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The Parent-Child Guide newspaper is published by Rockwell Publishing Incorporated, Halifax. We are Metro's only Oldest and Largest, Free Family Newspaper established in 1995.

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NEXT PARENT-CHILD GUIDE


Will Be Our Summer Edition with Summer Camp Guide and Regular Sections!

Printing on June 19 • Advertising Deadline June 8

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Congrats on your 20th year!

Parent-Child Guide 20th Year Anniversary Edition, Thank You Very Much!



Finally, it is here, Our 20th Year Anniversary Edition, and I would like to thank very much, all of our Loyal Advertisers, Writers and Readers for their Support over the last 20 years.

Reflecting back, it just seems like yesterday, it was April 1995, when I started the Parent-Child Guide Newspaper preparing for our First Edition, with an enthusiasm and pride, now it is April 2015, (20 years later) How Time Flies by us! And I still have the same passion and enthusiasm for the future.

I really am appreciative and very grateful to all, who have advertised, contributed articles, and all the kind words that readers and advertisers have expressed about the Parent-Child Guide, providing local, informative, contemporary, useful articles, along with our regular features within the Newspaper for 20 years.

I am also very grateful to the many advertisers that have advertised in support of the Parent-Child Guide Newspaper for 20 years and the many advertisers that have supported the Newspaper from 15 to 19 years, also, along with our professional writers who have written very informative articles for 10 to 20 years.

And also, thank you very much to our new advertisers and writers for their support of HRM's Largest and Oldest Local Free Family Newspaper. Thank you to everyone very much who have contributed to the Success

of the Parent-Child Guide Newspaper present and the past 20 Years.

And we look forward to provide family and individual information for the next 20 years.

I also would like to thank my wife, Jennifer for all the hard work and support that she contributes to the Newspaper each day, also thanks to Cynthia, our professional designer for her excellent designing work of the newspaper.

And thanks to our local printer, Transcontinental Printing for their great printing of our Newspaper.

Once again, thank you very much to all, and I wish everyone a very Happy Spring!

Robert Rockwell,
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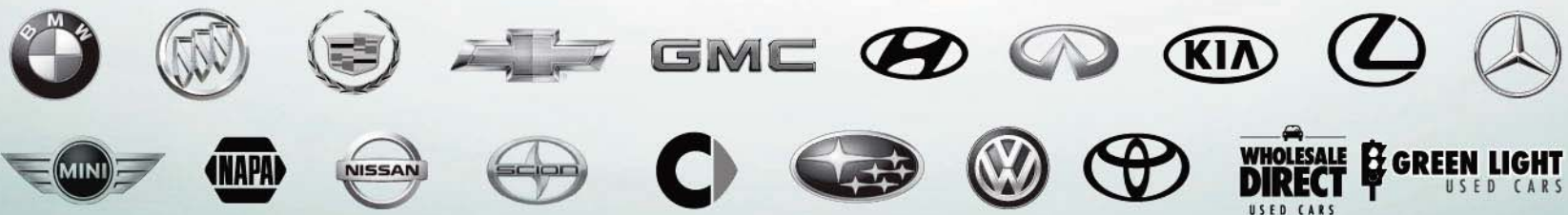
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Walk, Talk, and Breathe Away Stress

By Rodney Keddy, M.Ed – Registered Psychologist

In the busy world in which we live it is good to have some simple, easy-to-do stress reduction techniques at our fingertips. Whether you are the CEO of a large company or a stay at home parent, each of us can benefit from activities that lower stress. And while this article focuses mainly on mental health, I have found that taking a holistic approach to stress is often best, given that many of the practices that reduce mental stress also provide benefits in other areas such as physical health. The current article focuses on three activities most of us take for granted but can be used as practices for stress reduction: walking, talking, and breathing.

Walking

"Above all, do not lose your desire to walk. Every day, I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it."

- Soren Kierkegaard

Walking, which has been shown to provide various benefits for physical health, proves to be an excellent way to de-stress and is great for clearing away mental clutter. I have found that walking for 30-60 minutes

typically provides relief from any troubling thought that has become lodged in my head. It also leaves me feeling grounded and focused. Walking in itself can be a meditative practice, particularly when you pay attention to the details of the movement. Take notice of the sensation of your feet making contact with the ground... the pace of your stride... and how the ground moves under you as you go forward.

Keep in mind as you walk that you are in good company. Many famous philosophers and great thinkers of the past were known to be avid pedestrians. In fact many of them also found great pleasure walking/spending time in nature, another wonderful element you may want to consider for enhancing your walking experience.

Talking

If you have something on your mind that is troubling you, tell someone about it. Remember, *a problem shared is a problem halved*. You may feel most comfortable telling a friend or family member, or perhaps your preference is to share your concern with your pastor or another member of clergy. Speaking with a counsellor/psychologist is another way to explore and address the

problem. It is likely that a professional has experience working with very similar issues, which can help guide you toward ideas and solutions you may not have thought of. I would also recommend a professional if the issue is beginning to have an impact on your wellbeing and you are experiencing noticeable signs and symptoms of distress.

Talking with your partner is also important and decreases the likelihood of experiencing relationship-related stress. Communication is key as it can help avoid the pitfalls of making assumptions and avoidance, two common obstacles to a healthy relationship.

Breathing

While breathing is one of those autonomic activities that takes place with or without our conscious awareness, one of the real benefits of using our breath as a stress reduction technique occurs when we pay attention to it and/or attempt to alter it in some way. How many times have you heard the suggestion "take a deep breath" as a means to collect yourself and ease nervousness, frustration or anxiety?

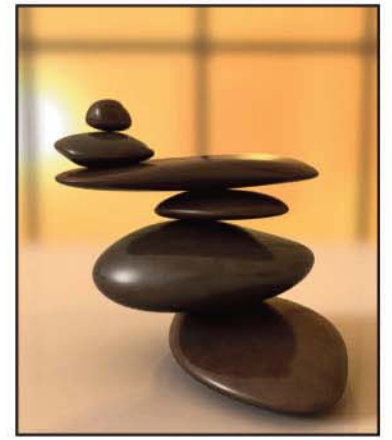
Diaphragmatic breathing (aka belly breathing) is a common and effective

means of decreasing anxiety and inducing relaxation. Diaphragmatic breathing is breathing that is done by contracting the diaphragm, a muscle located horizontally between the chest cavity and stomach cavity. Air enters the lungs and the belly expands during this type of breathing, which is marked by expansion of the abdomen rather than the chest. Many people are learning this technique from health care practitioners and via avenues such as yoga and meditation classes. In fact even as far back as the 1940's Dale Carnegie was teaching about the benefits of diaphragmatic breathing for stress, anxiety, and general health.

So keep in mind these simple tools for stress reduction and soon you will be walking, talking, and breathing your way to a calmer, happier you.

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Ask Away - Questions and Answers with Dr. Nina Woulff



Choosing the Right Therapist for You and Your Family

Are you able to pay for a private practice therapist?
Does the therapist need to be in a certain geographic location?
How quickly would you like to have an appointment?

The answers of these questions will help you narrow down the list. You may also wish to ask the therapist if they have experience treating the kind of problem you are experiencing.

Question: What should I expect will happen in a first meeting with a therapist? Do I have to have something prepared?

Answer: Most therapists simply expect that you speak about the reasons why you decided to seek their assistance. Before your first appointment it could be helpful to consider the following questions:
- Why am I seeking the assistance of a therapist at this time?
- What do I hope to achieve by working with a therapist?
In thinking about the answer to the second question try to envision how you want your life to be different, how you want to feel, think and act and how you would like others in your family to behave with you and each other.

Question: It has been suggested that I seek the help of a therapist for my child - how would I go about finding a good therapist?

Answer: There are a number of ways you can find a therapist. Physicians, teachers, clergy, friends and family members may offer you names of therapists. As well, some professional organizations will provide you with the names of therapists.

Question: Is there a fee charged for seeing a therapist?

Answer: If you meet with a therapist in private practice there usually will be a fee charged for each session, and if you see a hospital therapist or a psychiatrist there usually is no fee charged.

Question: Why would someone go to a private practice therapist if seeing a hospital therapist is free?

Answer: Sometimes there may be long waiting lists to be seen by a hospital therapist. As well, with hospital therapists you usually do not get to choose which therapist you are able to see and appointments may be limited. With private practice you can choose a specific therapist, often the wait time to be seen is shorter, and you can choose an appointment time and frequency that fits your needs.

Question: If I get the names of several therapists how do I choose the right therapist for my family?

Answer: Before you phone a therapist you need to consider some practical issues. Do you need an evening appointment?

and explain many things. Other people prefer therapists who are patient listeners. Therapy is likely to be helpful when your questions are clearly answered, your feelings and wishes understood, and you start to feel hopeful that you and your therapist will be able to shape a better future for you and your family.

Dr. Nina Woulff has a private practice in Halifax which provides psychotherapy for children, teens, adults, parents and couples. For more information, phone 492-1271 or check her website at: www.DrNina.ca



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Understanding Negative Behaviour – Changing the Direction of Your Spotlight

By Dr. Crystal Lowe-Pearce, Registered Psychologist

Why do Children Misbehave? Children don't enjoy getting into trouble. So why do they keep doing the same things over and over? It's because children learn "what works". When a behaviour gets them what they want, it's likely they will do it again to get the same result. So, what are common reasons for negative behaviours?

Attention: The classic example - A child is playing quietly by himself, but as soon as we are on the telephone, it all changes. He asks questions, wants a snack, or interrupts constantly. And we answer the questions, get the snack, and respond to interruptions so we can continue the phone call. Even if we're annoyed, he's hooked us, and has our attention like he wanted. He's learned "what works".

Tip for Next Time: Think about a spotlight - notice where you focus your attention. It's natural to give attention to negative behaviour. We find ourselves constantly responding to it. But giving attention increases the likelihood it will continue. So, change the

direction of your spotlight. Try ignoring negative behaviour, or if you need to, respond with a brief neutral response followed by a consequence. In contrast, when your child does what you want (e.g., if he waits until you get off the phone for that snack), shine the spotlight on his behaviour by giving lots of praise and attention for a job well done. Suddenly, the behaviour that "works" is positive, and your spotlight makes it more likely it will continue in the future.

Getting a Desired Object: We have all seen a child having a melt-down because they really want that candy in the grocery aisle, but a parent has set a limit by saying, "No". Many of us have been there ourselves. And it's embarrassing! So what do we find ourselves doing? Even though we feel cross, and we know we shouldn't do it, we give our child that candy to quiet them... usually with an added statement like, "Ok, but just this time". Our children get what they want, and learn "what works".

Tip for Next Time: People play slot machines because

every once in a while they pay out. If there was a giant sign on the machine that said "Machine Broken" would you play it? Probably not. Children beg for those desired objects, even when we say, "No", because sometimes it works. We need to become like a broken slot machine. If we never pay out after we have said, "No", children will learn that tantrums have no power.

Avoiding Requests: "It's time to clean your room!" A statement very few kids want to hear, and almost always, they have another activity they would prefer to do. So, they ignore you, protest, or might even have a blow-up. And that isn't fun for anyone. Unfortunately, a common response we have as parents is to allow our children to put it off for "just a little longer" because it's easier than the fight. And children learn that negative behaviour "works".

Tip for Next Time: Set your child (and yourself) up for success by giving a choice in planning when she will clean her room (e.g., before or after supper). Offering a reminder

before the time comes works better than expecting her to change tasks with no notice. Build in a reward and use the principle of first-then (first you clean up your room and then you can go to your friend's house). If your child isn't sure how to get started, break down tasks and try using a checklist or visual schedule that they can refer to. Praise cooperation, but also be prepared to follow through - if there is resistance, no fun activities should occur until they complete what you have asked.

Escaping Difficult Tasks: All children face challenging tasks at some point. Whether it's that math problem they can't figure out, or a piano piece or sports move they can't seem to master. So we tell them to practice. But sometimes they get frustrated, yell that they, "just can't do it!", and a battle begins. As parents, we feel badly for them. We understand that it truly is difficult. So we let them out of it, and tell them they can try again later. But once again our children learn "what works" to escape.

Tip for Next Time: Again, it's

all about setting your child up for success ahead of time, before a negative behaviour occurs. If a task is hard, break it down into easier chunks. Shorten practice times, and alternate challenging tasks with easier or more fun tasks. Praise efforts and encourage "coping talk" such as, "I'll give this a try" reducing attention to statements like, "I stink at this!" (remember the spotlight - shine it on things you want to see more of). And don't let your child quit too quickly. Set up reasonable expectations, and follow through. It's an important life lesson to learn to face difficulties that come along.

Remember the Spotlight!

Managing negative behaviours can be challenging, so think about changing your approach. Focusing on praising behaviours we want to see more of (and less on those behaviours we want to get rid of) can break the cycle. Shine your spotlight on positive behaviours - and enjoy pointing out all those great things our kids do every day!

Dr. Crystal Lowe-Pearce & Associates provide evidence-based psychological assessment and intervention services to children, adolescents, and adults. For more information, visit www.crystallowepearce.ca or call 902-495-8197.

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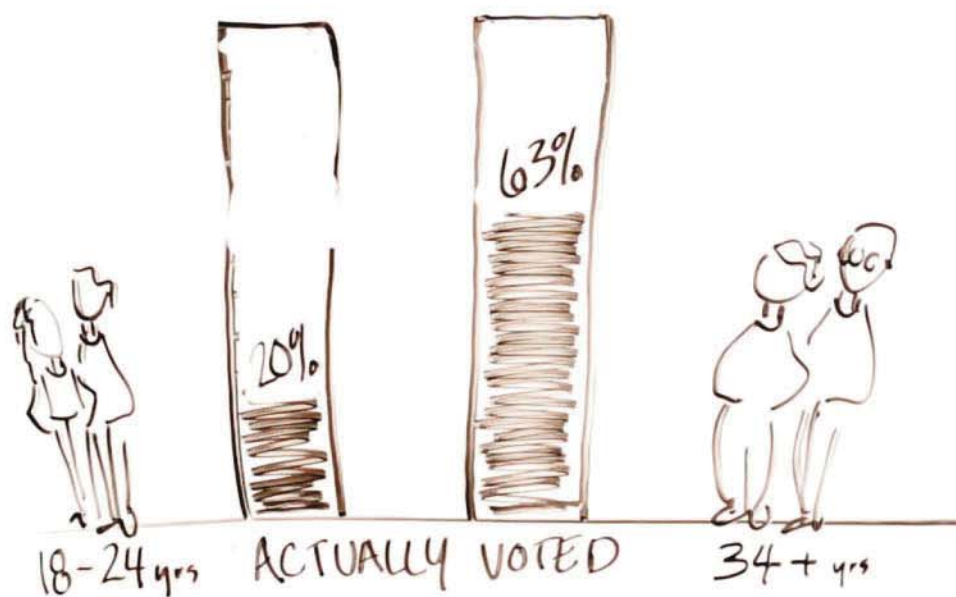
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Rites of passage and coming of age rituals are an opportunity for parents and teachers to give young people guidance, but ultimately let go of some of the control they've had in their lives so far.

We might get to teach her how to drive, but once she's got the keys in hand, we've given up some control on where she goes with the car.

We might give him tips on how to shave, but what he does with his facial hair is out of our control.



When it comes to participation in elections, we can show them how the system works and how to get engaged, but who they vote for, and what they choose to care about is up to them.

For many young people, participation in the most basic political activities - like voting in an election - can be confusing, simply because they've never done it before.

To participate in civic life, young people need support and encouragement from peers and

adults in their lives, and reminders of why it's important to be active citizens.

At Elections Nova Scotia - the independent office that runs elections in our province - we're working with school boards to collect the information we need to register students to vote once they've turned eighteen: their names, birthdays and home addresses.

If a student or parent would rather not have this information released, they can opt out by contacting our office.

Our job is to make sure everyone who is eligible to vote has access to a ballot if they want one.

We depend on parents and teachers to remind young people why voting is important, and give them guidance they need as they discover what it means to be a citizen.

Our website has helpful information for parents, teachers and students. Visit electionsnovascotia.ca and, if you have any questions, contact us at elections@novascotia.ca.

Seniors Section

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Rear-entry vehicles are also a very popular style for family use as it is generally more affordable and requires less structural change to the original van. These vehicles do not require special parking areas and it is easier for the wheelchair user to get in the vehicle.

We can convert your used van as well as brand new vehicles. If you already have a van and want to have it converted, your van will need to be inspected by our specialists to ensure that your current vehicle meets the required safety standards.

Or if you want to buy a new or used car we can help you to find the one that is ideally suited for conversion. If you wish to drive, you can choose to have alternative controls installed to accommodate your unique needs.

Quality Assurance Program
Harding Medical is certified under the Quality Assurance Program (QAP) through the National Mobility Equipment Dealers Association

(NMEDA). The Quality Assurance Program (QAP) is the only nationally recognized accreditation program for the adaptive mobility equipment industry. It outlines specific regulations companies must meet to ensure they have a systematic and documented approach to quality. The program was developed to ensure certified dealers are able to reliably meet consumers' transportation needs in the safest manner possible.

Harding Medical meets all of the requirements of this rigorous program in order to ensure your safety and peace of mind. For more information on the program and how it can protect you please visit www.nmeda.com.

Harding Medical's salespeople will help you every step of the way in selecting the most effective solutions for barrier-free transportation. Financing options are available, as well as funding assistance for those who qualify. Contact us today to discuss your needs and options.



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Looking Forward To A Nice Hot Bath? Of Course You Are!

Seniors look forward to helping themselves and doing for themselves in all aspects of daily living and especially with regard to their bathing concerns; and with this in mind, the number one desire for seniors is to have the ability to be independent, safe and secure while still enjoying a bath or shower on their own timetable.

An ever-increasing number of Nova Scotians are approaching their senior years, and more and more of them are concerned about their ability to age safely and gracefully in their own homes — rather than in nursing homes or assisted care facilities.

Nobody at any age wants someone else to ease them into or out of a bathtub. And no one of any age has any pleasure in having someone else bathe them. It is often an embarrassment for both the bather and bathed. Not

to mention the inconvenience of having to make arrangements, often well in advance.

Affordable walk-in bathtubs and showers can help seniors remain independent longer, while safely enjoying the benefits of hydrotherapy massage in the comfort of their own homes.

We often get questions concerning how installing a walk-in bathtub affects the value of the property. Looking strictly at the demographics of aging, especially in Nova Scotia it is apparent that there will be more, not less demand for some sort of assistive bathing device. Today's models add beauty, safety and functionality to any bathroom. There is no doubt that a properly installed walk-in adds considerably to the value of any room that it is in.

There is no absolute requirement for a modern

walk-in to be installed only in a bathroom. There are many more options available. We want people to see what is available, and what would work for them in their home or even in their cottage. Yes, the cottage — we have a compact model suitable for limited dimension spaces.

At this level of investment, one should insist on seeing, even sitting in the (empty) walk-in tub. Come in with a friend, or a spouse, or a parent. Look around and try them out. A lot of people say they'd never really thought about needing a walk-in bathtub, however, when they see them in person, they love them.

A **bariatric walk-in tub** which can accommodate up to 500lbs (225KG) and offers greater width of 30 inches (76CM) and length for taller people. Easy Entry Bath and Shower offers models with outswing and inswing doors

Continued on page 12.

Walk-in tubs

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www.easybath.ca

Seniors Section

Nordic Walking - A Great Activity for the Entire Family

In many families, three generations Nordic Walk together on a regular basis to get fit. When you walk with poles the exertion does is not as much as one would expect, so families can walk and talk with ease.

If you're looking to try a fun, inexpensive, and low-impact activity that can be done by all ages just about anywhere, look no further than Nordic walking. We know many families and friends of all ages and abilities (including my 8 year old grandson) who enjoy Nordic walking, and you can too!

Done with correct technique, walking with adjustable Nordic Poles improves posture and engages up to 90% of the body's muscles. It doesn't take long to get the hang of it and it's ideal for those eager to burn 35% more than with regular walking.

The poles, with their special straps and feet and the swinging arm and torso motion, ensure a great upper body workout while engaging the back, core and

abdominal muscles. In fact, research shows that for every mile you pole, you engage your abs 1800 - 2600 times. It's like going the gym and doing 2000+ reps with light weights. Best of all, it is a cardio and a muscle workout at the same time. Only swimming gives similar low impact fitness benefits.

Nordic walking is a terrific full-body form of physical activity and fitness. All you need is a good pair of running shoes and quality poles. It's an activity that can be enjoyed just about anywhere: neighbourhood and city sidewalks, local parks, or around the soccer field or local park.

Bill VanGorder is the Founder and President of Nordic Walking Nova Scotia.

Email: Bill@NordicWalkingNovaScotia.ca

Website: www.NordicWalkingNovaScotia.ca

Like us on Facebook at: www.facebook.com/NordicPoleWalkingNS

Honouring our Heroes

By Patricia De Freitas

Canadians experienced the loss of yet another soldier and our nation mourned. This tragic event and the response of Canadians brings to mind a famous quote by Victorian Prime Minister William Gladstone:

"Show me the manner in which a nation or a community cares for its dead and I will measure with mathematical exactness the tender sympathies of its people, their respect for the laws of the land and their loyalty to high ideals."

As Canadians, we honour our fallen soldiers. When Sgt. Andrew Doiron's body arrived in Canada, citizens lined the fence of CFB Trenton, and gathered along the Highway of Heroes as the motorcade traveled from Trenton to Toronto. Flags were flying at half-mast across the country to show allegiance to our fallen soldier. The funeral was held in Ottawa in a military ceremony in Notre Dame Cathedral Basilica.

Why is it important for our

society to participate in these rituals, and honour our fallen heroes? Funerals are important. They allow us the opportunity to show support to the families who grieve and to support each other through our own grieving process. Funerals give us an opportunity to honour the legacy of the deceased and to treasure the memories of them with family and friends.

Recently, I experienced the sudden loss of my mother. The support shown to me by my family, friends and co-workers was immeasurable and brought me tremendous comfort. I am thankful for the beautiful flowers, the thoughtful condolences, and the exceptionally personal funeral service which helped me through an extremely difficult time. I am thankful for the rituals we use to honour our fallen soldiers, and our Moms.

Who is your hero? How will you honour them?

Patricia De Freitas is a funeral director with Atlantic Funeral Homes

Continued from page 11.

Looking Forward To...

and even a slide-in style especially designed to make it easier to transition from a wheelchair or walker. All models, have grab-bars throughout, with a fully integrated shower, take no more water than a standard bathtub (they empty in about two minutes) and have one of the lowest oversteps in the industry.

We offer installation services, starting with a basic install to replace your old tub with a brand new walk in. If you would like to have your bathroom completely customized to match your new walk-in we are ready to consult with you and provide an estimate. We are insured and covered by Workman's Compensation for your peace of mind.

Financing should not be a burden. Why should you be required to deposit up to a third of the purchase price in order to secure your purchase? We will finance the purchase of your walk-in with zero down payment (OAC). Payments could start as low as \$74/month. Make your selection and finalize your options. Then one call to our

toll free Easy Entry Bath and Shower Credit Approval Center will start the process.

Built to be used in hospitals, our Supreme model represents the durability and dependability of all of our domestic use walk-in bathtubs in the model line-up.

You can be confident about your purchase, financing, and follow-up, knowing that you are dealing with a locally owned and operated business. And remember, almost always it costs less to receive this personal professional service from a company that specializes in walk-in bathtubs and showers.

WE WANT YOUR OWNERSHIP EXPERIENCE TO EXCEED YOUR EXPECTATIONS SO BEFORE YOU BUY IT, COME IN AND TRY IT!

For more information on Easy Entry Bath and Shower, please visit the showroom at 3227 Kempt Rd. (corner Stairs St) Halifax, NS EASYBATH.CA



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FUN

Places To Go!

Golf in Halifax all Year Round! The most realistic golf simulators in HRM

Are you tired of the long cold winters, and the effect it has on your golf game? Worry no more!

Golfzon is an indoor golf facility and lounge located at 512 Sackville Dr Lower Sackville Nova Scotia. Our licensed facility has 5 state of the art simulators that feature over 170 Golf Courses, as well as a Driving Range format with video swing analysis!

Frequently Asked Questions:
How long does it take?
Typically, it takes 1 hour per player for 18 holes.

How many people can you accommodate?
We have 5 simulators that can handle 6 people in each room. The facility can comfortably hold 40 people.

I don't golf, what else can I do?

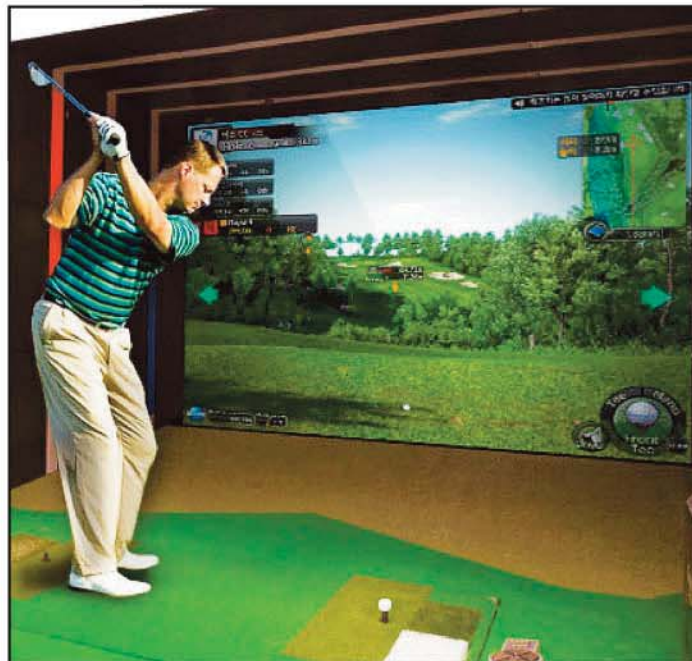
Relax and take in the game on one of our big screen televisions. Our simulators also have a "beginner format" which caters to non-golfers. It makes the experience easy and enjoyable. We have even partnered with PizzaHut and can have a slice or more delivered to you. We also have an espresso bar - the only one in Lower Sackville. Our cafe is stocked with tasty pastries and other snacks

Are Kids Allowed to Play?
Absolutely, golf is a family a sport! As long as they are accompanied by an adult, all are welcome!

What food and drink options do you have?
We are licensed. Our fridge is stocked with many

domestic and imported beers. Along with softdrinks. Our food menu is simple: Chicken wings, chicken fingers, onion rings, hot dogs, French fries and chips/chocolate bars. Our french fries have been dubbed "the best in HRM!"

Sackville Golfzon
512 Sackville Dr Lower Sackville, NS
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Improve your golf game

hop! skip! jump! Indoor Play Space - where kids come to play!



hop! skip! jump! Indoor Place Space is perfect for drop-in play, birthday parties and day care outings. The 10,400 square foot facility

is Nova Scotia's newest and biggest indoor play space, encouraging fun and active self-directed play for children 12 years of age and under.

Continued on page 15.

Nova Scotia's Largest Indoor Playground

We're open 7 days a week!

Parking in front & back of building

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FUN

Places To Go!

hop! skip! jump! Continued from page 14.

The facility offers a 3,500 square foot, three level, multi-colour play structure that includes a ball blaster arena, a spider climbing tower, wave slides, soft climbing wall, zero gravity ball table, and a ball pool along with a toddler section, featuring a spinning palm tree, space spinner, balloon carnival, trampoline, and an animal merry-go-round. There are three bright and cheery birthday party rooms, a lovely café with many delicious items to choose from and a comfortable

lounge area for parents and caregivers.

hop! skip! jump! Indoor Play Space rates are as follows: \$12.99 (plus tax) for children five to 12 years of age and \$9.99 (plus tax) for children one to four years of age. The family discount on additional children is 10 per cent, military personnel receive a 10 per cent discount and adults and infants are free. For birthday party packages and group rates, please call 902-406-4405.

Located at 10-100 Susie Lake Crescent in Bayers Lake, the hours of operation are Sunday - Thursday from 9:30 a.m. to 6 p.m. and Friday - Saturday from 9:30 a.m. to 7 p.m. There is parking in front and back of the facility.

For more information on hop! skip! jump! Indoor Play Space, visit: hopskipjump.ca, like on Facebook: /hopskipjump_hfx, follow on Twitter: /hopskipjump_HFX, and on Instagram: hopskipjump_hfx



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Facebook: [theplayboxltd](https://www.facebook.com/theplayboxltd)
Twitter: @theplaybox1

We look forward to seeing you.

The Play Box

Party place, café and playground

If you are looking for a hassle free and fun place to have your child's party, look no further. The Play Box is what you need.

Located on Portland Street, Dartmouth, the owners have put together a unique party package which allows you to enjoy your child's party, rather than feel hassled and stressed. They offer two party packages that include food for all the guests; invitations; a return pass for the birthday child and a dedicated party room.

As one of the owners, Stewart Adams, states; 'we wanted to make the party as easy as possible for those who have to organize it. The idea is that they bring the cake and the kids and we take care of everything else.'

Private parties are also available after normal opening hours. Anyone who is considering holding a party at The Play Box is more than welcome to go

for a look around and chat to the owners.

With two bright party rooms, a fantastic play structure and a café offering a range of snacks, meals and espresso based drinks, there is something for everybody.

The Play Box also offers great rates for HST registered organizations. Day cares and Summer Camps can bring their children along and enjoy the facility.

In addition to offering admission discounts to military, fire and police, The Play Box also operates a loyalty card system. Punch cards for multiple visits and individual play passes are also available

and ideal for presents.

The Play Box is located at 104-105 Evergreen Place (opposite Penhorn Mall/Sears) 530 Portland Street, Dartmouth. Catering for 0-12 years of age; opening hours are Mon-Sat 9.30 - 5.30, Sunday 10.00-4.00.

For more information The Play Box can be contacted on (902) 463 0034; e-mail: theplaybox@outlook.com; facebook: [theplayboxltd](https://www.facebook.com/theplayboxltd); website: www.funattheplaybox.ca; twitter: @theplaybox1



FUN

Places To Go!

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Courtesy of At Play Café.

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It's a place to enjoy great coffee, meet with friends, read a book or get some work done using our free Wi-Fi. And if you and the kids get hungry, we have a full service café that

serves healthy, delicious lunches and snacks. Parents feel safe and welcome here with their wee ones. Children socialize, exercise and play on the climbing structures, roadway or train table. And they get to practice making friends at the same time.

With a clean, open concept play space, it's the perfect place for your child's next birthday. We have a dedicated party

room and we can accommodate private events to suit any occasion! Join our Face book page and keep up to date on all our upcoming fun events!

Call us anytime for details at 902-405-9500 or visit our website at www.atplaycafe.ca.



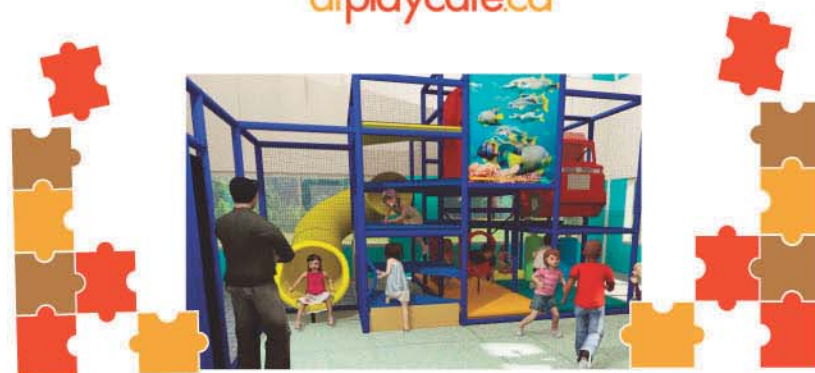
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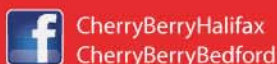
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the 78th Highlander way
inside a 19th century fort!

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Parties run from 2-4pm any day of the week, **perfect for children ages 6-12.**

For bookings and details, please call **902-426-1990** or **info@regimental.com**



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Getaways & Resorts

Yogi Bear's Jellystone Park

As I type this, the bears are still hibernating in their warm dens, the snow still covers the ground, but underneath the snow lies the dreams and laughter of many kids waiting to come to life. The snow still hides the new kid's zone with its very own jumping pad, swing set and playhouse - reserved just for the young children.

But that's not all! Under the snow lies the biggest addition to the park since Yogi Bear™

arrived fifteen years ago.. A brand new 2500 square foot pool! This new Yogi™ Water Zone is a zero depth walk-in pool - excellent for all kids. It features air bubblers, water spouts and much more for the whole family to enjoy.

So come with the whole family and join Yogi Bear™, Cindy Bear™ and Boo Boo™ in all the fun. With many daily activities planned for kids and teens alike, a newly renovated mini-golf, two jumping pillows and a video

arcade there is never a shortage of things to do. A lot has changed since the new owners have arrived four years ago, if you haven't camped at Yogi Bear's Jellystone Park™ Resort in Kingston in the last couple years we invite you come and enjoy a whole new experience. We have 14 cabins and 150 sites available so give us a call @ 888 225 7773 or check out our website at: JellystoneNS.com



Send the entire family to beach camp!

Every day at White Point is like science camp, golf camp, buffet camp, kayak camp and swim camp all rolled in to one big happy camper bundle! We'll have arts 'n' crafts, bunnies, and s'mores. Dads will like craft beer camp, and Moms can camp out in the spa. Even the family dog is welcome at beach camp. Spring in to summer with our **special family rate** available until June 30th! (Oh... bring your guitar for campfire singalong camp!)



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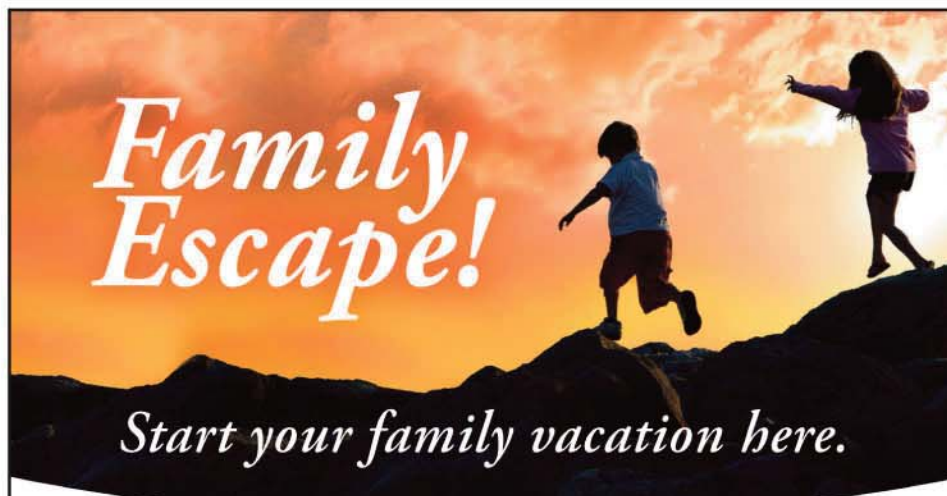


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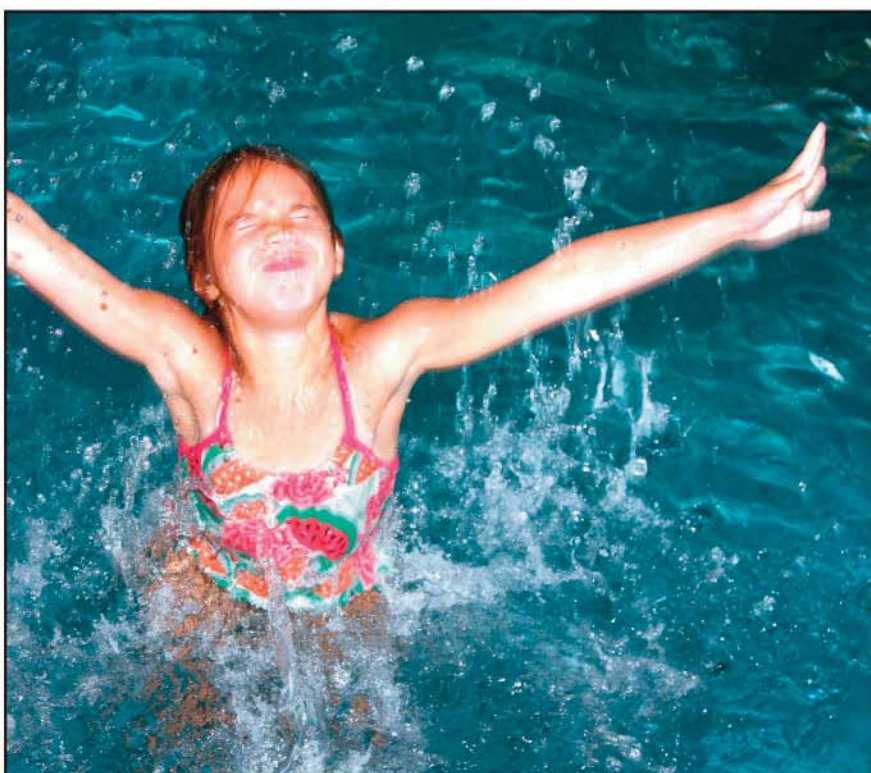
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Health & Wellness

Prevention Of Sports-Related Dental Injuries

By Dr. Negin Ghiabi, Pediatric Dentist at Pinnacle Dental Specialists



Dr. Negin Ghiabi

Sports activities have an inherent risk of orofacial injuries due to falls, collisions, contact with hard surfaces and equipment. Children between the ages 7-11 years old are most susceptible to sports-related oral injuries. Consequences of orofacial injuries for children and their

families are substantial because of potential for pain, psychological trauma and cost. The latter includes indirect cost such as hours lost from school (for children) and work (for parents).

The majority of sports-related dental and orofacial injuries affect the upper lip, upper jaw and upper teeth. Although some of these injuries are unavoidable, most can be prevented. Helmets, facemasks and mouthguards have been shown to reduce the frequency and severity of dental/ orofacial trauma. Using these protective pieces should be mandatory during field or ice hockey, football, baseball and other such sports activities.

A mouthguard is an appliance placed in the mouth to reduce injuries to the teeth, jaws and the lips. It will protect the teeth and jaws from fracture and displacement and the lips from bruising and laceration. Custom-fabricated mouthguards made in the dental office using a model of the patient's teeth provide maximum protection against injury. Over-the-counter mouthguards, on the other hand, provide less protection against injury to the teeth and may interfere with speech and breathing. These temporary devices could serve as short-term options during orthodontic treatment and during the period of transition from baby teeth to adult teeth.

Routine dental visits can be an opportunity to initiate parent/child education and recommendations for the use of a properly fitted mouthguard.

Dr. Negin Ghiabi is a Board certified Pediatric Dentist. Her private practice, Pinnacle Dental Specialists, in Halifax limited to dentistry for infants, children and adolescents. We welcome new patients as young as 1 year old. No referral is needed. For more information please call 902-407-7377.



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Did you know the first dental visit
for a child begins at age 1?

Fitness for all ages



We all know that the pros outweigh the cons when it comes to exercise. For those of us who avoid the obvious, let me summarize just a few of those pros for you:

An increase in energy really gives you more energy: Cells need oxygen to turn food into energy in order to perform functions. Muscle cells use energy to move and therefore need more energy (and more oxygen) during exercise. To get more oxygen you breathe more often and to distribute oxygen to cells quicker your heart pumps faster.

A chemical reaction happens and it actually makes you feel better: Serotonin (the mood neurotransmitter that makes us happy campers) increases during exercise, dopamine (neurotransmitter that keeps us energized and motivated) receptor activities increase after prolonged exercise programs.

It really does lower your cholesterol: If you are overweight it's possible the low density lipoprotein (LDL)

in your blood is high. Exercise can help by stimulating enzymes that move LDL to the liver where it's converted to bile, digested then excreted.

Then there is the fact that exercise helps you lose weight, builds muscle, and how about this one - exercise boosts your social life? Well, it could - join a gym, join an aquacise class, call your neighbor and see if they want to go for a walk. And if you're wondering what's out there for you to do, take a look at the Captain William Spry Community Centre - pool, fitness centre and exercise classes means everything you need in one place. Sign up for everything from pre ballet and dance to boot camp, bellyfit, and aqua zumba. The fitness centre is large enough to house state of the art equipment yet small enough to feel like your own private gym and the pool is available for lessons, exercise classes, recreational swims and rentals.

For more information on fitness for all ages at the Captain William Spry Centre, 902- 477-7665 and or Needham Pool, 902- 490-4633.

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HALIFAX

Health & Wellness

Straight talk about Straight Teeth: What you need to know.

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



Think you are too old or too young to think about Orthodontics? Well think again.

Orthodontics is specialized area of dentistry that focuses on growth and development of the jaws and alignment and movement mechanics of the teeth. Healthy teeth and jaws are an important part of overall health. We rely on the mechanics of this complex system to function properly in order for us to eat, chew, swallow and speak properly. In other words, Orthodontics involves a lot more than just straightening teeth. It is a common misconception

that Orthodontics is "braces for teenagers." While the teenage years coincide with the eruption of permanent teeth and a growth spurt that makes treatment at this age ideal, teen treatment is only one part of an Orthodontic practice.

Young children can also benefit from a trip to the Orthodontist as early diagnosis and preventative measures may mean they never require braces. The Canadian and American Orthodontic Associations recommend that all children have an orthodontic check-up by age 7. An early exam is an important step in your child's healthcare as early detection of some problems can indicate early treatment to avoid braces or surgery later on. Your orthodontist can also give you a bit of a prediction, much like a weather forecast, of what may lie ahead so that you can plan for any future treatment needs. Often Orthodontists like to see patients at a regular

recall interval to track growth over time.

Adults, of all ages, can also benefit from treatment to ideally align teeth and jaws. The effects of aging, combined with a poorly functioning bite, often causes wear of the teeth and surrounding structures. Adult patients may be seeking a treatment plan to fully restore their teeth to proper function or they may simply wish to improve esthetics to achieve the smile they have always dreamed of. Often times they are pleasantly surprised to find that esthetics and function go hand in hand so they will find their final result is both a functioning bite and beautiful smile.

Although some dentists perform limited orthodontic work, an Orthodontist is a certified specialist who is a dentist first, who then completes a 3 year residency in Orthodontics following their dental training. The easiest way to verify if a

dentist is an orthodontist is to ask if they are a member of the Canadian Association of Orthodontists.

Whatever your age or motivation, there are new advancements in Orthodontics that allow you to reach your goals more efficiently and esthetically. Ask your local Orthodontist what Orthodontics can do for you and your family.

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.

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Summer Camp Guide

Come Play On Our Farm - Horse Riding Camps-



Are you looking for a Great Summer Camp to send the kids to this summer? Hatfield Farm has summer riding camps! The summer riding camp is

ideal for riders ages 8-14 years. All levels of experience are welcome at camp whether a complete beginner or advanced rider. Hatfield Farm provides one trail guide/camp counsellor for every

six riders. Every rider is assigned their own horse for the week, activities include 2 daily lessons, trial rides through our woodland trails, lessons on grooming, tacking, feeding, cleaning saddles, horse anatomy and farm safety, by the end of the week the rider will have much more confidence and experience around horses.

Riders will also play in the indoor Rubber Rodeo games room, mini golf, zip line and on rainy days will watch movies and do arts and crafts, cowboy style.

An optional sleepover adventure is available on Thursday night of the riding camp; riders can even invite family or friends

to spend the night with them. Dinner will be served at Fort Clayton then play time in the Rubber Rodeo, songs by the campfire and a hearty farmers breakfast before the next day of camp begins.

Riding Camp schedules are Monday to Friday 9:00am to 5:00pm each day, drop in the

morning at 8:00-8:30am/pick up by 5:30.

Located mere minutes from the city, but with the feeling of being miles away

from it all, visit us at www.hatfieldfarm.com or contact us directly at (902) 835-5676 or info@hatfieldfarm.com

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**Two Daily Lessons!
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- * Grooming & Tacking
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- * Horse anatomy
- * Sleepover Party (optional)
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Drop off time 8:00 - 8:30 am
Pick up time 5:00 - 5:30 pm

2015 Camp Dates
July 6th - 10th
July 27th - 31st
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August 24th - 28th

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Onelight Theatre's Summer School is Back at Alderney Landing!

Back by popular demand, Onelight Theatre is once again offering two sessions of Summer Theatre School for kids ages 8-12 years! Located at Alderney Landing on the Dartmouth waterfront, sessions will be taught by qualified theatre professionals recommended by Theatre Nova Scotia and will also feature guest experts.

The BEGIN ACTING session runs from July 13-17 and will introduce new theatre students to basic performance techniques as well as develop the students' knowledge of what the acting profession encompasses. Together, the group will explore the principles of stage acting through voice, movement, ensemble, and scene study. The course includes a physical theatre component, which will develop the body's potential as an expressive storyteller, and game based improvisation, where story is created by applying imagination to a basic structure. The students will build

basic acting, creation and performance skills and, through their work with the group, will understand the importance of commitment, communication, and concentration.

The second session, PERFORMANCE & PRODUCTION, runs from July 27-31 and will develop students' acting and performance skills while introducing them to technical aspects of theatre - such as set & lighting design, stagecraft and props, costume, make-up, and stage management. Through course activities, students will build on core acting skills and learn, through guest lectures, about the "behind-the-scenes" contributions of technical theatre professionals to the world of theatre.

For more information about our Summer Theatre School or to register your child, please visit onelighttheatre.com or call 902-425-6812.

summer theatre school

the right place to be dramatic.



Company-in-residence Onelight Theatre will once again offer a summer theatre school to children aged 8-12 years at Alderney Landing on the beautiful Dartmouth waterfront!

Begin Acting

JULY 13-17 9 A.M.-4 P.M.

Introduces students to basic performance techniques.

Performance & Production

JULY 27-31 9 A.M.-4 P.M.

Develops core acting skills & technical theatre knowledge.

ONE SESSION

\$185

REGISTER ONLINE WHILE SPACE IS AVAILABLE!

ticketpro.ca

BOTH SESSIONS

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For more info please contact us at 902-425-6812 or onelighttheatre.com



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Summer Camp Guide

Look what's new at Artech Camps!

Summer 2015 will see lots of new programs at Artech Camps.

Start the summer off with

"Girls Go Digital!" for 9-14 year olds who want to explore Animation, Game Design and Robotics!

The choices for all campers ages 6 through teen years includes many new programs: "Manga Quest!" an adventure game creating camp for those

who enjoy epic adventure games and drawing manga style.

"The Ultimate Stop Motion Animation Camp" in which



we will explore Claymation, Legomation and working with special effects!

"Get in the Game!" where campers will get to create games using a physics engine to simulate catapults, gravity and other forces!

Our popular "Mining into the Making of Minecraft" will run again this summer.

For teens we have a Computer Science Club meeting Tuesday evenings in which we'll explore aspects of

computer programming and game and app development.

You can register campers online at WWW.ARTECH-CAMPS.COM. All camps are held at the Shambhala School on Russell Street.

Inquiries tellmemore@artechcamps.com or you can reach us at 902-579-3317.

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Summer Camp Guide

Forget Winter...Think Summer.

It's difficult to comprehend that summer camps begin in 3 months when there is still a despicable mound of ice persisting outside. I suppose if we had no winter though, the rest of the seasons wouldn't seem so pleasant. Right?

After a modest beginning in 2013, our summer camps last year served over 300 enthusiastic young players. In 2015, they begin mid-June and run each week throughout the summer until late-August. They are taught by Tennis Canada certified coaches keen to impart their thorough knowledge of the sport.

This summer, players will be grouped by ability as we strive

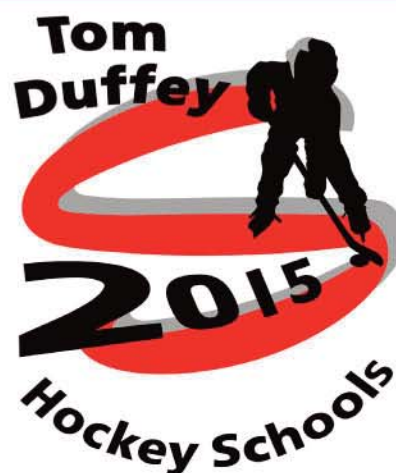
to get the most out of each participant. We are sure to differentiate so that each player is comfortable and able to learn at his or her own pace. We use varying sized racquets, balls, and courts so that even 5 year olds will be rallying by the end of the week. Tennis has proven to be a true life-long pastime and now is the time to give youngsters the tools they need to start building their games.

We offer early drop-off and late pick-up to accommodate parent's work schedules. Either pack them a lunch or our coaches can escort them to Subway or Tim Hortons.

At the Daniel Nestor Tennis Centre we are committed to

providing an affordable facility suitable for the entire family. Last year we dramatically reduced our membership costs for this exact reason. Tennis needn't be seen as an elitist pursuit, as it simply isn't anymore. Jimmy Connors and John McEnroe showed how rough and tumble players could rise to the upper echelon all the way from the working class.

Check us out online at www.dntc.ca or come and see us in the Bedford Commons area. You and your kids may just have a ball.



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or Phone 443-3414 Fax 443-9230 to request a brochure

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Summer Camp Guide

Fine Art Camps at Alderney Landing 2015

Lee Cripps, Fine Art Program Director, Alderney Landing

The Fine Art Camps at Alderney Landing will focus on some exciting elements this year! Along with art instruction, students will be discovering art in their daily lives and the influence of daily life on art; fun and physical activities based around art experience are also an important part of our Art Camps.

Our first week, **Pop! Goes your ART**, will focus on POP ART and its influence on video games and comic book culture. We will explore the art

of Lichtenstein and Andy Warhol while examining their influence on some of our favourite gaming heroes today! July 6th - 10th.

The Second week, **ART GOES VIRAL**, will take us exploring around the local community and focusing our projects on the public art around us - Urban Graffiti murals and sculpture and the discoveries we make will guide students in their projects. July 20th - 24th

For some of the more advanced students, a studio will be set up

for detailed drawing instruction with still life. Physical activity will play a big part in these camps, art and theatrical activity based projects will get students moving and get the creative juices flowing! There truly is something for everyone in the creatively fun-filled busy weeks of Fine Art Camps at Alderney Landing!

For more information, please visit, alderneylanding.com or call ; 902-461-8401

KIDS FINE ART CAMPS

Alderney Landing, Dartmouth Waterfront



THIS HIGH ENERGY WEEK OF ART EXPLORATION, YOUNG ARTISTS WILL VISIT THE WORLD OF POP ART AND HOW THE MODERN MOVEMENT DIRECTLY INFLUENCED THE VIDEO GAMES, COMIC BOOKS AND ENTERTAINMENT INDUSTRY OF TODAY! WARHOL, AND LICHTENSTEIN WOULD BE PROUD!



ART GOES VIRAL!
JULY 20 - 24, 2015

Through this week the young artists will explore public art in our neighbourhood! Through walks in the downtown core, we will visit commissioned sculptures and Urban Art of all kinds and create our own public artwork to exist onsite throughout The Bluenose Ghosts Festival in October!



REGISTRATION: alderneylanding.com or call: (902) 461-8401

WEEKLY CAMP FEES:

\$200 per child, per camp
Fees incl.: supplies, daily snack & lunch on Fridays

MONDAY TO FRIDAY
8:30am - 4:30pm

AGES 6 TO 12

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At Build-it's Summer Camp, campers will build incredible creations and do incredible things! Whether it's building a robot to launch a space probe or riding the zip line, the campers will be amazed at all the activities Build-it Camp has to offer. Our overnight summer camp, for boys and girls ages 9-12, runs from Aug. 16 - 21.

Activities Include:

- Building eV3 robots - learn computer programming to get the robots to do amazing things!
- Create stop-motion animation films.
- Lego® scavenger hunts
- Building Lego® Machines
- My Own Creations
- Kit Builds
- Team Relay Builds
- Geocaching for Lego® kits
- Zip lining
- Canoeing
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- Climbing Wall
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Summer Camp Guide



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-  Pocket Monsters
-  Teenage Bricks Turtles
-  Stop Motion Movie Making
-  Jr. Robotics

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For camp descriptions, schedules and to register online, please visit: www.bricks4kidz.com/halifax or contact: Nicole Hebb - Director at (902) 240-2457 or nhebb@bricks4kidz.com



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Summer Camp Guide

Summer Camps: 4Cats Arts Studio

Happy summer days at 4Cats. Join us this summer at 4Cats surrounded by creativity, laughter, light and colour!

MATISSE CAMP

Work in a variety of mediums: painting, drawing, collage and sculpture! Find out what it means to paint with scissors! Learn the secrets of colour theory.

BEE'S KNEES CAMP

It's a hive of creativity! Beautiful bee-themed sculpture and painting projects ensure this camp lives up to its name.

CELEBRATE SUMMER CAMP

Colourful painting, sculpture and printmaking projects inspired by the Mexican master, Rufino Tamayo.

BIRDWATCHERS CAMP

Paint, sculpt and draw inspiration from the 10,000 known species of birds in the world. Fine, feathered fun!

PIXELCRAFT CAMP

At the 4Cats Pixelcraft Camp, celebrate the fascinating history of video game graphics, from Mario to Minecraft! Create your own 'pixel art' in paint and polymer clay.

MERMAIDS CAMP

Magical and fantastical! Create glittering, sparkly, mermaid-inspired art using a variety of professional artist materials and mediums.

SHARK WEEK CAMP

Shark Week at 4Cats—everyone's favourite week! Create shark art in all types of mediums. It's going to be Jawesome!

DRAWING & WATERCOLOUR CAMP

At the 4Cats Drawing & Watercolour Camp, learn impressive terms like aquamedia, accent colour, blending off, blocking in, charge, chroma, colour property, colour temperature, gradation, graded wash, juicy, lift, negative painting, tooth, triad, viewfinder and wet-in-wet. Have fun laughing and experimenting while learning what it all means!

INTO THE WILD CAMP

Create beautiful animal paintings, sculptures and polymer clay creations. Projects include paintings, clay and drawing.

Register now for summer camps at www.4cats.com/Halifax
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Summer Camp Guide

CYGNUS *diving*

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Starting April 15 (Ages 5 to Adult)

Diving Summer Program
Starting July 6 to July 31, 2015



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Colaisde na Gaidhlig | The Gaelic College, located in beautiful St. Ann's, Cape Breton is a hub of cultural learning all year round, but especially active come summer.

Founded in 1938 with a mission to promote, preserve and perpetuate the culture, music, language, arts, and crafts of immigrants from the Highlands of Scotland, it is an institute like no other in North America. Now, in its 77th year, plans are in full swing for one of the biggest summers yet!

Our summer sessions offer a unique chance to learn the traditional, cultural arts, while garnering a real camp-like, hands-on experience. There are weeks dedicated to youth, weeks for adult learners, a Gaelic-immersion session, and a special family week for kids and parents to learn together. Days are spent immersed in the various discipline options, (like fiddle, piano, piping, step dance, Highland dance, weaving, Gaelic language, and more) with evenings packed with fun activities like hikes, beach time, bonfires, square dancing, and jam sessions to name a few.

We're thrilled to welcome so many of the area's leading instructors and performers to our campus, with 2015 seeing first-time teachers at the College, Natalie MacMaster and Donnell Leahy, and the return of current world-champion Highland dancer Marielle Lespérance! Get ready for the best summer ever! Visit our website for full details.

Gaelic College, St. Ann's, Cape Breton | www.gaeliccollege.edu | 902-295-3411

SUMMER CAMPS

Sports, Activities, & Fun!



SPORTS & ALL SORTS CAMP

AQUA ADVENTURE CAMP

SWIM LESSON CAMP

ULTIMATE CAMP

All camps are for those who have completed grade primary to 12 years of age. There is a 10% discount to a 2nd child of the same family!

REGISTER TODAY!

For a complete description and schedule, please visit our website or phone us at 902-869-4141!

www.thestadium.ca

GET ready for THE BEST summer EVER

COLAISDE NA GAIDHLIG THE GAELIC COLLEGE

WWW.GAELICCOLLEGE.EDU

Summer Camp Guide



Where children come to grow!



SUMMER CAMPS

Extended drop-off & pick up times - 7am to 6pm
Huge playground • Meals & snacks included
Awesome themes every week!

2 GREAT LOCATIONS!

21 Glen Arbour Way
Hammonds Plains
902-830-9514

1714 St. Margarets Bay Rd.
Timberlea
902-499-8769

Check out our website or call for more details:
www.willowbraeacademy.com

Summer Camps at NSCAD University



Curiosity ignites at NSCAD University's School of Extended Studies! We have an amazing array of themed camps that teach fine art skills such as composition, shading, proportion and form through a range of fun and exciting projects.

"Appetite for Art" examines artistic depictions of food, while "Box Town" brings together campers to build a cardboard city. "Colours from the Garden" takes campers outside to produce fabrics and natural dyes from plants, while "Somewhere Over the Rainbow" explores far-off lands through stories and

illustration. Other camps include photography, jewellery, ceramics, animation, and "Art 101", where teens sample various art mediums.

In addition to art-inspired field trips throughout downtown Halifax, our camps allow early drop-off/late pick-up to accommodate parents' busy schedules. Lunchtimes are not only supervised, they also offer a range of activities such as facepainting, music and screenprinting. All participants receive a free t-shirt, and families can follow campers' work on our blog. Adding to the fun is the end of summer gallery exhibition,

"ArtRageous", made up of artwork collected from all campers and displayed in NSCAD's Port Loggia Gallery.

Registration for 2015 Extended Studies' summer camps opens on April 14, and can be found online at <http://nscad.ca/en/home/schoolofextendedstudies/summer2015/default.aspx>, by phoning 902-494-8185, or in person at the School of Extended Studies (1892 Hollis St.) between 9.00-4.00 Monday to Friday."

N·S·C·A·D
UNIVERSITY

School of
Extended Studies

Summer
2015

for ages 5-18

nscad.ca
902.494.8185

Make



Summer Camp Guide



Spring Leagues

- Boy's Basketball
- Girl's Basketball
- Girl's Hockey

Summer Camps

- Boy's Basketball
- Girl's Basketball
- Co-ed Basketball
- Co-ed Soccer
- Co-ed Volleyball
- Girl's Volleyball
- Football
- Boy's Hockey
- Girl's Hockey
- Girl's Hockey summer league

• Have FUN • Learn new SKILLS • Meet new FRIENDS

• Ages: 4-16 years • Half and Full Day Camps • Camps for beginners to elite players

For more information visit our website or call 420-5555

www.smuhuskies.ca

Social Justice Youth Camp - Youth Can Change the World!

For the past 12 years, Social Justice Youth Camp (SJYC) has brought youth across the Maritimes together for a 5 day experience in social justice and youth leadership development. We have had over 350 participants in the program and trained over 60 young adults in facilitation, education and youth engagement. It is much more than a camp, we are training youth to be the leaders who will and do create social change.

SJYC reflects the values of Tatamagouche Centre - a place and community that, since 1955, has been committed to fostering transformational change - in individuals and communities. SJYC brings together one of the most diverse groups of young people - these are youth from urban and rural backgrounds, newcomer, settler and indigenous youth, young people from across the gender spectrum, economic

backgrounds, family and religious affiliations.

Youth leave with a range of experiences - from becoming social justice clubs or campaigns and some leave with what may seem like the smallest commitment to doing something differently, just being able to identify the ways that things are unfair - which is one of the ways we frame the idea of social justice - and to talk to others about it. We need this diversity of approaches and shifts. We need champions who are loud and pushy as much as we need those who work quietly and in more intimate relationships. We need more justice in every realm - SJYC helps foster that across the board.

For more information contact Tatamagouche Centre. www.tatacentre.ca or call 1-800-218-2220

Annual Social Justice Youth Camp!

Social Justice Youth Camp August 24-28
For what you don't learn in school - join youth ages 15-19 for a camp that focuses on social justice, the environment, culture and diversity. The only camp of its kind in the Maritimes!

1-800-218-2220 www.tatacentre.ca

Blast through the summer with super fantastic weekly camps!

Register online at:
www.creativekids.info
902-832-5437
Centre hours: 7:00am-6:00pm

SUMMER 2015!!

Young Campers
Designed to meet the developmental needs of the 4 - 6 year old.

Our 7,000 square foot, licensed indoor facility is well-equipped with a gym, computers, books, supplies and equipment sure to please campers from 4-12 years of age. Camp hours are from 8:45-3:45 with before and after care available at no extra charge from 7:00am-6:00pm.

Sports, science, drama, dance and more!
Campers will explore our 5 acre wooded setting with natural play spaces and pool.

Weekly Day Camps At Creative Kids Education Centre

Fort Mania, Rainbow Loom, Lego, Water Works, Amazing Race, Little Chefs, Minecraft, Video 101, Art.... 40 Camps!!

EARLY BIRD DISCOUNT
5% off the Total Order before May 15/2015

Register Online Now: www.creativekids.info

Summer Camp Guide

GROUND ZERO

CLIMBING GYM

Register NOW for
the most X-TREME
5 days of your
summer!

Defy Gravity.

Challenge
yourself.

Camps run from
9am-12noon
Monday-Friday

July 6-8 ages 7/8 yrs old
July 13-17 ages 9/10 yrs old
July 20-24 ages 10+up.
August 10-14 ages 7/8 yrs old
August 17-21 ages 10+up

Cost is \$70+tax

All climbing gear is provided.
Spaces are limited so call now.
468-8788 | climbgroundzero.com

MAKING NEW FRIENDS AND
LEARNING VALUABLE CLIMBING
SKILLS ARE WHAT IT'S ALL ABOUT.

L'été, c'est magique! French Summer Camp!

Erin MacDonald, Camp Coordinator
Canadian Parents for French, Nova Scotia

During my past two years of working with Canadian Parents for French, Nova Scotia, I have been lucky enough to assist in the organization and planning of our French summer camps. These camps offer children of every age, from grades primary through to grade twelve, the opportunity to live and experience a week in French. At the office, we get a lot of phone calls from parents wondering what French opportunities exist for their child, I always inform them of our camps and how they are an affordable way to help your child become more proficient in French as a second language while having fun.

This summer, we are proud to offer a full month of day camps for children ages 5-8. Camp Chocolat will take place by the Hydrostone in Halifax's North End. Every year, the day camps offer daily themed activities, swimming at Needham Pool, and playing in the nearby park. Younger children will benefit from attending this camp as it will help enhance their French communication skills. I've attended several activities during Camp Chocolat, and was happy to see the young campers engaging with each other discovering new ways to communicate in their second language. There is also Camp du Soleil offered which takes place at the Dartmouth Sportsplex from July 13-24.

Last year I chaperoned the Nautical and Sea Kayaking groups to the Magdalen Islands in Québec. The predominant language spoken by residents and tourists on the island is French. The "Maggies" boast numerous cafes, restaurants and shops that invite you to explore the rich cultural history of the island. The campers were able to kayak, wind surf, canoe and bike while staying at the Centre Nautique de l'Istorlet. The camp staff of Istorlet were full of energy. They ensured that all campers left having had a memorable and enriching experience "en Français".

The month of August starts off with Camp Frantastique. This is a smaller overnight camp located close to Digby. This camp has lots to offer. The arts and crafts program will be sponsored by the Orb Factory, a Nova Scotian toy company who will provide materials and kits for campers to enjoy.

New, this year will be our final and largest camp of the season, Camp de la Baie. The camp will be held at the Bayside Camp in Sambro Head. Camp de la Baie is sure to be a hit with campers as they have great sports facilities such as basketball, soccer field and a gaga ball pit. Campers sleep in heated cabins and access to up-to-date sports and waterfront facilities.

Our French camps are an authentic way of incorporating French language activities into children's lives. It is also a great refresher before school or a confidence booster for students going into the late immersion program.

There is also the opportunity for campers to visit the Franco-Forum on the island of Saint Pierre, France. The FrancoForum is an international camp that takes place on the French island of St. Pierre. This unique opportunity allows campers to experience European culture while staying close to home. Activities take place at the Franco-Forum, a cultural centre owned by Memorial University. Campers stay in homestays with families for the week.

L'ÉTÉ, C'EST MAGIQUE!

Join us this summer for a week to remember!

CPF Nova Scotia French Camps

FRANCO FORUM

St. Pierre, France,
Ages 14-18 yrs, July 3-8

NAUTICAL CAMP

Magdalen Islands, Québec,
Ages 12-16 yrs, July 12-18

SEA KAYAK ADVENTURE CAMP

Magdalen Islands, Québec,
Ages 15-17 yrs, July 12-18

CAMP FRANTASTIQUE

Barton, Digby County,
Ages 10-14 years, August 3-7

CAMP DE LA BAIE

Sambro Head, HRM,
Ages 10-15 yrs, August 24-29



8 Flamingo Drive
Halifax, NS | B3M 4N8



Daycamps are held in Halifax and Dartmouth in July (grs P-4)

For more information, call Erin, Camp Coordinator
at 902-453-2048, toll free 1-877-CPF-5233.

Summer Camp Guide



Exciting Summer Camps

Maritime Conservatory of Performing Arts
6199 Chebucto Road, Halifax
902-423-6995 • www.maritimeconservatory.com
Registrations are being accepted now for the following camps:

SUMMER CAMPS

Dance:
Children's Dance Camps,
Ballet Classes all ages, Dance Intensive

Music:
Kindermusik, Strings, Winds, Cello,
Musical Theatre, Voice, Suzuki Institute

Phone: 423-6995 6199 Chebucto Rd. Halifax, NS
Visit us online: www.MaritimeConservatory.com

Register now!

Congratulations on the 20th Anniversary of Parent-Child Guide!

MUSIC CAMPS

Kindermusik Spring Adventure Classes

Our time (Zoo train) Ages 18 months to 3 1/2 years

Mondays 9:30	May 11, 25, June 1, 8, 15
Thursdays 9:30	May 14, 21, 28 June 4, 11
Saturdays 9:00	May 9 23 30, June 6, 13

Imagine that (On the Road) Ages 3-5 years

Mondays 10:30	May 11, 25, June 1, 8, 15
Wednesdays 10:30	May 13, 20, 27 June 3, 10
Saturdays 11:00	May 9, 23, 30 June 6 13

Family Time (Zoo Train) Ages 0-5 years

Wednesdays 9:30	May 13, 20, 27 June 3, 10
Saturdays 10:00	May 9, 23, 30 June 6, 13

Village (Peekaboo I love you) Ages Birth - 18 months

Mondays 1:30	May 11, 25, June 1, 8, 15
Saturdays 1:30	May 9, 23, 30, June 6, 13

CELLO CAMP Ages: 6-14

July 6-10 1 - 4pm

MUSICAL THEATRE - Elementary Grades 4-6 July 6-July 10; Junior Grades 7-12 July 13 - 17

CONTEMPORARY VOCAL PROGRAM Grades 7-12 July 20-24

SUMMER VOICE INTENSIVE Ages 17-25 July 27-31

SUZUKI STRING INSTITUTE August 10-14

BRASS CAMP Ages 8 and up August 24-28

THE MARITIME CONSERVATORY SCHOOL OF DANCE

With an emphasis on small class size, a belief in the importance of individual attention, and a commitment to providing a highly qualified teaching staff, the dance department at MCPA under the direction of Barbara Dearborn provides a variety of programs for both children and adults.

SUMMER DANCE INTENSIVE

Aug 17-28 Monday - Friday 9:00 - 4:30

Summer Dance Camps for Children

Early Child Movement Program (ages 3 & 4)

June 22-26 Monday - Friday 9:30 - 11:30 am

July 20-24 Monday - Friday 9:30 - 11:30 am

Tuition: \$149 + \$15 registration fee

Children's Dance Camps (ages 5 - 9)

July 6-10 Wednesday - Friday 9:00 - 4:30

July 13-17 Monday - Friday 9:00 - 4:30

July 20-24 Monday - Friday 9:00 - 4:30

July 27-31 Monday - Friday 9:00 - 4:30

Tuition: \$239 + \$15 registration fee (Half day option available)

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 ont lieu à l'École du Carrefour à Dartmouth et à l'École secondaire du Sommet à Halifax/Bedford. Les camps se dérouleront du 29 juin au 21 août 2015. Le programme du Camp de Jour est destiné aux enfants de 4 à 9 ans et le

Camp en Action est offert aux jeunes de 10 à 13 ans. Au Camp de Jour les enfants auront l'occasion de faire des sorties, de réaliser des bricolages et de participer à des activités dynamiques! Les jeunes inscrits au Camp en Action participeront à des activités plus avancées et adaptées à leur groupe d'âge, entre autres le rafting et le kayak.

A French summer in Halifax!

Offer your children the chance to have fun in a French day camp, the Camp de Jour and the Camp en Action, organised by the Conseil communautaire du Grand-Havre. The camps will take place at the École du Carrefour in Dartmouth and at the École secondaire le Sommet in Halifax/Bedford. The camps will be offered starting on June 29, 2015 and finishing on August 21, 2015. The Camp de Jour is intended

for children between the ages of 4 and 9 and the Camp en Action is intended for the young pre-teenagers aged from 10 to 13 years old. At the Camp de Jour, children will have the chance to go on outings, make crafts and participate in dynamic activities. Youth enrolled in the Camp en Action will participate in activities adapted for their age group, such as kayaking and river rafting.

Pour information ou inscription / For information or registration : accueil@ccgh.ca ou/or téléphonez/ phone (902) 435-3244.

CAMP DE JOUR 2015

YOUR CHILD WILL HAVE MUCH FUN LEARNING WHILE PLAYING!
IN A FRANCOPHONE ENVIRONMENT!

8 WEEKS FULL OF ACTIVITIES, DISCOVERIES AND SPORTS, ALL IN FRENCH!

REGISTRATION ARE NOW OPEN

REGISTER YOUR CHILD IN OUR DAY CAMP OR IN OUR CAMP IN ACTION (PRE-TEENAGERS)

FOR REGISTRATION OR INFORMATION :
WEBSITE: WWW.CCGH.CA
OR BY PHONE (902) 435-3244

Summer Camp Guide

Camp Tidnish - Access Fun

Camp Tidnish is a summer residential camp for children, youth, and adults with disabilities operated by Easter Seals Nova Scotia in partnership with the Rotary Club of Amherst and is an Accredited member of the Camping Association of NS & PEI. At Camp Tidnish your camper will have an amazing summertime adventure where traditional camping experiences are enhanced by barrier-free accommodations to meet their physical and social needs.

Our child and youth campers get to experience the thrill of going away to summer camp, just like their classmates, while our adult campers can enjoy a relaxing vacation away from work or home all while supported by our

experienced counsellors, nursing staff, food services staff and full time directing staff.

Some of our most popular programs include sailing on the Tidnish River in our accessible pontoon boat, hay rides, trampoline, and traditional camp activities like campfires and swimming in our indoor, heated, fully accessible pool.

For more information about our programs, session dates or to register for camp, please visit our website www.easterseals.ns.ca or contact camp director Patti Sampson at camping@easterseals.ns.ca or by calling 902-453-6000 ext 227.

Camp Day On The Commons

The Camping Association of Nova Scotia and Prince Edward Island (CANSPEI) is bringing camp to the city for their first ever CAMP DAY ON THE COMMONS.

CAMP DAY ON THE COMMONS is a fantastic opportunity for everyone to learn more about camp and to have fun at the Commons. Those in attendance will get a sneak peek at the amazing games, educational activities, incredible staff and camp songs that campers will experience this summer at summer camp.

"Camp Day on the Commons will be a chance for everyone to learn more about the Camping Association of Nova Scotia and PEI, and have some camp fun at the same time. There will be games like washer toss, tug-o-war, frisbee, as well as face painting, art activities, dancing and songs - even have a campfire going in the afternoon," says Gareth Evans, the Event Chair for CANSPEI. Photo and video opportunities will be available.

EVENT INFORMATION:

When: Sunday, May 24, 2015
Where: Emera Oval, Halifax
Time: 10 a.m. - 3.p.m

CAMP DAY ON THE COMMONS is a **free event** with no registration required. **Gluten and nut free food available.**

The Camping Association of Nova Scotia and PEI believes that children have infinite potential when given the chance to explore, discover, challenge, innovate and create. Being able to offer campers the opportunity to come together to make new friends who share interests is the fundamental reason why summer camp is so important.

For more information please contact:
Gareth Evans, Event Chair -902 681 8100 x 224 info@canspei.ca

CAMP DAY ON THE COMMONS is an event to promote summer camps throughout Nova Scotia and Prince Edward Island. It's an opportunity for campers to reunite with friends and counsellors from previous summer, play games, sing songs, maybe roast a marshmallow or two.

To learn more about the Camping Association, please visit our website at canspei.ca






Register NOW!




Easter Seals Nova Scotia

For more information or to register please contact camp director Patti Sampson.




camping@easterseals.ns.ca
902•453•6000 ext 227
www.easterseals.ns.ca





Camping Association of Nova Scotia and PEI



Camp Day on the Commons, May 24th, 2015
www.canspei.ca

Summer Camp Guide

Spark your child's imagination this summer at Mad Science

For more than a decade Mad Science of the Maritimes has been transforming laboratory science into fun, interactive learning experiences for children. This summer budding Mad Scientists ages 5 to 12 can choose from a variety of unique and thrilling topics.

In Flight Academy, the time will fly as kids become junior aviators and discover the principles of flight and aerodynamics and then zip up their spacesuits for a planetary tour while they investigate the wonders of the Milky Way.

In Crazy Chemists, children will learn to recognize chemical reactions and mix up a few reactive ingredients to make bubbling potions the likes of Hogwarts!

And in Secret Agent Lab, kids take a fun journey into the world of detection, spy science, and forensics as they learn how to talk with numbers, just like

computers, and create their very own code breakers. Throughout the week they help "Headquarters" discover who the sleeper agent is and learn the skills to eliminate, detect and capture the spy!

In every day at camp, children also take home their very own Mad Science project: from a NASA rocket or colourful periscope to ooey-gooey Mad Science slime.

Register now at www.madscience.org/maritimes and while you're there, get information about everything from special events and in-class workshops to birthday parties and after-school programs. Mad Science offers unique and exciting ways to continue the learning process!

Mad Science of the Maritimes
rturner@msmaritimes.ca
 902-454-0863
madscience.org/maritimes

www.madscience.org/maritimes

Mad SCIENCE

Sparking imaginative learning

Summer Camps
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 Birthday Parties

(902) 454-0863
rturner@msmaritimes.ca

Literacy starts with a good story. Here's one:

The importance of developing excellent reading skills at an early age has never been more apparent. Children who aren't reading fluently by grade three are expected to catch up on their own, often falling further and further behind their peers. And the value of post-secondary education is shifting from knowledge-based to learning-based. Employees who can adapt to changing technologies and learn new skills on the job are in high demand. Would it surprise anybody to learn that high literacy is crucial when it comes to building new skills and applying them effectively?

Halifax Learning has a strong history of improving literacy outcomes for

students. Our gold-standard SpellRead program has shown strong results in school and clinical settings for two decades, improving phonetic awareness and fluency for even the most challenged readers. But inspiring the next generation of readers and writers can only happen when their minds are primed to learn. Research shows again and again that children learn best when they receive at least 60 minutes of physical activity every day. The importance of physical literacy can't be understated.

Total literacy is the motivation behind Halifax Learning's summer camps. These five-day programs include two hours of daily SpellRead

instruction, a creative writing component, tons of reading, and exciting activities. Our expertly trained instructors will guide campers through the SpellRead program, helping them build phonetics mastery that will make reading easy and enjoyable. Campers will also take part in day trips to engaging places like the Discovery Centre, the museum, the new Halifax Public Library, Citadel Hill and Centennial Pool. Our in-house activities range from yoga to arts and crafts. This past summer we even had a visit from a therapy dog!

At Halifax Learning, our goal is to make Nova Scotia Canada's most literate province. This can only hap-

pen when children are shown that reading is not a chore but an enriching experience and an invaluable skill. This is what our summer camps deliver.

Spend the summer with us - your child will have a blast and build a strong foundation for a lifetime of reading.

Registration for our summer 2015 programming is now open. To learn more about our camps or to register, please contact Eryn Steele at (902) 225-1861 or information@halifaxlearning.com.



SpellRead is a game changer, and with lots of physical activity included, this day camp is a winner!

Join Halifax Learning's SpellRead and recreation summer camps this July and August. Full days from 8:30-4:30.

Limited space available. Please call Eryn at 453-4113 for a full camp itinerary or email: information@halifaxlearning.com

Halifax Learning SpellRead

453-4113 • www.halifaxlearning.com • Multiple Locations

Summer Camp Guide



LUTHERAN CAMP MUSH-A-MUSH has been a place for kids and families to come since 1948. Located in Middle Cornwall, Nova Scotia,

Camp Mush offers many children's camps during the summer, and also rents out its facilities from May until November.

PROGRAM	AGES	DATE	REGISTRATION COST
Beginner	5 - 8	July 5 - 8	\$90.00 + HST
Young Camper	6 - 8	July 5 - 10	\$180.00 + HST
Junior 1	9 - 11	July 12 - 17	\$180.00 + HST
Intermediate/Senior	12 - 15	July 19 - 24	\$180.00 + HST
Multi-Age	10 - 14	July 26 - July 31	\$180.00 + HST
Junior Intermediate	7 - 14	August 2 - 7	\$180.00 + HST
Family	All Ages!	August 9 - 14	See Below

* Based on a family of four. Each additional person will be \$65.00 + HST per person. Rate for one person will be \$180 + HST.

Camp Office (902) 624-9649
Office email: office@campmush.ca

Register online at www.campmush.ca,
Or mail registration to:
Lutheran camp Mush-a-Mush
P.O. Box 196
Bridgewater,
N.S. B4V 2W8
Attention: Personnel Committee
Include non-refundable deposit cheque of \$50 for each registrant.

Summer Social Skills Day Camp!



Turning Tides Community Outreach

Dates: July 7th - Aug 28th Each week has a theme. Come for the full 8 weeks or each individual week.

Hours: Tuesdays, Wednesdays and Thursdays : 9am-12pm

Cost: \$145/ week or \$998 for 8 weeks

Day Camp Schedule

- Week 1-** First impressions, including appearances, introductions and small talk.
- Week 2-** Evaluating possible friendships and existing ones.
- Week 3-** Being a good friend
- Week 4-** Extending invitations, awareness of others and how to communicate - assertive vs. passive and aggressive.
- Week 5-** Communication - Non- verbal, assertive, passive and aggressive
- Week 6-** Problem solving.
- Week 7-** Avoiding fights
- Week 8-** Setting personal boundaries

Turning Tides Community Outreach is a division of Bridgeway Academy. For more information or to enrol in the Summer Day Camp, please call 902-293-4801 or email angela@turningtides.ca

www.turningtides.ca

Parent-Child Guide

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- Parents & Tot's Skate Mondays 9 am to 10 am
- Senior Skating Tuesday to Friday 10 am to 12 noon
Monday 12 Noon to 1:30 pm
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Sunday Nights, 9 pm to 10 pm

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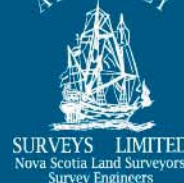
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Education

Learning Doesn't Stop Just Because School Is Out

Submitted by Oxford Learning

It is no surprise that as the temperature rises, student concentration levels fall. As spring sets in, kids begin to imagine all the fun activities they will do over the summer holidays, and learning becomes the furthest thing from their minds. But just because schools take a break for the summer, it doesn't mean brains do. The brain continues to grow, and like a muscle, will begin to deteriorate if it is not used continuously and properly.

While it is important for students to relax and have fun over the summer holidays, it is equally important for them to keep their brains active. Known as 'summer brain drain,' students can lose learning skills they have acquired throughout the school year and can need nearly eight weeks to get back into the swing of things if their brains remain unchallenged for a full two months. Studies show students can lose up to six weeks of learning

skills, with math skills taking the hardest hit. The research proves it: without summer learning, students head back to class unmotivated and not ready to learn new material.

But there is a solution. Summer learning programs offer the perfect opportunity for students to stay mentally stimulated and motivated, get caught up, and get ahead.

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Education

We need to change the way we think about summer and summer learning. Enrolling in a summer learning program is not only necessary for struggling students – it is necessary for *all* students.

serious about getting caught up and getting ahead. Whether supplemental learning is a staple for your family, or if getting some extra help is new to you, now is the time to see the difference summer learning can make for your child.

It is essential for students to continue learning, keep their brains sharp, and maintain momentum heading into the next grade, otherwise they are more likely to fall behind, and stay behind. Students should take advantage of the summer break to work on specific trouble areas, so that when school begins again in September, they are ready for their most successful year yet.

About Oxford Learning
With a variety of summer programs, including Math, Reading, French, SAT and ACT, and Catch Up & Get Ahead programs, Oxford Learning has programs for all ages and grades.

For more information on summer learning, or to find out which Oxford Learning summer program is best suited for your child, contact Oxford Learning Bedford at 405-4116 or bedford@oxfordlearning.com or Halifax at 423-4484 or halifax@oxford-learning.com

In an age where student workloads are rising, post-secondary education is increasingly competitive, and technological distractions are everywhere, there is no better time to get



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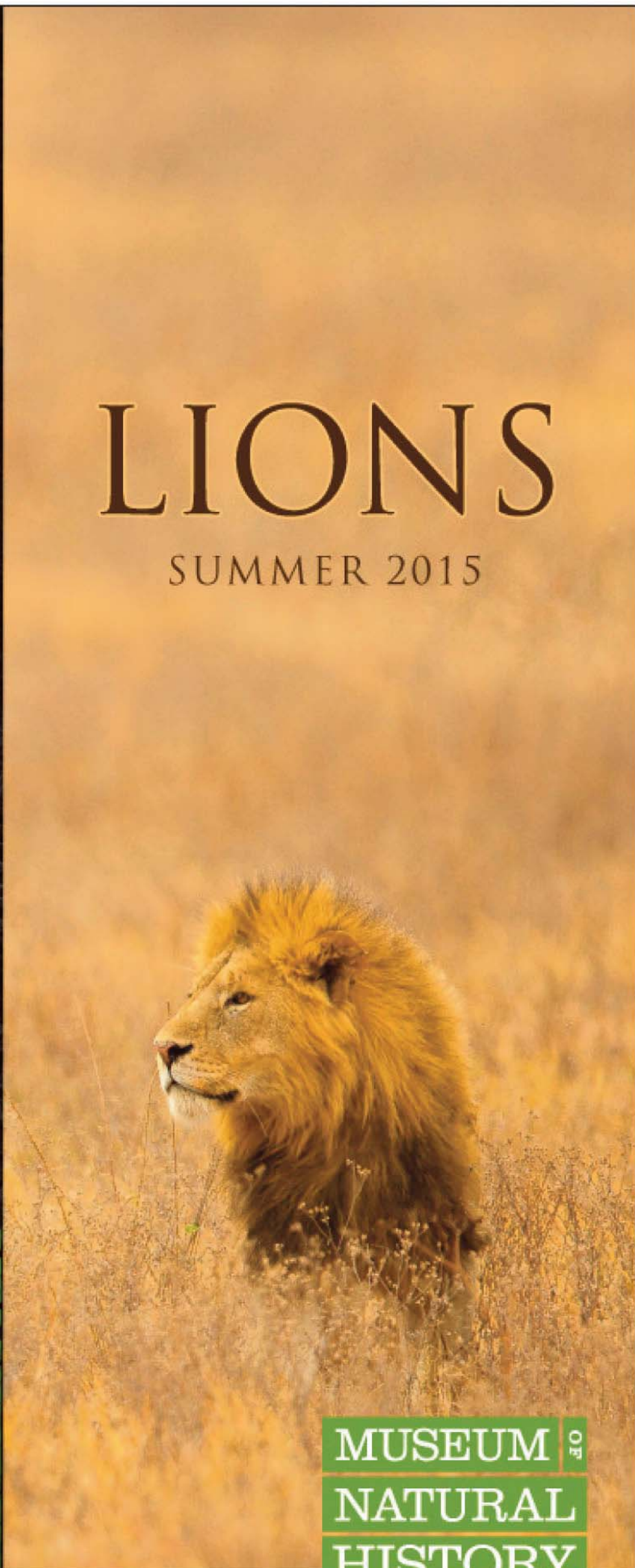
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The discovery of one fossilized bone can be the start of an amazing story about a creature from long ago. This experience presents a number of fossils and animatronic dinosaurs to highlight how discoveries and meticulous research continue to enlighten us about prehistoric species. Showcasing a range of dinosaurs from the Jurassic and Cretaceous Periods, this exhibition delivers a larger-than-life, memorable and interactive experience.

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"Safe Spring Driving Tips"

Hopefully by the time that you read this article, Spring of 2015 has begun to bloom in Nova Scotia. Please take the time to review a few "Safe Spring Driving Tips" that will aid in getting us all home safely from the staff of Ray F. Fredericks Insurance Limited.

- We can still get some snowfall, which means the warm spring sun can melt ice and snow near the road. This melt water can freeze when the sun stops shining on it and the temperatures drop below zero. If you notice wet-looking roads and the temperatures have dropped close to the freezing mark, expect ice and slow down.
- As the weather warms it will bring out motorcyclists and cyclists. Every motorist has to practice good vision techniques and stay focused on their driving to spot these smaller road users. Looking out for and respecting these two-wheeled travelers is an important part of safe motoring.
- On the other side of the safety equation, cyclists and bikers need to ride wisely and be visible to motorists and truckers. Cyclists should wear brightly coloured clothing or safety vests, use lights, keep right and ride single file.
- Warmer weather brings more children outside. Slow down and pay very careful attention in residential areas and school

zones. Children are often easily distracted by play and don't always notice traffic.

- This time of year is when we can get wide fluctuations in temperatures and freeze-thaw cycles. This combination causes potholes to form. Stay well back of the vehicle in front and stay focused on your driving and you can give yourself more time to see these wheel-bending potholes. Staying farther behind the vehicle in front of you will also reduce your chances of being hit by kicked-up rocks. Keeping your vision high is critical to safe driving. Do not become fixated with looking downward at the road looking for potholes and debris. Use quick glances to look for dangers on the road surface.

For more information on safe insurance practices please contact one of the friendly staff at Ray F. Fredericks Insurance. 1356 Bedford Highway. (902) 835-3321.

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Research and Giving: Creating a Legacy for the Future



As you take the time to reflect over your estate plans, please realise the immense impact you can make on the world by supporting medical research. The Dalhousie Medical Research Foundation was built on the kindness and generosity of donors, like you, whose passion is creating and maintaining vibrant health for all. A planned gift is a lasting way to create your legacy; it's also a compassionate way to invest in the future health of your family, friends, and loved-ones.

When I look at the meaningful and generous support we have received from planned gifts in the past, I am astounded and grateful.

Without these gifts, we could not support the hundreds of researchers who diligently work on our behalf to find answers to the devastating effects of diseases like Alzheimer's, breast cancer, fibromyalgia, ALS, leukemia, anaphylactic shock - to name only a few. Whatever the size of the contribution, the impact of a gift is always profound.

Take the example of Jean Morse, a social worker, mother and wife, who dedicated her life to helping others. She established an endowment for Alzheimer's research that was realized when she passed away in 2007. Her gift is still impacting Alzheimer's

research to this day. Then there is Dr. Gilbert Holland, who spent his life treating people with eye conditions. He knew the importance of medical research and included a generous gift to Dalhousie Medical Research Foundation in his Will. His bequest is helping our researchers make great strides in the discovery of treatments and cures for eye disease. For these, and many other generous donors, we are grateful.

A planned gift to the Dalhousie Medical Research Foundation is a gift of hope and possibility. There are a multitude of ways to arrange your gift to meet your needs and those of your family, while supporting local, innovative medical research. For more information, please contact Christena Copeland at 902-494-1856 or christena.copeland@dal.ca.

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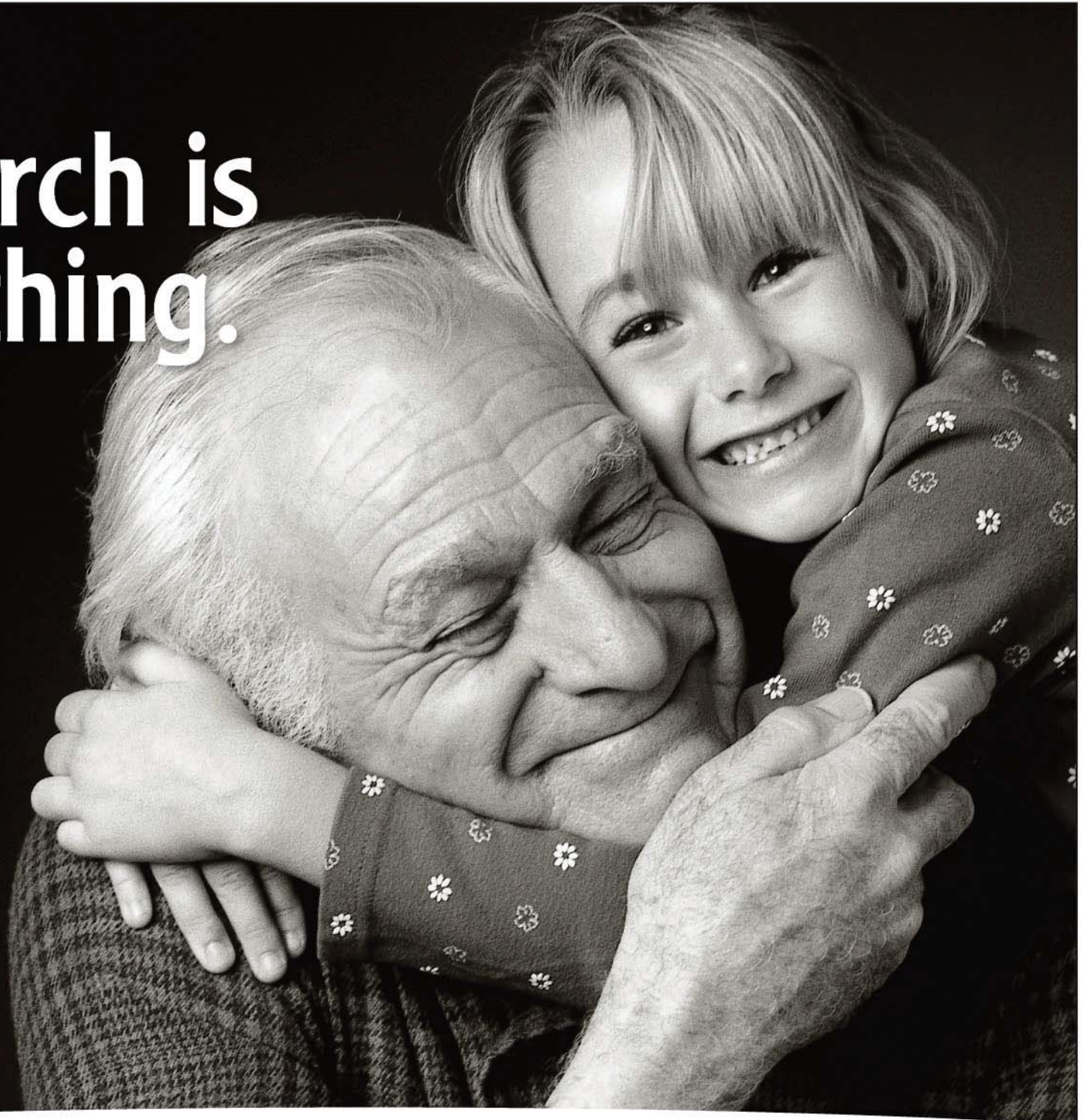
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Child Care Centres

Choosing The Right Child Care Setting For Your Child

By Jo-Anne Bayers – Director, The Growing Place

There are a variety of reasons you may want to enrol your precious bundle into a childcare program; you could be returning to work, there may be no other children in your neighbourhood to play with or you may want to expose your child to the many early learning experiences found in a quality childcare program.

No matter the reason deciding which childcare program best suits the needs of your family can be a frightening task. You may ask yourself, what should I look for in a childcare setting? Should I enrol my child in a morning only preschool program? A full, or part time program? A large busy centre or a smaller more intimate play group?

As an early childhood educator for thirty years I truly believe that there is a childcare program for every child, although not every program is suitable for every child. That's where a little research, and comparison shopping come into play. I like to recommend a three step

process when gathering information about a perspective centre. The first being the internet where you can access a centre's web page detailing what their program offers. Secondly I recommend seeking the opinion of other parents with a child enrolled in the centre you are considering. The third, and what I feel is the most important step is arranging a visit with the perspective centre. This is where the real question and answer period begins. Were you greeted warmly upon entering the centre? Do the children appear happy? Are the staff engaged with the children? Did the director take the time to answer all your questions?

After your tour I recommend listening to you inner voice, what does it tell you about the Centre? Does it say this is a place where my child will enjoy playing and learning, where they will thrive and grow developmentally, emotionally, and socially? Then congratulations you have just found not only a wonderful early childhood experience for your child, but you have also found peace

of mind that your precious bundle will be cared for, and valued for who they are.

Jo-Anne is currently the Director at The Growing Place, and has over thirty years of experience. She has previously served as Resource Coordinator where she specialized in supporting children with special needs as well as offering support, and advice to parents on a variety of child, and family related issues. For more information please visit our website at www.thegrowingplace.ca

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We believe that you should nurture each child's unique qualities, that's why we follow an Emergent curriculum designed to help children learn through their interests and encourage them to try new things every day.

Our team is a huge part of what makes Care & Fun so special; our professional talented employees are graduates of Early Childhood Education and through their creativity and passion have proven to be the very best in their field. We put a lot of effort in connecting with the kids and their parents, from being able to instantly connect with our educators to receiving instant updates on your child's daily adventures. Nutrition is important but so is the taste, in Care & Fun we have our own certified cooks freshly creating healthy, nutritious, and delicious meals every day for your kids with special vegetarian, gluten free, or Halal meals always available for your choice. Our commitment to providing the highest quality child care and early education drove us to achieving praise and support from the community.

Care & Fun Childcare fully licensed Centers has developed into a brand that inspires confidence and reliance from the community. With our new 199 Bedford Highway branch we deliver the highest quality child care service with the convenience of being on the central easily connected Bedford highway location that will offer an easy route to and from work for the parents.

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What Parents Need to Know about Cats and Children

Submitted by Halifax Veterinary Hospitals



If you are thinking of adding a cat to your household, you should give some consideration to how your kids will interact with their new furry friend. While cats mix with kids well, there can be some stumbling blocks.

Before introducing a cat to your home, sit down with your children and explain to them that all animals have to be treated with respect. Cats don't require much in terms of responsibility but they must be treated kindly.

While many say that it is prudent to let your small child grow up with a kitten, this is not always the best choice. Kittens and kids don't always mix. Kittens are extremely sensitive and some children play quite rough. Sometimes young kids just don't understand how fragile a kitten is. As a result, an adult cat is oftentimes the better decision for families with young children.

It is critical that you teach your children how to handle cats. They should be picked up infrequently and with great care. Teach your children that they have the capability of harming the cat if they pick him up inappropriately. Demonstrate the proper method to pick up the cat in front of your kids and then have them practice it to make sure that they can do it safely. If they haphazardly pick up their cat in a rough manner, it could cause the cat to be anti-social and withdraw from the family. The cat might even act out by hissing and scratching at the kids.

When you first introduce the cat to your family, watch your children closely. Observe how they interact with each other to see how each behaves. If you observe your child playing too roughly with your new cat or kitten, put a stop to the behavior before it becomes common place. If the cat or kitten shows signs of stress or fear, terminate the interaction calmly and try again at a later time.

While cats are sensitive creatures that must be handled with care, they can also help kids learn responsibility and how to treat animals properly. Your child will become much more compassionate toward animals when he has the chance to care for a cat. Just be sure to teach him the right lessons.

Talk to your kids about treating the cat with love and how to respect the cat's space. Discuss proper handling of the cat before you actually bring him into the home and again before letting them interact together.

And of course involve them in cat care, your children are always welcome at your veterinary appointments and also welcome to tour the hospital at any time.

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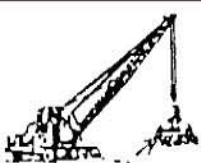
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CRAFT CORNER

Spring Into Action

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies & Crafts



It's that time of year again for rain to fall and the ice to melt away; to get outside after a long, cold winter and soak up the new season like a sponge. I'm ready for some spring lovin'!

Spring is a time when I feel the earth start to open up with colors, textures and fresh smells. I get inspired to plant, grow and nurture my dreams. I imagine having acres of land to take care of and grow all of my favourite flowers and such. For now, I will keep my dream alive and spread a little spring happiness around by tossing mother nature a few seed bombs. Boom.

Seed bombing is a way of introducing new vegetation to an area by throwing or dropping compressed bundles of soil containing live vegetation. The beginnings of a natural ecosystem that can be made with either a paper or a clay base ball of seeds.

Scattering/tossing these bombs is an easy way to help a struggling ecosystem. If you were to just scatter seeds, they are often eaten up by insects, birds or rodents and even washed away by the rain. With clay based seed bombs the seeds are protected inside the ball; when it rains the clay in the ball holds the water and helps the seeds germinate. When they germinate the compost will encourage the seedlings to grow.

The instructions are actually very simple, a bit like making chocolate truffles.

Ingredients:

A mixture of wild flower seed native to your location
Potter's clay powder
Peat-free compost
Water
A bowl
A baking tray

Instructions:

Mix the seed, clay, and compost together in a bowl to a ratio of three handfuls of clay, five handfuls of compost and one handful of seed. Add water slowly and gradually (you don't want it too gloopy), mixing it all together until you get a consistency that you can form into the size of a golf ball. Lay them out to dry on a sunny windowsill for at least three hours.

Now you are ready to take action and bomb the world to be a beautiful place, have a blast.

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