret J. Wheatley



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MLA HALIFAX ARMDALE
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Emotional Resiliency in Children

By Claudia Chender, MLA Dartmouth South

As a parent of three children under 10, I know firsthand how the past two years have taken a toll on kids and families. As parents, we know that stability and routine are cornerstones that help our children feel safe, grow, and thrive. But so many parents and guardians are immensely frustrated by how the pandemic has upended routines and so many aspects of day-to-day life we once took for granted.

School closures, online learning, lockdowns, school re-opening, virtual birthday parties, milestones celebrated and mourned without extended family present are leaving many people, especially parents and children, anxious. The IWK has created and released a free online series to help parents help their children through these uncertain times. You can find it at: www.iwk.nshealth.ca/mental-health/parents/road-resilience-webinar-series.

The IWK also released a helpful guide for having these conversations:

- **Be Open:** Be open to talk and be curious about what your kids know and what they want to know.
- **Validate:** Discuss how it makes them feel and let them know you understand.
- **Monitor:** Limit news and social media about the pandemic. Correct inaccurate information.

- **Schedule:** Try to keep to a regular schedule for the day. Have your kids participate in making the schedule.
- **Prioritize:** Focus on today and the present as much as possible. Take time for self-care such as getting outdoors, exercise, social connection, family time, mindfulness.
- **Emphasize:** Emphasize what is in their control: Following public health recommendations, keeping to a schedule, finding positives, being kind.

Take care and don't hesitate to reach out to my office with your questions or concerns at claudiachendermla@gmail.com or 902-406-2301.



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Halifax MP

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FUN

Places To Go!

The Weather Will Break

By Pete Cullen, Executive Director, Ross Farm Museum

I know it feels a little more like winter with each weekend storm, but if you squint you can just about see the other end of the tunnel! We can just about see SPRING! I promise! It is there! It will come!

When it does, there will be time to spend outdoors without shovel in hand, without moon boots, scarves, hats and mitts. Masks or no masks, we will be able to recognize each other again without the all the woolens, knits and hoods!

Whatever the prevailing winds blow in, however, the most important thing is to get outdoors! We're looking forward to winding down the winter with taboggan-making and snowshoe making demonstrations. Moving into March, it will be maple-syrup time! Those cold nights and warm days will remind us of winter but also prepare us for Spring!

The winter blues can drag on, but the best defence is the great outdoors! Go for walks, build a snow sculpture, get into the woods, parks, fields! The fresh air and exercise will help stave off the blahs until it Spring starts springing!



A sure sign of spring at Ross Farm—rhubarb sprouting.

At Ross Farm, spring means lambs! Spring means flowers and planting. Spring means fresh, sweet air. Spring is that wonderful time between snow-flies and blackflies! We will be working on the gardens, welcoming our chicks, piglets, calves and lambs, fixing our fences and moving from the memories of mittens to enjoying the sun on our faces! Maybe you can come and join us! Wherever you are, however, DO take time to get outdoors!

There are so many places across the province that

combine the outdoor running around that we all need with something new you can learn and do! As much as winter storms may keep us inside by the fire, plan some outdoor activities to keep you fresh. There is a lot on offer across the province and now is the time to come up with ideas. As soon as the sky (and roads) are clear—be ready to take advantage!



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keep forever? Our resident wild bunnies are all always hopping around, waiting for a nibble of complimentary bunny food! And don't forget to make a splash in our indoor heated pool, hot tub or make self-care a priority and sneak over to our spa.

Savour elevated Maritime favourites and ocean views in Elliot's Dining Room or grab a pint and a bite in Founder's Lounge. In the evening, think nightly bonfires with marshmallow roasts or smores and live entertainment to satisfy your sweet tooth and fill you with cheer!

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FUN

Places To Go!

The Royal Nova Scotia International Tattoo is BACK in 2022, from June 25-July 2



*The Flying Grandpas, 2016 Royal Nova Scotia International Tattoo
Photo: Trevor MacMillan Photography*

Parents, are you looking for a fun summer outing that's affordable and fun for the entire family? This summer, kids are free at the Royal Nova Scotia International Tattoo!

After a two-year hiatus, the Tattoo is back and ready to bring the best in international entertainment. Pipes and drums, brass bands, dancers, choirs, acrobats, singers, athletics, display teams and more celebrating the return of live family fun.

For every adult/senior ticket you buy, you can add a FREE kid ticket to your order. Need additional kids tickets? Buy them for only \$30 outside of the 1:1 ratio.

The 2022 Tattoo will feature performances by The Flying Grandpas, Heeresmusikkorps (German Army Music Corp) Neubrandenburg, and the German Bicycle Team (all from Germany); the IMPS Motorcycle Display Team from the United Kingdom; and the Russian Bar Trio and the Vancouver Police Pipe Band from

Canada. New performing groups will be announced throughout the spring.

And that's not all! This summer we're introducing our new friend and mascot Drummie the Black Bear. Drummie has dreamed of being a Drum Major in the Tattoo his whole life. Will he finally get that chance? Buy your tickets and find out!

Don't miss Nova Scotia's premier summer spectacle. Visit www.nstattoo.ca to buy your tickets. We'll see you this summer!

The Royal Nova Scotia International Tattoo runs from June 25-July 2 at the Scotiabank Centre in Halifax. Visit www.nstattoo.ca to buy your tickets and get your free kids tickets!

The Royal Nova Scotia International Tattoo will follow all health and safety guidelines in place at show time. If public health requires that the show is cancelled, you will receive a full refund.

FUN Places To Go! FUN Places To Go! FUN Places To Go! FUN Places To Go! FUN Places To Go! FUN Places To Go!



ROYAL NOVA SCOTIA INTERNATIONAL tattoo

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March Break & Summer Camp Guide March Break & Summer Camp Guide March Break & Summer Camp Guide





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MARCH BREAK with Us 2022!

Join us this March for an exciting week of camp! Every day of camp includes fun and engaging activities tailored to each camper's age group!



 Camps for 4 - 12 year olds

 4 camps to choose from

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March Break Camp is an investment that gives back through life experiences, fond memories and new friendships. Our goal is for each camper to have a positive experience in a safe and caring environment that allows each one the opportunity, confidence and freedom to learn about our wonderful world and all the ways we were created to interact with others and our surroundings.

Super Science Sleuths Adventurer Camp

Grade Pre-primary and Primary

Join us for an awesome week of sleuthing, investigation, creation, and discovery. Our camp is designed to encourage young children to explore and think creatively about our world. Campers will engage in slime making, dough building, sending secret messages, and getting messy in BIG ways. They will learn through play by engaging in multiple age-appropriate enrichment activities. Seeing, hearing, talking, touching and tasting. Examples: oobleck slime, Puffy paint, cloud dough, mud painting, slime bubbles, using textiles and crafting recyclable art sculptures etc.

Pokemon Craze & Mythical Creatures Camp

Grades 1 & 2

Discover a world of imagination! We'll get creative based on our favorite mythical creatures like Pokémon, unicorns, dragons, fairies, & mermaids! Get creative and make your own Pokémon cards, unicorn horns, dragon eggs, and creatures. Mold and design 3d versions with mixed media. Get outside and explore the woods while hunting for Pokémon and catch 'em all! Make a costume for the final parade. Are you ready to be a Pokémon master?

Art Smart / Mad Science

Grades 3 and up!

If you love getting messy and creating art, this is the camp for you! Campers will have a blast being creative and imaginative, inside and outdoors. We will work independently and collaboratively creating masterpieces inspired by Canadian art and global art movements. We will learn different artistic techniques and explore different mediums such as acrylic and water colour painting, drawing, construction, textile and recyclable art sculptures. On the last day of camp, the campers will make an exhibition where your young artists will proudly be displaying their masterpieces! Think smart, join Art Smart!

Minecraft / Roblox

Grade 2 & up!

Sign up for an EPIC week of fun during this march break. Campers will participate in a variety of Roblox and Minecraft themed games and challenges on the computers, as well as gym and outside activities based on both of the hit games. Don't waste this golden opportunity to make new friends while playing popular games with endless possibilities that everyone enjoys! Hope to see you there!



Register Online at: www.creativekids.info
902-832-5437 Centre Hours : 7:00am – 6:00pm



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March Break & Summer Camp Guide

Kindle the spark for a life-long passion for learning in the performing arts!

The Maritime Conservatory of Performing Arts is uniquely able to offer Music and Dance instruction under one roof which means your whole family can enjoy inspiring activities within our arts community.

We offer year-round classes and camps for children and youth taught by instructors who are amongst the best in Canada. Getting the right building blocks for a solid arts foundation is critical in starting down the path of a lifetime of pleasure within the performing arts.

Our experienced and specialized faculty are committed to inspiring students of all ages to reach their goals and our internationally accredited Kindermusik and Early Childhood Movement programs are the perfect starters beginning at age 0!

The benefits are many when learning new skills in our summer camps in a safe and nurturing environment. We have a wide variety of camps and

courses to offer: dance camps for all ages run right through the summer culminating in a pre-professional dance intensive at the end of August.

We also offer mixed dance and music camps, where children get a chance to become familiar with instruments and learn to play them during their daily camp routine.

The School of Music offers beginner violin and cello classes, camps, a musical theatre intensive, and brass camp.

The Conservatory is a supportive and safe space for children and youth to be inspired, learn and grow as they begin their journey in the arts or to continue with their already found passion within our arts family at the Conservatory.

Come and visit us in our beautiful heritage building and find out what we have to offer! Start by checking out our website at www.maritimeconservatory.com.



Excellence in performing arts starts here.



Prepare your child for a bright future in performing arts at the Maritime Conservatory.

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Our Kindermusik, Early Childhood Movement (ECMP), Children's Ballet classes, and instrumental lessons (for piano, violin, cello, woodwinds, brass instruments, guitar, harp, e-guitar and e-bass) will enhance your child's focus and attention span, promote social skills, language, mathematics, creativity, self-expression and self-confidence.

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Health & Wellness

One Size Fits One – New Custom and Clear Braces!

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



We have all heard of braces and Invisalign, but what about the latest new style of braces, 3D custom digitally printed braces that are custom designed for each patient? The name is LightForce and it is making history! By implementing a revolutionary new style of braces technology, local Orthodontists have taken us into a new age of orthodontics, and we are excited about it for our patients! There was the introduction of Invisalign, but not since 25 years has there been any drastic change in the design and function of conventional braces. And we have needed this, as not everyone is suited for Invisalign. LightForce was created by Orthodontists for Orthodontists, so they knew the challenges that both patients and they, themselves, were facing. As a result, this braces technology has hit the orthodontic world with a great deal of excitement and promise. Just recently, LightForce Orthodontics secured \$50 million series C funding led by Kleiner Perki. They, and other investors believe in this revolutionary new 'one size fits one' braces!

Always being on the cutting edge of technology and education Orthodontists, Dr. Sarah Davidson and Dr. Dan Stuart were a few of the first offices in Canada to be part of the limited release of the crystal-clear bracket. And now, they are among the first in North America to have started 100 cases with LightForce!

But what exactly is LightForce and what does this mean to our patients? To begin with, they are fully customizable. Perfect fit for any tooth, no matter the size, the shape or surface.

Planning for LightForce braces is entirely digital, meaning no uncomfortable impressions or plaster models! LightForce treatment also takes a patient's

jawline, lips and facial layout into account, which improves the final outcome and appearance.

LightForce customized braces are created with 3D-printing technology that results in the only true custom braces system, providing true personalization in 3D bracket technology. By offering 3D-printed brackets that can adapt to every change in tooth position, the custom treatment can be carried out with precision and accuracy, enhancing the final outcome. In orthodontics a millimeter is a big deal!

Furthermore, the brackets are white, patient-specific 3D-printed ceramic polycrystalline alumina brackets with no more metal!

And finally, because of the 3D digital printed bracket, there are fewer office visits required, fewer broken brackets and generally shorter treatment times. A clear win/win for everyone! It is

thrilling to know that we have access to this amazing new clear, cutting edge and custom technology right in our own local communities! Check it out, it may be just what you have been waiting for!

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), The Brace Space (Sackville), Stuart & Davidson Orthodontics (Dartmouth) and Halifax (opening soon!), offering conventional braces, LightForce braces and Invisalign for children, teens and adults. For more information, contact (902) 455-7222 or (902) 252-7222.

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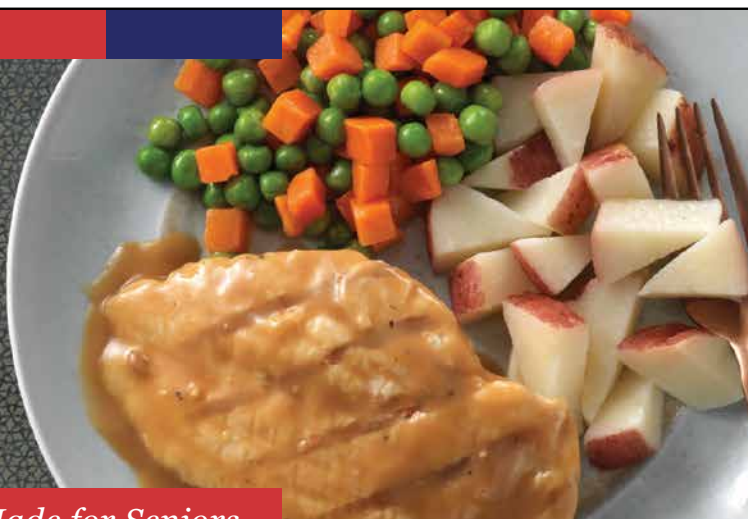
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Education

Why is the Third Grade so Important?

Submitted by Oxford Learning

There are many milestones students go through during the school years—their very first day of school, the first school dance, graduation, and more! However, one year that commonly goes under the radar as a milestone is the third grade.

It doesn't seem like a cause for celebration, but the third grade marks a huge transition for students. This is the year when schoolwork switches from learning to read to reading to learn.

When learning goes from decoding words using the alphabet and phonics to interpreting fact-filled texts, children can struggle with:

- Improving fundamental literacy and comprehension skills
- Poor grades
- Short attention spans
- Lack of confidence in the classroom

A study found that third-graders who lack strong reading skills are four times more likely to drop out of high school.

Unfortunately, students are struggling with reading and comprehension more than ever due to the COVID-19 pandemic.

Tips to Improve Reading Struggles

When ignored, weak literacy skills can escalate into serious learning struggles. Luckily, there are strategies available to improve reading skills at home. The ones below are great for readers of all ages and are easy to implement in your daily routine!

1. Schedule regular family reading sessions at home.

2. Engagement is crucial. Find reading materials that your child truly enjoys. When students feel connected to what they learn, they are more engaged in the information. Teenagers especially need to feel the schoolwork they are doing is relevant to their lives and the world around them.

3. Encourage connections with stronger readers in the classroom. Children learn best from their peers.

4. Go back to basics by focusing on phonics, word recognition, and syllables.

5. Read this blog post on improving reading comprehension or this one on encouraging good reading habits.

Another Effective Way to Improve Literacy is Tutoring!

Let us help your child become a more confident and motivated student! Our expert instructors are a great addition to your child's learning team by supporting them with strengthening thinking and learning skills while simultaneously improving reading and writing skills. There's still time to get ahead!

Now offering online & in-person classes, Oxford Learning provides students with the opportunity to learn from anywhere & still fit learning into their busy schedules.

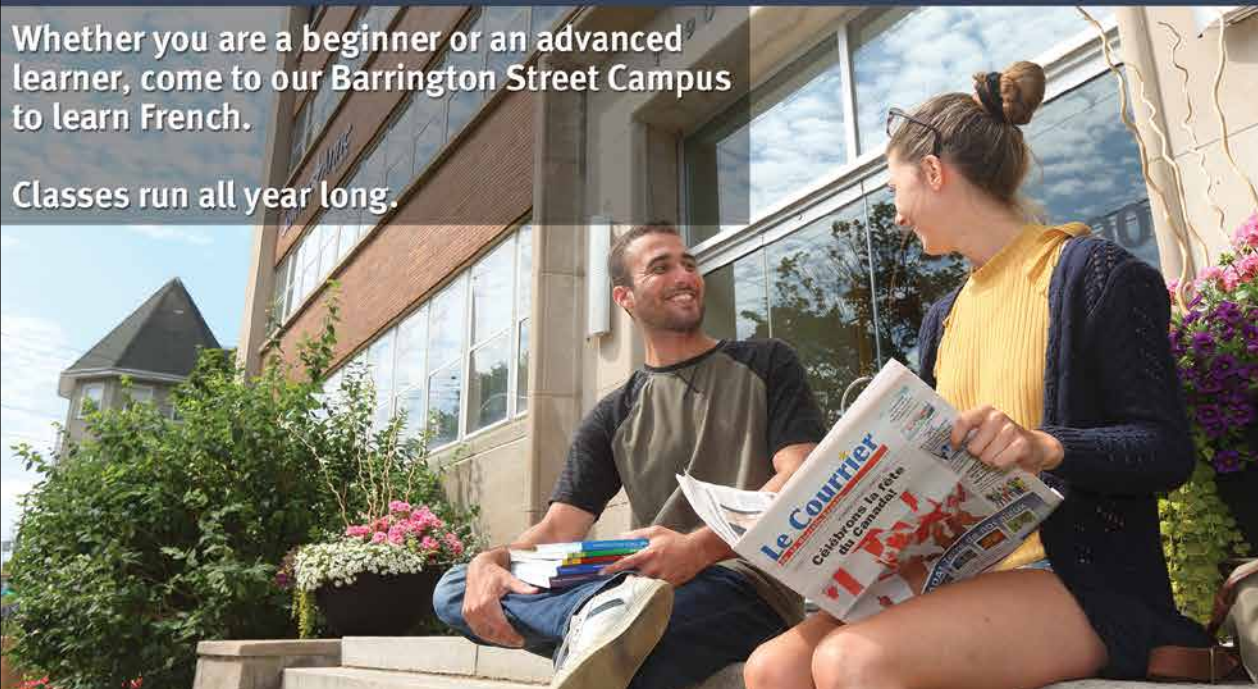
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Education

Acknowledging Cultural Diversity in Early Childhood

By Angie White, The Growing Place



Image: Prawny @ Pixabay

In recent years the cultural diversity of Canada has grown and it's not just international students coming for university. Families are coming to settle and put down roots. Nova Scotia has welcomed thousands of new families and is noticed more in Early Childhood Education Centers.

Early Childhood Educators have adapted really well and welcome these new little ones with open arms and try to learn about their culture to share with their classes. We, at The Growing Place, now celebrate many cultural holidays. We invite families to let us know about them, traditions they have, foods they eat. We do up bulletin boards to show other families and teach them a little about the celebrations. We read stories, sing songs, and do activities based around the holidays. The children are very engaged in this learning as it something new.

We also have many staff who aren't from Canada as well and we often celebrate with potlucks for teachers. Recently, we celebrated Diwali. We have several teachers and families from India, and it was a beautiful site to see. Teachers came dressed in their traditional clothing and shared a traditional pizza with us. Classes colored and made lanterns and candles for the day as well has read stories and danced to their traditional music. Some teachers have even taught their classes a

few phrases in their language of Punjabi, Korean, Chinese, and Japanese to name a few.

Letting these families know that they are welcome is an important part of learning and being inclusive to cultural diversity. We do what we can to make them feel like that are part of our daycare family. We do learning boards, we have a welcome board with "Welcome" wrote in the languages of staff and families, we do activities and engage with families to learn about them and share with others, we participate in professional development to help us learn more about diverse cul-

tures and how to go about teaching it in our classes. It is something we are proud of, and we hope our families are as well.

Angie is currently our Assistant Director at The Growing Place (Pleasant Street location). She also serves as Inclusion Co-ordinator where she specializes in supporting children with special needs in our classrooms, as well as offering support to families. Angie is also our Arts and Crafts expert and is an endless creative resource for our classrooms.

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CRAFT CORNER

Spring Eggshell Planters

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts

I am so “egg-cited” that spring is just around the corner! I start saving eggshells sometime in February in preparation for egg decorating season. Besides decorating eggs for the spring season with the pysanky technique I thought it would be fun to use some of the shells for seed pots and to add an extra bit of spring decorating.

Eggshells are the perfect size starter cups for seeds. The calcium carbonate and nitrogen in the shells will also help nourish plants as they start to break down in the soil.

You want a good size cup, about 2/3 or 3/4 of the shell. Start by gently cracking an egg at the narrow end and pulling away the top. Poke a small hole in the bottom half of the shell with a needle and wiggle it around to create a drainage hole. Wash and dry the shells thoroughly to kill off any bacteria.

Fill each shell 3/4 of the way full with dampened seed starting soil mix. After adding the soil, follow the instructions on the seed package for planting depth. Gently sprinkle a bit of potting soil over the top of the seeds to cover. Generally, you want to leave soil somewhat loose on top of the seeds. Give each cup a



light watering with a spray bottle and put the tray on a sunny windowsill. It is important to keep the potting soil moist without over-watering. Use a spray bottle to spritz the seedlings every two or three days.

Use a marker to write the name of the plant on the eggshell for reference. You can also simply decorate the shells before you plant in them for a pretty display.

These eggshell planters are so cute once the seeds start to sprout. If you want to make a display in time for an event or occasion you need to check the label on the seed packet for days to germination and count backward. If the packet says they will germinate in



10-14 days it means you need to plant the seeds at least two weeks, or longer, to make sure you will have seedlings popping up to give as little gifts at your springtime gatherings.

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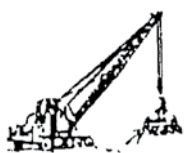
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FOR THE LOVE OF PETS



Veterinary Medical Acupuncture

Courtesy of Carnegy Animal Hospital



Photo: Werk Luuuuuuu, Unsplash

What is acupuncture?

Acupuncture is the stimulation of specific points on the body via the insertion and manipulation of very fine, sterile, taper point needles in the superficial tissues of the body. Each treatment is tailored to your animal's unique situation based on a thorough medical history review, careful physical examination and assessment of the body's neurological and musculoskeletal systems. A certified specialist builds on the tradition of the ancient Chinese Acupuncturists by incorporating modern neuroscience.

How does it work?

Scientifically speaking, acupuncture enhances blood and lymph flow at the local level, relieves myofascial trigger points, modulates traffic in the spinal cord and peripheral nerves, causes release of anti-pain and anti-inflammatory molecules from the brain stem and local tissues. Acupuncture improves the balance between the sympathetic (stress response) and parasympathetic (rest response) nervous systems.

What kinds of things can you treat?

Although a wide array of medical conditions can benefit from acupuncture, these are some common conditions that we treat:

- Arthritis
- Neck and Back Pain
- Neurologic Dysfunction
- Wound Healing
- Gastro-intestinal Disease
- Voiding dysfunction
- Post operative/trauma recovery (as part of rehab/physical therapy)
- Palliative care (from injury, surgery, or other disease process)

Does acupuncture hurt?

Most patients find their treatment enjoyable, or at least tolerable. Some pets even fall asleep during treatment.

Are there any side effects?

Acupuncture has been used for thousands of years as a safe and gentle treatment for many diverse health problems. In the hands of a qualified and appropriately trained medical professional, acupuncture is incredibly safe. On occasion,

some patient's symptoms may seem a little worse the day after treatment. Usually within a day or two this effect passes.

What is a typical treatment like?

The specialist will perform a complete physical examination, including a careful evaluation of your pet's musculoskeletal and nervous systems. One of medical acupuncture's main tenants is that **appropriate treatment can only stem from appropriate diagnosis.**

Follow up appointments:

During subsequent appointments, various parts of the initial visit are normally repeated, but a reexamination may indicate a need to alter the treatment plan.

How many times do animals typically need to be treated?

Normally two to four treatments lasting 30-40 minutes are given within the first month. The frequency is then tapered to what is appropriate for each case.

What should I bring to an acupuncture appointment?

- Treats that your pet loves (especially if your pet has specific dietary needs.)
- Your pet's favourite bed/blanket/pillow.

- Comfortable clothing that allows you to sit on the floor with your animal if you wish.

How should I prepare my animal for acupuncture?

Take your dog for a relaxing stroll before your appointment. Try not to schedule any stressful or exciting appointments (grooming, play dates, routine vet visits, etc) back to back with acupuncture. Try not to change your daily routine. Cats are especially sensitive to non-verbal cues. Give any prescription medications or supplements as usual.

Does acupuncture always help?

We expect a few cases to appear miraculous and a few to not respond at all. The majority (about 80%) will get at least some benefit. Acupuncture does not replace regular veterinary medicine and other treatment modalities. Each animal is unique and different. We do think acupuncture represents a valuable adjunct therapy for many problems and can frequently reduce dependency on more invasive or side effect prone treatments.

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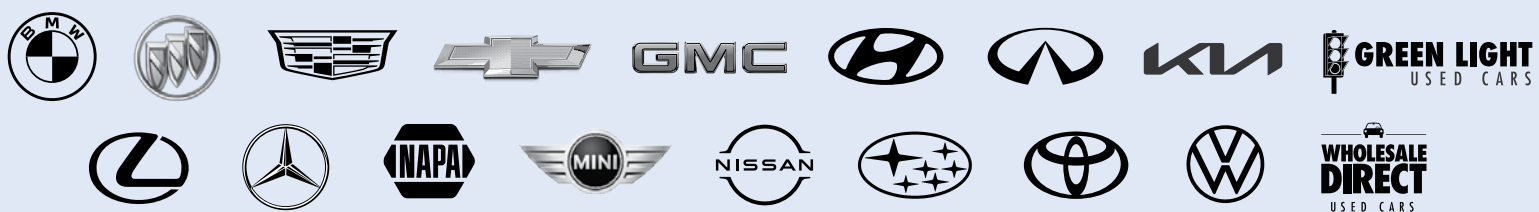
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