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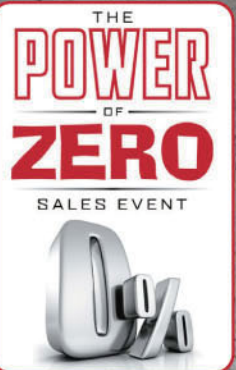
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## ADHD Coaching

By Bonnie Waugh, M.A.S.P. Registered Psychologist & Rebecca MacNevin, M.A.S.P. (Candidate Register)

### What is coaching?

Coaching is an action-oriented counselling service designed for people with ADHD or problems with executive functioning. Executive functions are a set of mental skills that are needed to complete tasks that require complex behavior or involve multiple steps. Individuals with ADHD and/or executive functioning problems often have difficulty paying attention, managing their time, remembering details, and planning, organizing and following through on tasks. Much like a sports coach, an ADHD coach offers encouragement, motivation, and support in order to help clients reach their goals.

### Who do we work with?

Coaching clients include teenagers, university students, and adults diagnosed with ADHD or executive functioning challenges associated with a learning disability. A coach also works with parents in order to help younger children who are struggling with executive functioning skills.

### When should you seek out coaching?

When executive functioning isn't working effectively, it can affect one's ability to complete tasks independently, work to their true potential at school or work, and maintain relationships with others. Many coaching clients have goals but can't seem to get organized or started on the path toward achieving them. Coaching can help clients get

organized, prioritize responsibilities, and start and follow through on tasks.

In order for coaching to be effective, it is important that potential clients realize they require help and that they are motivated and willing to spend the time necessary to implement new strategies and behaviours. Coaching clients must be prepared to put in the effort to learn new skills and habits in order for coaching to be successful. ADHD coaching is not appropriate for individuals who are dealing with severe psychological issues, as they could interfere with the coaching progress. Coaching is a great avenue to pursue after severe psychological issues have been resolved.

### What do coaches do?

Coaches understand the challenges of living with ADHD and/or a learning disability and how it affects a person's life. They can help clients to identify their areas of challenge, set goals, and take the steps they need to improve their daily living. A coach first helps the client to identify goals that they would like to meet. Goals may be related to organization, time management, setting priorities, or overcoming procrastination. The coach teaches strategies based on the individual needs of the client and provides support and accountability in order to help clients achieve their goals. Coaches

also help to educate clients about their learning profile and how it affects their daily life. They share information regarding tools and resources and make appropriate referrals as needed. Coaches also help clients to learn how best to advocate for their individual needs.

### What are the benefits of coaching?

There are many benefits to coaching. Coaching can help clients to realize their goals by reducing procrastination, providing accountability, and celebrating successes in a supportive environment. Coaching provides clients with personalized strategies and systems designed to improve skills such as time management, organizational skills, and managing impulsivity and distractibility. By providing education about ADHD and learning disabilities, coaches can help clients to appreciate their strengths, improve their self-confidence, reduce stress, and boost motivation to help achieve their goals.

### How do I learn more?

The following resources

contain further information about ADHD, executive functioning, and coaching:

### BOOKS

**Smart But Scattered (2009)** Peg Dawson & Richard Guare  
**Smart But Scattered for Teens (2012)** Peg Dawson, Richard Guare, & Colin Guare  
**Smart But Scattered: Guide to Success (2016)** Peg Dawson & Richard Guare  
**Coaching Students with Executive Skills Deficits (2012)** Peg Dawson & Richard Guare  
**The Work-smart Academic Planner: Write It Down, Get It Done (2015)** Peg Dawson & Richard Guare

### WEBSITES

[www.caddac.ca](http://www.caddac.ca)  
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## The Mind-Body Connection

By Harpreet Aulakh, Registered Psychologist

In western medicine, we appear to create an artificial separation between mind and body. We focus on physical health or mental health when, in fact, the mind and the body are connected. A healthy body supports a healthy mind, and a healthy mind supports a healthy body. For overall health and wellbeing, considering the interplay between mind and body is key. This is sometimes referred to as the mind-body connection in the literature.

For instance, it has been shown that people suffering from chronic emotional anxiety or stress are more prone to cardiac disease. Whereas, people with lower stress levels are more likely to have a healthy heart. Stress can contribute to high blood pressure, asthma, acid reflux, cancer, arthritis, and other health issues. Many with chronic health issues

like diabetes, a brain injury, or chronic pain know, well, that it can wear you down and negatively impact your emotional state. People with chronic health issues are more likely to suffer from anxiety, depression, and other mental health problems.

So the distinction between mental health and physical health is purely artificial. Being healthy really requires the combined focus of physical and mental health.

There are many ways we can foster a healthy mind-body balance, some of which are:

**Talk:** Let your friends and family know how you are feeling, or talk with your health professions such as your doctor or a psychologist about your problems. Getting it off your chest can make you feel better. Also, engaging in positive social

interactions with people you like and care about helps promote health.

**Relax:** Learn to relax your mind through activities such as meditation and progressive muscle relaxation, and mind-body activities like yoga, tai chi, or chi gung.

**Laugh:** It's true, laughter is good medicine. Have fun with your friends. Maybe watch a funny movie or take in some stand-up comedy.

**Sleep:** Getting enough sleep is important for your body and your mind. If you suffer from insomnia, try winding down before bed with relaxing activities and avoid screen time. Getting enough sleep is very important, so if you continue to suffer from insomnia, seek help from your doctor or other health care professionals.

**Breathe:** Deep, slow breathing exercises can help relax yourself and help you handle stress better, and reduce your anxiety.

**Move:** Exercise is very important for physical and emotional health. Activities like walking, running and cycling can cause your body to produce positive hormones called endorphins that can lift your spirits and fight stress.

**Eat well:** Eating fresh fruits and vegetables, eating low fat proteins, drinking lots of water, and avoiding junk food helps you stay healthy and happy. For example, a vegetarian diet has

been shown to increase life expectancy.

**Stay Positive:** Much has been learned and proven in recent years about the power of a positive attitude. Take some time every day to appreciate the good things in your life. Doing

this will help you foster a more positive approach to life, and that will boost the healing power of your body.

Harpreet Aulakh has over 17 years of experience working with teens, adults, couples and families. Using evidence based approaches,

she works collaboratively with her clients to help them achieve their personal and relationship goals.

For more information, please visit [www.aulakhpsychology.ca](http://www.aulakhpsychology.ca), email [info@aulakhpsychology.ca](mailto:info@aulakhpsychology.ca) or call 902-490-0090.



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Over the past 17 years, Harpreet has worked extensively in both the private and public practice settings. Using evidence based approaches, Harpreet works collaboratively with her clients and she values and respects active involvement and feedback when helping clients achieve their personal and relationship goals.



Feeling safe and supported while engaging in psychological services is important, so she welcomes any potential clients to contact her to get a better sense of who she is and how she works with clients.

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- Mary Oliver



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# What Does Your Child *Really* Need This Summer?

By Anita Sablone, M.A., R. Psych.

Summer is right around that corner - again. Nearly every parent is planning madly for enrolment in summer camps, family vacations away or nearby at the cottage... and for all that time in between.

For some parents, all that time in between activities and getaways is difficult to navigate. The media and other parents tell us that our children need to be active, happy and nurtured emotionally, physically and mentally.

But what do our children really need in order to have a 'great summer'? The answer is relatively easy and sounds simple, but is harder to act on - especially given present societal pressures and expectations.

*Children and teens need a healthy balance of time with people, time away from primary caregivers and time to themselves.* How do we provide this to them? Scheduling a camp for a week when a parent needs to work is a great example. How does a parent then temper that time away with time alone (without technology!) and time with a parent, being nurtured and heard?

Here are some beginning ideas, for the summer and beyond:

**Take an inventory of your child's interests.** We often feel that we know our children and what they might like to do, but perhaps the interests of your child have changed. Or, with some uninterrupted

conversation, you begin to realize that the interest in whales and oceans has changed to tidal pools or crustaceans!

Make it a point at the beginning of the summer to make a list of 'Things I'd Like to Know More About' with your child. Teach yourself about the topic, and start an engaging conversation about it with your child. Orient portions of library trips, activities and day trips around each child's interest in turn. Teach your child how to explore a concept or idea with a mix of self-directed teaching and just pure happening on interesting details about their interest area.

**Hang out together.** As parents who are working/studying hard to maintain or increase a standard of living, we often put pressure on ourselves to always be "doing something" with our children. Shouldn't that time together be interesting and memorable, because it may be necessarily brief or not frequent? Of course! -you feel you have neglected time with your child while you worked extra hours or studied instead of going to the park. How can you now make that time together, whether it be an hour or a whole afternoon, memorable?

What your child *really* needs may surprise you.... Children and teens need relaxed, unstructured time with their parents just as much, if not more, than goal-directed or activity-based time. Some of my most memorable moments

from my own childhood are when we were Maritime storm-stayed and no one could go anywhere! My parents then sat down with me and chatted, with the conversation leading itself. They taught me how to patiently listen, to respond with my ideas and value quiet time with others.

Or walking in the garden with my mother, to 'see what's up'... all times when the world seems to veritably stop for a moment or an hour, and suddenly there are opportunities for more connection and quieter communication. Sit down with your child, hide the clock and make it a goal to let them lead the conversation. Or go for a walk or bike ride with them... sometimes the loudest conversations are when we are not talking at all.

**Limit 'screen time'.** The media has saturated us with warnings about screen time and its adverse effect on children and teens. What we are just now beginning to realize is that adults are detrimentally affected, too - and in turn, families.

We need to protect ourselves, as well as our children, from the overuse of cell phones, laptops, video games and television. If your goal is to connect with your child, put away the devices. When interaction with your child is over a screen, like a video game, you are both missing out on the give-and-take that mobilizes the nervous system into making integrated pathways leading to growth. Be present to one another, listen actively and put away anything that is competing for the time you deserve to give to each other.

**Make sure peer time is good time.** For smaller children, it is easier to plan a get-together and structure the time (or not) to make sure it goes well. With teens, it is more difficult.

Be part of your teen's summer social life, at least in an informed sense. Know who the new friendships are with, and how important these budding relationships are to your teen. Use times such as driving them places, having coffee out or 'sitting on the edge of the bed' conversation moments as a way to ask simple questions. You may be surprised how much information you are given, when you slow down and are present to your teen. They still value your attention, especially when it is undivided - they may choose to not show it, but they do.

**Teach them how to 'be' in quiet or in stillness.** Share with your child or teen how the stress of the day affects you - but focus then on the strategies you use to help yourself put away the day. Educate them about your 'quieter self' - the one who paints after everyone is in bed, reads an incredible novel or engages in a meditative sitting practice.

Let them see and learn from you - learn about the value of quiet time by yourself, where you focus on your inner stress and make a plan for re-entering a difficult

situation. This is an important skill to teach your child and teen, and also it also shows your vulnerability/strength more as a person, not a parent.

**You know your child best...** I think we all need to make sure we are mindful of each of our children's present needs in turn, and think of ways to nurture them using our presence.

So... nurturing and meeting needs doesn't necessarily mean a trip to the local bookstore or a pricey summer camp experience. It may be as simple as providing your child time with you to ask questions, to teach them how to listen to their own thoughts and be present, and to value the

relational experience of others. That is a true gift that can last a lifetime.

*Anita Sablone is a registered psychologist from Carleen Hall Psychological Services, Inc. with over 18 years of experience working within the school system and private sector. She specializes in supporting children, teens, young adults and their families through assessment, counseling and consultation services (e.g., working with a child's teacher or school).*

**Recommended Reading: *The Irreducible Needs of Children: What Every Child Must Have to Grow, Learn and Flourish.* T. Berry Brazelton & Stanley I. Greenspan (Perseus Publishing, 2000)**



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## Youth Engagement at MLA Ince's Office

By Tony Ince, MLA

Something very important to me as an MLA is to find ways to engage young people-to give them a platform that can instil in them the importance of active citizenship. I am very proud to announce our flagship Youth Engagement Initiative for Cole Harbour-

Portland Valley. On May 31st and June 1st, my staff successfully completed the Duke of Edinburgh's International Award Team Leaders Training Program. Our role will be to help organize volunteer hours for community service, refer participants to program collaborations

with community partners for the physical activity and skill development merits, hold monthly learning sessions, co-ordinate preparation & training sessions for Adventurous Journey trips, and offer mentorship and leadership guidance.

We developed a 'Democracy, Your MLA, and YOU!' workshop that teaches Cole Harbour-Portland Valley Gr. 6's about how they, and their MLA play a role in active citizenship. The kids held nomination and voting processes that elected a student peer for 'MLA for a Day'. Congratulations to the Gr. 6 classes at Portland Estates Elementary and George Bissett Elementary, for a job well done!

We are also creating an MLA Youth Advisory Committee consisting of youth representatives from our constituency. These young people will be asked to share their concerns and perspectives with me on an on-going basis.

Young people are not just an important part of our future-they are also an integral part of the present. I hope this new youth initiative will shine a light on our community's young people and their ideas, for all of us to learn from.



### T

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# Seniors Section

## Gardening for fun, fresh air and great satisfaction

Submitted by The Berkeley

A love of gardening is second nature to some, and often a lifelong passion. For Florence Margeson, resident of The Berkeley, having the opportunity to continue gardening into her 90's has been a satisfying and therapeutic hobby, and a wonderful way to get out into the fresh air.

When Margeson first toured The Berkeley, she was most interested in seeing the gardens and knowing that she could help plant them.

In her opinion, though she recognizes the realities of aging, it is extremely important to keep up with the things that make you happy. For her, it is gardening.

Margeson gardens throughout the majority of the year, starting in late December to grow geraniums from seed.

'It takes about 6 months to grow these flowers.' Margeson estimates that she has 35 pots in her apartment right now which will be planted outside at The Berkeley. She is particularly pleased that there are raised beds on the patio allowing for better accessibility for residents like herself.

At The Berkeley, Gloria Haskett, sales director and avid gardener, makes an annual plant buying trip to the valley with interested residents.

'I love their enthusiasm,' says Haskett.

Marge Kelley, lifelong learner and resident of The Berkeley, has taken up gardening in more recent years. She genuinely enjoys the trip to the valley as well as being

part of the whole process – planning, preparing, buying and planting. Like many others, Kelley enjoys the finished product; colorful gardens some of which she can easily see from her apartment.

By summer, all residents of The Berkeley will be able to enjoy the patio gardens, and those who have been part of the gardening project will feel the pride and satisfaction that comes with bringing beauty to life!

*The Berkeley Gladstone,  
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The independence you want, with the assistance you might need.  
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### Fredericks Insurance Ltd.

For All Your Insurance Needs

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## ATLANTIC FUNERAL HOMES

771 Main St., Dartmouth  
462-1434

6552 Bayers Rd., Halifax  
453-1434

125 Sackville Dr., Lr. Sackville,  
864-1434

[atlanticdartmouthfh@arbormemorial.com](mailto:atlanticdartmouthfh@arbormemorial.com)

## HOME WHERE HEALING BEGINS

Our fall prevention solutions will provide improvements to make you and your loved ones safe and secure. Harding Medical and Drive Medical will help set up your home with the right equipment to help you avoid falls and maintain safe, independent living.



Come visit our NEW location at  
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Phone 902.453.6900 or Toll Free at 1-800-565-1680  
Hours of operation are Monday to Friday, 8:30 am to 5 pm  
[www.hardingmedical.com](http://www.hardingmedical.com)



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FREE IN-HOME ASSESSMENT

Manual & Power Wheelchairs  
Hospital Beds & Commodes  
Walkers, Scooters, Stair Lifts  
Porch Lifts, Lift Chairs, Accessible Vans



# Seniors Section

## Why coaching and personal training are the perfect mix for success!

As a Certified Co-Active Professional Coach I connect clients to their "why" behind their health. Thinking about food and exercise. What drives you to make food choices and what is your relationship with food? What's your experience been with fitness? Is it positive or negative? What made you decide to get up out of bed today and how can I add the "fun" into your appointment with one of our trainers? Simple questions with powerful results. At my personal training studio we make it about you and work with you to provide a safe place to get physical and emotional results.

Who are our clients? We have different age groups for our free Nordic Pole Walking sessions and a range of ages who are taking up personal training sessions. We often do membership promotions during the year for personal training sessions so I recommend taking a look at our website for that if you're curious. Also, I strongly

believe in "try before you buy" so we invite you to come in for a free consult, assessment and one training session with a trainer before you purchase a contract. This also gets you comfortable with coming to our studio and making sure we are the "right fit" for each other.

A change agent is someone who listens to your concerns and understands your values bringing in the tiniest changes to help you. It's not easy being in demand during the day as parent, family member, employee, entrepreneur-whatever your role is in this world. We value you and for one hour a day you get "you" time with us and achieve results.

Tara C. MacDonald  
 Twitter: taramacfitclub  
 Instagram: taramacfitclub  
<http://www.taramacdonaldfitclub.com>  
 Call 902 407 7502

## New Retirement Living Options in the Heart of Dartmouth

Located in Dartmouth's Russell Lake area, Parkland Retirement Living is pleased to present **Kinross and Lewis Hall**, our newest retirement living buildings on the Parkland at the Lakes campus.

Moving to a retirement living community is a big decision. If you're considering it, you need to know that you will have your independence, that your choices will be respected and that you will have the support you need, when you need it. You'll want a place that meets all of your wants and needs, but most importantly, you'll want a place you can call home.

Kinross Hall offers apartments with services

specifically designed to give you the freedom to maintain an active, healthy, independent lifestyle. Beautifully designed, the studio, one-bedroom, one bedroom & den and two-bedroom layouts offer ALL utilities, including heat, hot water and electricity as well as local phone, basic cable and wireless internet. You will enjoy two meals per day in our elegant dining room prepared by our Executive Chef, weekly linen service and house-keeping, 24 hour security monitoring plus scheduled transportation service.

Lewis Hall offers enriched care and memory care options. In addition to a specialized approach to care and services, this building reflects the

best practices in building design for individuals requiring this specialized care. Our beautifully designed living spaces provide the perfect backdrop for clients to enjoy three meals per day, daily housekeeping, personal laundry, medication management and assistance with the activities of daily living. Our 24 hour per day professional and caring staff will develop a personalized care plan to deliver the support you need.

**Living at Parkland is about living your best life. Parkland provides exceptional retirement**

**living accommodations with support available when it's needed.** With just one easy bill per month, a month-to-month lease and no common costs or condo fees - it doesn't get any easier.

To learn more about living at Parkland at the Lakes - Phase 2 Kinross and Lewis Halls, please call 902.444.8900 and ask for our Lifestyle Consultant Mary Ann Bunker

See page 30 for more details.



Why choose our personal training studio?

We offer:

Training for results not injury

Personalized service

CPCO Coaching

Nordic Pole Walking

[taramacdonaldfitclub.com](http://taramacdonaldfitclub.com)

Call 902 407 7502 for your free gift with membership

INTRODUCING

# POWER

## Mediterranean

CHICKEN SALAD

- Quinoa grain blend
- Creamy hummus
- Crumbled feta

- 36g protein
- 450 calories

**Halifax:**

- 3580 Kempt Road
- 6169 Quinpool Road
- Bayers Lake Industrial Park

**Dartmouth:**

- 583 Portland Street
- 138 Wyse Road

**Burnside:**

- 106 Ilsley Avenue

**Cole Harbour:**

- 4 Forest Hills Drive

**Sackville:**

- 720 Sackville Drive

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# FUN

# Places To Go!


**CENTENNIAL ARENA**  
 27 Vimy Ave., Halifax

- Ice Rental 24 Hrs. a Day
- After 5 pm to 8 am, **Call 430-8221**
- 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

*For Further Information, Please Call 490-4926*  
 Book Ice Online [centennialarena.ca](http://centennialarena.ca)

**FISHERIES MUSEUM**  
 OF THE ATLANTIC  
 A PART OF THE NOVA SCOTIA MUSEUM

Fun for the Entire Family!  
 Experience Learn Discover



Come see what you have been missing!

866-579-4909 [fisheriesmuseum.novascotia.ca](http://fisheriesmuseum.novascotia.ca)

## Donation Drive Fundraiser



Does your community group, school, organization, or other nonprofit group need to raise revenue?

**You Collect We Pay!**

**donation drive**  
 ValueVillage

Donation Drive Fundraisers are a fun and easy way to raise money by collecting gently-used clothing, accessories, and household items.

**No selling! No Inventory! Great for all ages!**

**Step 1**

**LAUNCH YOUR DRIVE**

Pick a date, set financial goals, determine transport options, assemble your team, and make a plan for promoting

**Step 2**

**PRE-COLLECT & PROMOTE**

We provide design templates, promotional content, and a Toolkit full of tips and logistical information.

**Step 3**

**DRIVE DAY IS HERE!**

We pay your organization by the pound for goods that you collect.

**Want to learn more?**  
[Dartmouth.outreach@savers.com](mailto:Dartmouth.outreach@savers.com)

375 Pleasant St. Dartmouth 902 463 4054 • 165 Chain Lake Dr. Halifax 902 450 5134



Little Ray's Reptile Zoo presents  
**NOCTURNAL LIFE**  
 ANIMALS AT NIGHT  
 JUNE 1 - SEPT 5, 2016

MUSEUM  
 NATURAL  
 HISTORY



# FUN

## Places To Go!



### Oaklawn Farm ZOO

A SAFARI FOR ALL AGES  
The Most Exciting Display of  
Animals in Nova Scotia



See the Big Cats and watch the Monkeys at play  
Take exit 16 off Hwy 101, Aylesford. Follow zoo signs.  
(902) 847-9790 Open daily 10am - dusk, till Mid-Nov.  
Just a little over an hour from Halifax  
[www.oaklawnfarmzoo.ca](http://www.oaklawnfarmzoo.ca)

COUPON OFFER

**1 FREE CHILD'S PASS**

When accompanied by an Adult at Regular Adult Price  
Expires Mid-November, 2016



*Long Ago Is Not  
Far Away*

### Hands On History Adventures

begin at \$50

### SHERBROOKE VILLAGE

A PART of THE NOVA SCOTIA MUSEUM

[www.sherbrookevillage.ca](http://www.sherbrookevillage.ca)

Open: June 1st - October 15th  
Route 7, Sherbrooke  
Toll Free: 1.888.743.7845



Add some  
**AWESOME**  
to your summer!



**AMUSEMENT PARK**  
WOODEN ROLLER COASTER  
WATERSLIDE • RIDES  
ENTERTAINMENT  
BUMPER BOATS  
RESTAURANTS



**TREE TOPPER  
ADVENTURE PARK**  
SKY SKATEBOARDING  
ROPES COURSE  
14 ZIPLINES  
MONKEY BRIDGE  
20 METRE FREE-FALL TOWER



**JUMP OFF "The Tower"**  
The highest single tower  
free fall in Canada!

**NEW!**  
Upper Clements Camping (situated in the former wildlife park)



# FUN Place To Go!

## Eat, Shop & PLAY!

*A shopping and family destination unlike any other.*

Dartmouth Crossing brings together the best elements of any shopping experience, offering something for everyone ~

Located via Burnside / Highway 118 (Exit 12), off Highway 111, this prime location offers consumers value and convenience in an exciting and unique environment.

Dartmouth Crossing offers Big Box shopping, a large selection of quick-service and dine in restaurants to satisfy any food craving, and has a great mix of retailers for every

generation. As you explore The Village Shops at Dartmouth Crossing, you will experience a shopping and family destination unlike any other. Stroll the cobblestone

sidewalks, enjoy the flowers, fresh air, music, the great shopping... and Go Wild! Playground for the kiddies!

GoWild! Playground is located in the heart of The Village Shops. After a day of shopping or as one parent shops, this custom-designed fenced area offers children (and parents) a place to unwind, play, and have lots of fun! Children ages 3-12 will enjoy Atlantic Canada's first raft swing, a tree house themed play structure with slides and lots to climb on, and take a ride on a bouncy bumble-bee. Be on the look-out at GoWild! Playground for the fun photo opportunities... there is lots to see and do. The playground is open seasonally, free to use, open to the public during shopping centre hours and offers some accessible play elements, with fun for all.

This summer, the Village Shops at Dartmouth Crossing offers a great line up of fun, complimentary events at Pondsides Amphitheatre next to the bridge (by Tommy

Hilfiger). All are invited on Saturday, June 25th, 8:00pm-10:00pm, to kick off Canada Day with live music, free cake\*, and fireworks at 10:00pm. On Saturday evenings, July 2nd, July 9th, August 6th and August 13th, bring your blanket and lawn chairs to enjoy magical movie nights and free popcorn\*. Visit [dartmouthcrossing.com](http://dartmouthcrossing.com) for full event details and rain dates. \*while quantities last.

The Village Shops at Dartmouth Crossing's hours are Monday to Friday 10:00am-9:00pm, Saturdays 9:30am- 9:00pm, and Sundays 12 Noon - 5:00pm. Restaurants, coffee shops and the theatres are open extended hours.

Visit [dartmouthcrossing.com](http://dartmouthcrossing.com) and join DC e-Style to become a VIP (Very Important Shopper), and get hot store specials and the latest news on contests, events and more.

Via social media: FACEBOOK .com/dartmouthcrossing TWITTER.com/dartmouthxing INSTAGRAM.com/dartmouthcrossing



**SPEND YOUR SUMMER WITH US AT THE VILLAGE SHOPS!**

**JOIN US AT  
PONDSIDE AMPHITHEATRE:**

**SAT, JUNE 25<sup>TH</sup>  
KICK OFF CANADA DAY!**

8:00<sup>PM</sup> LIVE MUSIC & FREE CAKE\*\*  
10:00<sup>PM</sup> FIREWORKS\*

**FREE MOVIE NIGHTS & FREE POPCORN!\*\***

**SAT, JULY 2<sup>ND</sup>** 9:40<sup>PM</sup>† SHREK  
**SAT, JULY 9<sup>TH</sup>** 9:35<sup>PM</sup>† HOW TO TRAIN YOUR DRAGON  
**SAT, AUGUST 6<sup>TH</sup>** 9:05<sup>PM</sup>† FROZEN  
**SAT, AUGUST 13<sup>TH</sup>** 8:55<sup>PM</sup>† LABYRINTH

\*Weather permitting  
\*\*While quantities last  
†Times approximate. Movies begin at dusk.

**Go Wild!**  
PLAYGROUND  
FREE FOR ALL!

**EVERYTHING YOU WANT -  
EVERY OCCASION**

**THE VILLAGE SHOPS  
AT DARTMOUTH CROSSING**

MONTANA'S  
COOKHOUSE

TOMMY HILFIGER

carter's | OSHKOSH  
babies and kids Best

BANANA REPUBLIC  
FACTORY STORE

Modern Orchard

Via Burnside/Highway 118, (Exit 12) off Highway 111

**Open Year Round**  
Four Seasons of Family Fun & Adventure

4568 Highway 12 New Ross  
1-877-689-2210 "Google Ross Farm Museum"

*"Every Day Is Special"*



# FUN Places To Go!

## 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

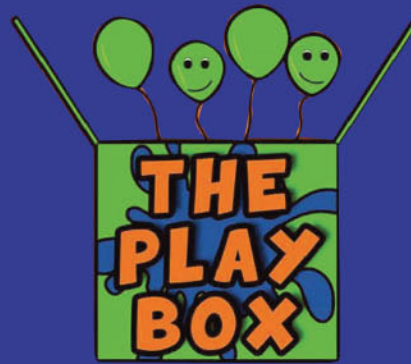
available after normal opening hours. Anyone who is considering holding a party at The Play Box is more than welcome to go for a look around and chat to the owners.

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; website: www.funattheplaybox.ca; twitter: @theplaybox1*



## BIRTHDAY PARTIES



### Indoor play centre and café.

Open 7 days a week, we have the most AWESOME play structure. Enjoy a coffee and free wi-fi.

Why not have your child's party in one of our party rooms?

You can find us at:

104-105 Evergreen Place, 530 Portland Street, Dartmouth, B2Y 4V6

Phone: (902) 463-0034  
E-mail: theplaybox@outlook.com  
www.funattheplaybox.ca  
Facebook: theplayboxltd  
Twitter: @theplaybox1



We look forward to seeing you.



Come out and enjoy a round on our Family Par 3, 9 hole golf course. All ages and levels of play welcome! Great course for beginners through to experienced players.

9 holes **\$15**      18 holes **\$20**  
Junior **\$10**      Junior **\$15**

27 holes or more **\$25**  
Junior = 12 - 16 years of age      Junior **\$20**

Age 11 and under are free must be supervised and play with one green fee paying adult

Pull Cart Rental **\$2** per round  
Club Rental **\$5** per round  
Power Cart Available

We are located off of Highway 14 (Chester Road) near Martock in Windsor, NS at 136 Redden Road.



**Rosevale Par 3 Family Golf Course**  
136 Redden Rd., Martock, NS  
(902) 880-8048



Look for us on facebook or at [www.nslocal.ca/rosevalegolf](http://www.nslocal.ca/rosevalegolf)  
Email us at [rosevalegolf@gmail.com](mailto:rosevalegolf@gmail.com) or call us at 902-880-8048

## NOTHING ELSE IS SWISS




1866-439-0-439  
[swisschalet.com](http://swisschalet.com)



358 Lacewood Dr. Halifax (902) 443-5198  
3434 Kempt Rd., Halifax (902) 454-4226  
Bedford Place Mall, Bedford (902) 835-7974  
16 Foulis Row, Dartmouth Crossing (902) 468-0125

**SWISS CHALET KIDS MENU**


**1 CHOOSE YOUR ENTRÉE**  
ALL ENTRÉES COME WITH YOUR CHOICE OF SIDE, DRINK AND DESSERT.

 CHEESY CHICKEN PASTA	 CHICKEN STRIPS	 TOMATO CHICKEN PASTA
 BBQ RIB SIDE RIB (ADD \$3)	 CHEESY PIZZA	 MINI HAMBURGERS OR CHEESEBURGERS
 KIDS QUARTER CHICKEN WITH PEAS (ADD \$1.50)		

**2 CHOOSE YOUR SIDE**

 FRESH CUT FRIES	 CREAMY COLESLAW	 GARDEN SALAD
 SEASONED RICE	 FRESH VEGETABLES	 MASHED POTATOES

**3 CHOOSE YOUR DRINK**

		
---	---	---

**4 PICK ONE DESSERT**  
Sundae, Mott's Apple Sauce, Skittles or NEW Worms N' Dirt



# Getaways & Resorts

## Yogi Bear's Jellystone Park

**WHERE DREAMS COME TRUE** - As you can see Yogi Bear™ is still sound asleep, dreaming of the summer to come. Exhausted after the busy summer last year, Yogi Bear has not moved since he began hibernating last fall. This has not been true for the Rangers; they have been gearing up for another busy year. In fact, they have been extremely busy over the past four winters.

In these four years the washrooms have been redone, the mini-golf has been rebuilt with its jumbo sized chess and checkers sets, a Jump Pad has been installed in the newly formed Kids-Zone, and the

Jumping Pillow has been replaced; not to mention all the new power that has been installed to the many sites. And don't forget about last year! Last year a brand new pool was installed! The new pool is shallow like a lake shore on one end and slowly gets deeper as you round the curve to the deep end. In the shallow end sits the Down-Pour-Derby which is great fun for families of all ages.

These last four years, Yogi Bear's Jellystone Park™ has also won many distinctive awards and has been highly rated on every inspection including: Access Nova Scotia, Canada Select, Good Sam, and the thorough

franchise inspection. The awards include: The Customer Satisfaction Award, the Outstanding Recreation Award, and the Pinnacle Award for each year the new owners, Henk John & Mary Ann Kuipers, and their staff have been operating it. Three of these last four years it has also won the Maple Leaf Award distinguishing it as the top Canadian Park within the Jellystone Franchise.

So come one and all and join us for another season as together we help make DREAMS COME TRUE!

Check us out at [JellystoneNS.com](http://JellystoneNS.com) or call 1-888-225-7773



# Family Escape!

Start your family vacation here.

FROM **\$420** PER FAMILY OF FOUR

June 6, 2016 to October 2, 2016

- Two nights accommodation
- Family activity
- Breakfast daily
- Dinner voucher for \$75
- Family pass to Sherbrooke Village

Don't forget all the complimentary recreation facilities like our indoor pool, outdoor games, kayaks, canoes bikes, tennis court, hiking trails and lots more.



**LISCOMBE LODGE**  
Resort and Conference Centre

Liscomb Mills, Nova Scotia  
1.800.665.6343 | [www.liscombelodge.ca](http://www.liscombelodge.ca)



\*Subject to availability. Not available for groups or existing reservations. Some restrictions apply.

Chalet - Additional \$30.00 per night

## Where dreams come true!

Check us out at:  
**JellystoneNS.com**  
Or Call  
**1-888-225-7773**

- \* Themed weekends \*
- \* Daily Activities \*
- \* Cabin rentals \*
- \* Big Open Sites \*
- \* 2 Jumping Pillows \*
- \* Bear Appearances \*
- \* Huge New Pool \*
- \* Gemstone Mining \*
- \* Bingo Mini-Golf \*

YOGI BEAR and all related characters and elements © & ™ Hanna-Barbera. S16)



# Summer Camp Guide

## Debate and Public Speaking; A Canadian Tradition

By Nick Szymanis

For many parents, debating is seen to be that what comes out of the mouths of pre-teens and fully formed adolescents on the point of whatever is put before them. Others might simply call this protest... Debating is more than just protest, argument - or structured protest. Parents might think their child is a perfectly formed "debater"... and be quite content with their i-phone fixation. Instead, debating has a lot more to offer. It is very much about allowing students to first master their knowledge of something - a case, an issue in the wider world that has 2 or more available perspectives. This is called the resolution. Students then come together in groups of two, paired as team on either the government or opposition side of the resolution and in a sequence of times speeches, present their side, rebut the views of their opponents and in some debate styles - field and answer questions. All of this is done with a sense of diplomacy, tact and an emphasis on listening to one's opponents in order to rebut their points effectively - and not simply "argue" from a

preconceived point of view. In essence they are made the all-convincing 'teacher' of their subject - thereby reinforcing and retaining what they know to the highest degree available in the learning process.

And so what exactly does this do for our future? Young people who can come together and intellectually clash, out in the open (not just behind their screens) on topics to do with justice, or international conflicts, or the ethics of certain industrial practices, or the changing global balance of power, or about changing laws, or improving systems of healthcare, or even education... These are the young people we leave our future world in the hands of. And admittedly, it is a future that needs active thinkers, listeners, and very much so - debaters! These are the life-skills worth cultivating and although not all is lost on the present fixation with digital media, at least we can create a valuable counter-medium that allows students to come face to face and engage their thinking and make meaning of it and perhaps most importantly, remember and retain what they have learned 90% of the time...

The other 10%, well back to i-phone I guess...

Since 2002, Debate Camp Canada has provided training in public speaking and debate to students in grades 6 - 12. The one-week residential program is located on the beautiful campus of Canada's oldest independent boarding school, King's Edgehill, in Windsor, Nova Scotia - home province of Canada's first parliament. Students from across Canada attend for an exciting week of training in parliamentary or cross-examination style debate, persuasive and humorous oratory and the increasingly popular Model United Nations format. Some students come with existing skills and experience and engage in a week of higher-level training aimed at honing competitive-level skills. Others are completely new to the skill set and are provided with a program designed to build confidence in speaking publically and convincingly. Skills-building, recreational games, swimming and an overall great experience are hallmarks of this fantastic week.

**WHERE:** Camp Location - King's Edgehill School, 33 King's Edgehill Lane, Windsor, NS, bus daily from Armbrae Academy, 1400 Oxford St., Halifax

**WHEN:** July 24 - 30, 2016

For more information, please contact: **Nick Szymanis, Director**, 888-512-8154, [director@debatecamp.org](mailto:director@debatecamp.org), or visit our website: [www.debatecamp.org](http://www.debatecamp.org)



# Debate Camp

CANADA

SKILLS FOR HIGHER LEARNING - AND LIFE

DAY & OVERNIGHT CAMP OPTIONS - GRADES 5 to 11



DEBATING

PUBLIC SPEAKING

MODEL UNITED NATIONS

ALL ABILITY LEVELS WELCOME

**JULY 25 - 29**  
KINGS EDGEHILL SCHOOL  
daily bus from Halifax / Bedford

[www.debatecamp.org](http://www.debatecamp.org)



## Summer 2016 at the Conservatory

Register now for Music and Dance programs!

## Summer 2016 at the Conservatory

### Dance

Early Childhood Movement Program (ECMP) Camp  
June 20-24  
July 25-29

Children's Dance Camps  
July 4-8  
July 11-15  
July 18-22  
July 25-29

Tuesday Evening Ballet Classes  
Beginner, Intermediate and Advanced  
June 14 - July 19

Summer Dance Intensive  
August 15-19  
August 22-26

### Music

Kindermusik Extension  
May and June

Voice Intensive  
July 4-8

Summer Clarineo Cats  
July 5-21

Musical Theatre  
July 4-8  
July 11-15

Contemporary Vocal Program  
July 25-29

NS Summer Suzuki Institute  
August 8-12

Brass Band Camp  
August 22-26



[www.maritimeconservatory.com](http://www.maritimeconservatory.com)

Contact us for more Information

Maritime Conservatory of Performing Arts  
6199 Chebucto Road, Halifax, Nova Scotia  
Telephone: 902-423-6995





# GIVE YOUR CHILD THE MOST INCREDIBLE SUMMER EVER!

AT ONE OF OUR AMAZING OVERNIGHT SUMMER CAMPS, THE EXPERIENCE OF A LIFE TIME!

An overnight summer camp is truly a special and unique place of fun and fellowship for your child. This amazing experience gifts wonderful memories that last a lifetime. There are so many positive impacts that a summer camp can have for children and teens.

1. Campers learn social and citizenship skills that help them live harmoniously with a diverse group of people at camp – and many of those campers will become life-long friends – as well as back at home.
2. A summer residential camp fosters a love and appreciation for the natural world.
3. Campers experience great personal development growth and become more self confident and open up to trying new experiences and learning new skills.
4. Campers adopt positive attitudes towards a healthy and active life style that they follow when back home.
5. And at an Accredited Camp your child will be given the quality and proper level of supervision and guidance that they need.



Visit our website today to pick a camp for your child!

[www.canspei.ca](http://www.canspei.ca)

#summercamp2016



# Summer Camp Guide

## Hatfield Farm, Opening New Facilities This Summer!

As we're only mere minutes from the city, drop by to see our new development!

In the summer of 2016, we'll be offering a new indoor riding arena, a brand new office with retail space, a playground and a petting pen. Our new arena will allow us to offer year round lessons, as well as equine therapy.

We'll still be offering wagon/sleigh rides and pony rides! You can join us for family adventures every Saturday and Sunday at 11:00 as well as during school holidays. To celebrate our growth we're even offering a special online promotion- pay for three and you go for FREE! This coupon can be downloaded from our website, and is valid until December 31st, 2016.

Our western village in the woods, Fort Clayton, boasts a spacious 5000 sq. foot Lodge offering a selection of mouth - watering appetizers and meals. Fort Clayton is also home to our famous Rubber Rodeo- our indoor inflatable games center. The outside fun is fuelled with playground, mini golf, kids zip line, and campfires. We can even accommodate overnight guests in our cozy cabins and bunkhouses. We are a great venue for Girls Nights Out! We can also host any type of group, whether it is friends, and family or a corporate gathering. We also "clean up" really well for weddings- offering rustic beauty and country charm. Our guests arrive by horse drawn wagon, and the bride arrives in her own carriage.

Hatfield Farm always has kids at heart! We offer pony rides, petting zoo and playgrounds. For children 8 and older, we offer horseback riding

and summer riding camps. The farm is a perfect setting for your child's next birthday party, or a fun-filled family outing.

Please explore our website at [www.hatfieldfarm.com](http://www.hatfieldfarm.com) to get your coupons, or to learn about our various adventure packages, or call us directly at (902) 835-5676 or email us at [info@hatfieldfarm.com](mailto:info@hatfieldfarm.com). We look forward to seeing you this summer and making your adventure at Hatfield Farm an unforgettable one!



SUMMER RIDING CAMP!

HATFIELD FARM  
*Cowboy Adventures!*

**Two Daily Lessons!  
And Woodland Trail Rides!**

The chance to enjoy...

- \* Fresh air & fun!
- \* Grooming & Tacking
- \* Crafts & games
- \* Horse anatomy
- \* Farm safety & more!

Drop off time 8:00 - 8:30 am  
Pick up time 5:00 - 5:30 pm

2016 Camp Dates  
July 4th - 8th  
July 11th - 15th  
August 22nd - 26th  
August 29th - September 2nd

For more info call us at  
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[www.hatfieldfarm.com](http://www.hatfieldfarm.com)

## Fine Art & Theatre Summer Camps

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**The Art of the Fantastical**  
July 11-15, Art Camp

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July 18-22, Theatre Camp

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# Summer Camp Guide

## Summer Art Camps at 4CATS Arts Studio

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

**MONARCH PRINCESS CAMP**  
Create a monarch butterfly princess using silk screen, acrylics, collage techniques, gold foil, metallic pens & glitter. Create a watercolour butterfly specimen sheet and a polymer clay butterfly fairy, too!

**HEROES & VILLAINS CAMP**  
Heroes and villains unite! Learn dynamic poses, create cool costume accessories, and design your own unique character! Perfect for fans of comics, manga, drawing, and art! Includes 4Cats sketchbook.

**EXPRESS YO SELF CAMP**  
Learn awesome street art inspired techniques & create an amazing acrylic on canvas painting utilizing your newly learned skills. Includes 4Cats sketchbook.

**ART-ificial INTELLIGENCE CAMP**  
You don't need to travel to a galaxy far, far away in order to create these awesome intergalactic heroes! Immerse yourself in the world of star ships, robots, painting, clay and art.

**IMAGINATION CELEBRATION CAMP**  
Students explore a variety of artistic disciplines, showing them that great art can come from all kinds of materials and approaches. Every day brings new discoveries!

**MOTION & MOVEMENT CAMP**  
Create a beautiful painting inspired by the dynamic works of Edgar Degas! Work on gestural poses, a polymer clay sculpture, your own sports card and a painting that's full of life and motion.

**IN MONET'S GARDEN CAMP**  
Take inspiration from the beauty of nature, Impressionist style, using quick brush strokes to capture light and perspective. Create Monet inspired sculpture projects too!

**LOTSA LAYERS CAMP**  
Work big! REALLY BIG! Working on a large surface is so much fun! Explore various painting and collaging techniques! Learn about mark making, colour and composition! Create colourful ceramic dishes and mugs too!

**MANGA CAMP**  
Learn manga techniques and gain the tools to create your own forest creatures, inspired by the imaginative beasts of Japanese anime! Includes 4Cats sketchbook.

**PASSION FOR FASHION**  
You get to be the designer! Use drawing, water-colour, and collage to create a fashion lookbook and paint a model who is ready for the runway. So chic!

Check out our website for family, children and adult workshops, offered all summer!

Register now for summer camps at [www.4cats.com/Halifax](http://www.4cats.com/Halifax)

Follow us on Facebook and Twitter and sign-up for our newsletter for workshop and program updates.  
4Cats Arts Studio Halifax | [halifax@4cats.com](mailto:halifax@4cats.com) | 902-431-9960 | [www.4cats.com/halifax](http://www.4cats.com/halifax)  
2983 Oxford Street



choose from:

- heroes & villains
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- ART-ificial intelligence
- imagination celebration
- motion & movement
- in Monet's garden
- manga: forest spirits
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- passion for fashion
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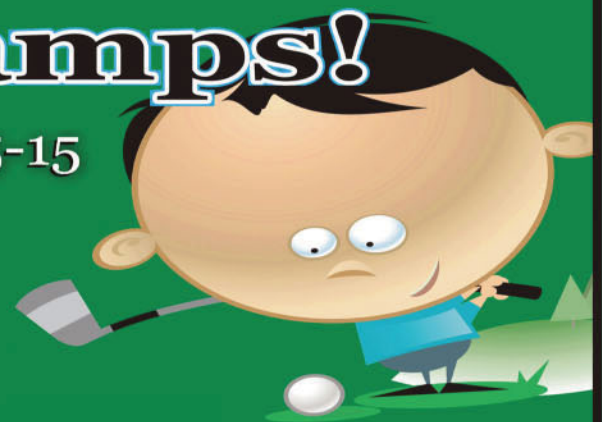
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Canada's Junior Golf Program



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[www.thelinksatmontague.com](http://www.thelinksatmontague.com)



# Summer Camp Guide

Inquiring young minds don't take a summer break!

What will your child be creating this summer? Will she be crafting a virtual game world? Will he be producing the next blockbuster film?

This summer, campers can create their own digital worlds as they learn to program and create video games! "Mining into the Makings of Minecraft" is just one of the many exciting programs coming up at Artech Camps. There are camps for kids ranging from 7-through teen years.

Artech Camps are all about getting creative with technology! All programs tap into campers' creativity and incorporate the use of new media. It's this blend of creativity and technology that makes Artech Camps so unique.

In Animation camps, campers get to direct and produce animations. They learn the process from storyboarding and planning through filming and editing. Many of the films created in the camps' 11 year history have gone on to win recognition and awards at film festivals and on TV and the Internet.

In "Girls Go Digital" - an all-girls camp scheduled mid-summer, girls will get hands-on with Robotics, Game Design and Animation.

Teens will be able to take their skills to the next level - designing 3D characters in Blender and programming 3D games using Unity 5, a free game development program used by both students and professionals.

At Artech kids will get a chance to stretch their imaginations and take their ideas to the next level!

Camps are filling fast! Registration can be completed online at [www.artechcamps.com](http://www.artechcamps.com). And for those that may want more information - the phone line is open 902-579-3317.

Pre-Prim to Grade 12 Reading Writing Math Grammar Study Skills Homework French SAT/ACT Prep

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Game Design  
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LEVEL UP THIS SUMMER!!!

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all ages!



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[ymcahrm.ns.ca](http://ymcahrm.ns.ca)

July 4 to  
August 26

CAMP  
HOURS  
7:30 - 5:30



Camp Location  
5303 Tobin Street



# Summer Camp Guide

## SUMMER with Us 2016!

Blast through the summer with super fantastic weekly camps!

### 47 Camps To Choose From

- Minecraft
- Adventure with Alice
- Back Stage
- Dance Pass
- Bamboozle!
- Basketball
- Beach Party
- Best of the Best
- Clash of Clans
- Clue
- Coding/Minecraft
- Creepy Crawlies
- Food Frenzy
- Get Messy
- Go for The Gold
- Ground Hockey
- Hands on Science
- KlutzMaster
- Lazy Daze
- Monster Mania
- My Heroes
- Plush Pals
- Adventure!
- Return of the Jedi
- Roller Coaster
- Tycoon
- Spy Camp
- Stir it Up
- Story Book
- Adventure
- Stuffies In Space
- Super Smash Bros
- Survival Games
- Trackdown Plus
- Treasure Hunters
- You Tubing 101



Register Online at: [www.creativekids.info](http://www.creativekids.info)

902-832-5437

Centre Hours : 7:00am – 6:00pm



**CREATIVE KIDS Education Centre**  
Engaging the Whole Child

## Royal City Soccer Club Summer day camps



The Royal City Soccer Club is excited to bring our very popular summer soccer day camps to the Halifax and Dartmouth area this summer. For the past 24 years, we've hosted over 300,000 boys & girls in over 90 locations across Canada. We're the #1 grassroots soccer day camps in Canada. Our program is designed to promote personal development, team building and of course, FUN! The camp program is uniquely designed to offer a soccer focus in the morning and a leisure swim

in the afternoons. We encourage all boys and girls between the ages of 5 and 13 to register. We offer full day, morning and afternoon sessions where each camper receives a camp soccer ball, tshirt, personalized certificate, great supervision ratios and much more. We also offer early drop off and late pickup times fully supervised at no extra charge. The camps operate during the months of July and August. We look forward to a great summer of camp. Check out our website at [www.royal-soccer.com](http://www.royal-soccer.com) for more information or call 1-800-427-0536.



Royal City Soccer Club

PRESENTS

**Soccer Camps 2016**



GRAND'S #1 GRASSROOTS SOCCER CAMP



Locations in Halifax & Dartmouth  
(see website for details)

800-427-0536

[royalsoccer.com](http://royalsoccer.com)





# Summer Camp Guide



## Where Are They Now? Project Highlights Success Of French Language Graduates

We want to hear from French program graduates for whom French has enriched their lives, socially, culturally, or professionally.

Did you take Core French, or attend a French immersion or French First language program? Did you graduate from one of these programs? Do you know someone who did? Help us encourage others to pursue their French language learning journey!

Canadian Parents for French is launching the Where Are They Now? project. Canadian Parents for French in the Atlantic Provinces in collaboration with Canadian Heritage wishes to discover where bilingual graduates have gone after high school and what career paths they have followed.

We all know Olympians, journalists, entrepreneurs and teachers who are passionate about languages. Many

Atlantic Canadian bilingual graduates have used their language abilities to accomplish great things! "It's truly amazing to see how the French language plays a part in the different paths that our French second language students take. Aside from language, the things we're finding in common with these students are their sense of adventure, curiosity, passion, and excitement for life."», notes Stephanie Carver, CPF Nova Scotia President. This project will include the production of videos and posters that will highlight what these graduates have done with their bilingual abilities.

The Atlantic Canadian Parents for French branches have hired the Lowther Group to carry out this project. The Lowther Group will research graduates and select some outstanding examples to be

portrayed in the videos and posters to showcase and celebrate these success stories. The videos and posters will also be used as resource tools for schools and classrooms.

There is a simple online form for graduates to fill out at our website. If you are interested in the project and would like more information, visit [ns.cpf.ca/where-are-they-now/](http://ns.cpf.ca/where-are-they-now/).

For further information:  
Linda Lowther and Helen Lockerby, Lowther Group  
[projects@cpfpei.pe.ca](mailto:projects@cpfpei.pe.ca)  
tel. 902-393-0679

### Where Are They Now?



Où en sont-ils?

## What's new at EMINFLOW MUSIC STUDIO?

### Music Together® Family Classes SUMMER 2016

Eminflow is taking registrations for upcoming classes now!

In addition to weekly 45-minute music and movement classes (Summer session is 6 classes, 2 classes per week), families receive a new CD each semester, an illustrated songbook that's filled with music-making ideas for spontaneous music play at home as well as access to the Family Fun Zone at [www.musictogether.com](http://www.musictogether.com) where you can access MP3s, videos, activities and more! For ages Birth-5 and the Grown-ups Who Love Them®.

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Tuesdays & Thursdays:  
July 12 & 14, 19 & 21,  
26 & 28

Grace Lutheran  
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RD, Cole Harbour,  
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Wednesdays: July 11 &  
13, 18 & 20, 25 & 27

1st Child = \$100  
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Register at  
[www.eminflow.com/register](http://www.eminflow.com/register)

Registration Deadline: JULY 4  
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## CANADIAN PARENTS FOR FRENCH Nova Scotia French Camp

Join us this summer for a week to remember!

### FRANCO-FORUM

St. Pierre, France | Ages 14-18

### NAUTICAL CAMP

Îles-de-la-Madeleine/Magdalen Islands, Québec  
Ages 12-16

### SEA KAYAKING ADVENTURE CAMP

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

### CAMP ARTISTIQUE\*

Barton, Digby County | Ages 10-14

### CAMP DE LA BAIE\*

Sambro Head, HRM | Ages 10-14

### DAY CAMPS

Hydrostone, Halifax | Ages 6-10

### CHAPTER CAMPS

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

\*All levels of French welcome.



## L'ÉTÉ, C'EST MAGIQUE!

### FRENCH CAMP IS...

A WONDERFUL RE-FRESHER OVER THE SUMMER MONTHS.  
THE PERFECT INTRODUCTION FOR STUDENTS ENTERING LATE IMMERSION.  
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Registration forms available online

[Facebook.com/CPF.NS](https://www.facebook.com/CPF.NS) | [Twitter.com/@CPFNovaScotia](https://twitter.com/CPFNovaScotia) | [Instagram.com/cpfnovascotia](https://www.instagram.com/cpfnovascotia) | [Youtube.com/CPF Nova Scotia](https://www.youtube.com/CPF%20Nova%20Scotia) | #iSupportCPFNS



# Summer Camp Guide

## Un été en français à Halifax!

Offrez la chance à vos enfants de s'amuser en français au *Camp de jour et au Camp en action* du Conseil communautaire du Grand-Havre (CCGH)! Les camps ont lieu à l'École du Carrefour à Dartmouth, à l'École secondaire du Sommet à Halifax/Bedford et à l'école des

Beaux-Marais à Porters Lake. Les camps se dérouleront en juillet et août 2016. Le programme du *Camp de jour* est destiné aux enfants de 4 à 10 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. Pour chaque semaine de camp, un thème différent! Les jeunes inscrits au *Camp en action* participeront à des activités plus avancées et adaptées à leur 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 (CCGH). The camps will take place at École du Carrefour in Dartmouth, at École secondaire du Sommet in Halifax/Bedford and at École des Beaux-Marais in Porters Lake. The

camps will be offered in July and August 2016. The *Camp de Jour* is intended for children between the ages of 4 and 10 and the *Camp en Action* is intended for pre-teenagers aged 10 to 13.

At the *Camp de Jour*, children will have the chance to go on outings, make crafts and participate in dynamic activities. For each week of

camp, a new theme! 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* [camp@ccgh.ca](mailto:camp@ccgh.ca) *ou téléphonez/ or call* (902) 435-3244.

## Better Coaches, Better Kids Why choose Sportball Multi-Sport Camps this summer?

Whether it's teaching kids how to handle winning and losing or how to dribble a ball, everything we do, in every class, is for a reason. For instance, all classes follow the same structured format, beginning with warm-ups, progressing to skill development, then finishing up with games – because we know that kids perform better when they know what to expect.

Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. This summer, we will be taking our already

popular Multi-Sport programs and creating half day camps for children to attend and get daily immersion in our uniquely designed sport skill curriculum. We combine numerous aspects of summer camp life such as games, songs and play, but also have children participate in sports skill instruction, practice and cooperative games in a fun, non-competitive atmosphere. Teaching children to learn, appreciate and respect sport as a tool for social, motor and sport skill development, setting the stage at an earlier age than any other program, for a lifetime of physical activity in sport.

Because we want kids to get in the game and stay in the game, we focus on the fundamentals, like proper form, continually assessing individual "baseline skills" and using simple instructions, keywords and clear visual

instructions to break down movements according to developmental capability. "Refine, rehearse, repeat" is our mantra because it works. It's not long before "big kicks" and "goalie kicks" become "trap-roll-kick" and "goalie scoops & rolls."

What's more, we know that while basic sports skills don't change, kids do. That's why our equipment, like our expectations, is kid-sized, and it's why our curriculum is designed around established child developmental models. It's also why we're creative when it comes to keeping kids engaged: we know that what's fun for a toddler is different than what's fun for a ten-year-old AND we know that having fun is the key to keeping kids in the game.

Please contact our office for assistance 902.478.1115 | [novascotia@sportball.ca](mailto:novascotia@sportball.ca) [www.sportball.ca/nova-scotia](http://www.sportball.ca/nova-scotia)



## CAMP DE JOUR 2016

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



**8 WEEKS FULL OF ACTIVITIES, DISCOVERIES AND SPORTS FOR CHILDREN AGES 4-13, TOUT EN FRANÇAIS!**



Registration opens May 23rd / l'inscription débute le 23 mai

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

**FOR REGISTRATION OR INFORMATION :  
WEBSITE: [WWW.CCGH.CA](http://WWW.CCGH.CA)  
OR BY PHONE (902) 435-3244**



# SPORTBALL SUMMER CAMPS

**HALF DAY CAMPS – 8:30AM-4:30PM  
AGES 3-9 YRS**

HAMMONDS PLAINS COMMUNITY CENTRE | JULY 11-15 & AUGUST 15-19




Visit [SPORTBALL.CA/NOVA-SCOTIA](http://SPORTBALL.CA/NOVA-SCOTIA)  
For more information and to register





# Summer Camp Guide

## Lifelong Literacy For Every Student

Halifax Learning is excited to open our 2016 Literacy Summer Camp registration! We combine the best literacy instruction in North America with games, experiential learning and cultural experiences to ensure every child has an enriching and unforgettable summer. Camp is open to children in grades P-6 and starts daily at 8:45am, giving parents time to drop off the kids and get to work. Monday to Thursday mornings are for SpellRead instruction. Afternoons and Fridays shift to camp games, experiential learning and cultural activities. Pick up is at 4:00pm but early drop-off and after-camp care is available.

SpellRead at Halifax Learning is effective for all ages and

learning styles. Our instructors are experienced and have comprehensive training. They have First Aid and CPR certifications and up-to-date criminal record checks.

Campers receive eight hours of weekly SpellRead instruction. This immersive environment quickly accelerates learning. Last year's campers averaged 30 hours of instruction, improving their phonological and spelling skills by 300%. Word recognition and comprehension doubled from pre-camp levels.

Traditional camp activities include swimming, group games and arts and crafts. We'll spend time at Point Pleasant Park, explore the marine Touch Tanks at Dalhousie University, run wild at the

Discovery Centre, and welcome a furry guest from Therapy Paws of Canada. Other activities include Mi'kmaq workshops, tours of Citadel Hill and the Maritime Museum of the Atlantic, and a tall ship excursion around the Halifax Harbour. Every day is enriching at Halifax Learning.

Our six-week summer camp runs from July 4th - August 12th, 2016. Registrations of four weeks or more qualify for discount. Tax receipts for Federal Child Care Benefits are available. For more information or to schedule your reading assessment, contact [info@halifaxlearning.com](mailto:info@halifaxlearning.com) or call Heather Baltzer at (902) 453-4113.



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# Health & Wellness

## Why more adults are saying "yes" to Orthodontic treatment.

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



aligned, some adults remain hesitant to go through orthodontics. The stigma that braces are for "younger patients" may make them feel uncomfortable or they can't imagine wearing metal braces. In some cases they had treatment as teenagers and are reluctant to go through braces twice. Whatever the reason, adults that are seeking consultation with an Orthodontist are pleasantly surprised with what they learn. Not only are orthodontic offices very accustomed to adult patients, but with new advances in technology, the smile of your dreams may be easier to attain than you might imagine!

Conventional braces have improved significantly and there are now fantastic clear options. Braces are now smaller, smoother and lower profile than ever before, which makes them more comfortable to wear. Conventional braces remain an excellent way to straighten your teeth. For the more esthetically conscious patient, clear aligners are an exciting alternative to conventional braces. Invisalign is a popular clear aligner product that offers patients a nearly

invisible solution for correcting their smile. Orthodontists can seek advanced training to treat even highly complex cases. Many patients who have been previously told they are "not an Invisalign case" are finding they now are. Treatment can begin as simply as having a digital scan from which

your custom-made aligners are made.

The most advanced techniques in Orthodontics are offered right here in our community. Ask your local Orthodontist today about the options that are available for you and you just might leave

smiling! Look for more information on Invisalign in the next issue of Parent-Child Guide.

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.

More often than not, when people hear "braces", they think of their kids. But today, more and more adults are seeking options to improve their own smiles. You might be surprised to know, that in some practices, nearly half of all orthodontic patients are now adults.

So what is motivating this wave of adult orthodontics? There is now increasing awareness of the importance of oral health to our overall health. A healthy smile involves a functional bite, where the teeth are well-supported, and therefore prevents unusual wear. The bonus is that a healthy smile is also a beautiful smile and by putting your teeth in the proper position you are also giving yourself the smile you dream of!

Despite all of the benefits of having your teeth properly



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pretty special.

**FREE consultations**

**[So have him seen by a Specialist.]**

The Canadian Orthodontists Association recommends all children have an orthodontic screening by age 7.

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Dartmouth, B2W 2M5  
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# Health & Wellness

## Looking For The Right Fit! Put Your Soles In Our Hands!

Submitted by Jen Estabrooks

**S**oles in Motion offers you all the information you need to make the right choice in footwear. We have one of the largest selections of hard to find widths and depths in shoes for both men and women available in HRM. Since finding a pair of footwear is the first step in promoting wellness Soles in Motion offers you an educated experience where we measure your feet the old fashion way as well as scan your feet for pressure points, watch your gait, and suggest footwear that will compliment your daily activities.

Here are some interesting facts:

- The size of your feet changes as you grow older so always have your feet measured before buying shoes. The best time to measure your feet is at the end of the day when your feet are largest.
- Most of us have one foot that is larger than the other, so your shoe should be fit to your larger foot.
- Don't select shoes by the size marked inside the shoe but by how the shoe fits your foot.
- Select a shoe that is shaped like your foot
- When we fit your shoes, we make sure there is enough space (3/8" to 1/2") for your longest toe at the end of each shoe when you are standing up.
- Make sure the ball of your foot fits comfortably into the widest part of the shoe.
- Don't buy shoes that feel too tight and expect them to stretch to fit.
- Your heel should fit comfortably in the shoe with a minimum amount of slipping - the shoes should not ride up and down on your heel when you walk.

There are many type of shoes, let Soles in Motion educate you on what is best for you and your family. We can explain terms like neutral, stability, cushioned, 8 - 12 mm drop, different lasts, strike paths, EVA and Absorb and help you understand what is best for your feet.

Soles in Motion also has two Canadian Certified Pedorthists on staff to explain the benefits of custom orthotics and assess your

lower limb function. We also have two bracing specialists that can guide you through the benefits of proper braces and

supports for any medical condition or injury. Drop in and meet our knowledgeable staff and let the experience begin!

### PRIVATE INVESTOR MORTGAGES

First And Second Mortgages

Appraisals Not Usually Required

Fast And Friendly Assessment  
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**902-453-6239**



Submitted by Jen Estabrooks,  
Co-Owner, Soles in Motion,  
121 Ilsley Avenue, Burnside Park, Dartmouth  
902-468-7911 (solesinmotion.ca)

## STEP TOWARD AN ACTIVE YOU!

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Canadian Certified Pedorthists • Certified Bracing Specialists**

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# Education



## Michel Comeau devient le 5e directeur général du Conseil scolaire acadien provincial



Michel Comeau a poursuivi ses études en administration scolaire à l'Université de Moncton et possède un Baccalauréat en éducation, niveau secondaire, de l'université St Mary's ainsi qu'un Baccalauréat ès arts de l'Université Sainte-Anne. Il a également suivi le Programme d'introduction à la direction générale des commissions scolaires à l'Université de Sherbrooke durant quatre ans.

Canada à être accordé ce dossier autrement ministériel. Au cours de son parcours professionnel au sein du CSAP, Michel Comeau a assumé plusieurs rôles de leadership, entre autres, à la direction d'école, d'agent pédagogique, de coordonnateur des programmes éducatifs et de direction générale adjointe.

Les conseillers et conseillères du CSAP souhaitent à monsieur Comeau beaucoup de succès dans ses nouvelles fonctions.

Pour renseignements :  
Richard Landry,  
communications

landryr@csap.ca (902) 769 5472  
Pour accéder aux communiqués du CSAP :  
<http://csap.ca/communiqués.php>

Depuis 2003, à titre de Directeur des services éducatifs au CSAP, M. Comeau a mené avec succès l'ensemble des initiatives du secteur, en ciblant surtout le dossier d'élaboration des programmes d'études pour les élèves; un dossier de grande importance pour le CSAP ayant été le premier conseil scolaire au

Les membres du Conseil scolaire acadien provincial (CSAP), sont heureux d'annoncer la nomination de Michel P. Comeau au poste de directeur général du CSAP. Il deviendra le 5e directeur général du CSAP et entrera en fonction le 1er juillet 2016.

Michel Comeau succède à Mme Diane Racette, directrice générale par intérim, qui a rempli ce poste depuis novembre 2015.



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

Submitted by Oxford Learning

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

So, what happens in the summer when kids are not in school, and not providing their brains with the active intake of information that it needs to stay sharp? Well, like any muscle, it weakens, and it begins to forget.

When students are not actively engaging their brains, neurological connections can begin to deteriorate, making it increasingly difficult to recall the information that was learned throughout the school year.

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

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

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

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

**READ!** Encourage kids to **keep reading** every day this summer. Frequent reading improves comprehension skills and develops vocabulary. Give that library card a workout!

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

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

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

**THINK!** Keep the mind active by asking questions about anything and everything! Parents can model questions for kids. Don't worry if there aren't answers. An alert mind is always questioning and thinking.

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

**About Oxford Learning** Established in 1984, Oxford Learning has grown to include more than 100 locations across Canada and the United States. Oxford Learning goes beyond tutoring to help students reach their learning potential, not just for one grade or one year but for a lifetime. The unique programs teach children to *learn how to learn*. Visit Oxford Learning on-line at [www.oxfordlearning.com](http://www.oxfordlearning.com) for complete program information.

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](mailto:bedford@oxfordlearning.com) or Halifax at 423-4484 or [halifax@oxfordlearning.com](mailto:halifax@oxfordlearning.com)

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# CRAFT CORNER

## More Indigo Adventures

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



One of my favorite projects is dyeing with indigo, a craft I will revisit for years to come. I don't stir up indigo vats as often as I'd like, but I make sure to create at least one vat every summer as indigo produces the best results in the heat.

Indigo is often associated with shibori, known to be one of the oldest Indigo dyeing techniques in Japan.

Shibori is the art of "shape-resist dyeing". It has been used to embellish and decorate cloth for over 4000 years. Often you'll see very intricate shibori on traditional kimonos and obi sashes, but the art of resist dyeing is found in cultures all over the world from Indonesia to Africa, they all have their own version of this craft. For as long as people have been wearing cloth we

have been finding ways to decorate it.

Rather than treating cloth as a two-dimensional flat surface, shibori techniques give the cloth a three-dimensional character before submerging them into dye. Turning the cloth into a three-dimensional object creates distinctive geometric and floral patterns or wavy textures.

There are an infinite number of ways one can bind, stitch, pleat, twist, or compress cloth for shibori, each way results in very different patterns. Each method is used to achieve a certain result to work in harmony with the type of cloth used. Therefore, the technique used in shibori depends not only on the desired pattern, but the characteristics of the cloth being dyed. It would be difficult to master all the

techniques in one lifetime.

It is a meticulous process, and yet, there is an element of surprise as there is no way to predict the outcome once the cloth has been dipped into the vat of indigo. Colors, patterns, and hues bleed into each other, bringing life to each piece, and ensuring that no one project will be the same.

Chance and accident give life to the shibori process, and this contributes to its special magic and strong appeal. This is an artful project that the whole family can get into and enjoy.

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# Childcare Awareness Days 2

By Jo-Anne Bayers – Director, The Growing Place

Childcare awareness days were first proclaimed in June of 1993 to raise political and public awareness regarding the importance of quality childcare programs, and the vital contributions made by early childhood educators.

Yet despite these strides forward the role of the early childhood teacher often continues to be misunderstood, making celebrations like this year's awareness days an ideal opportunity to continue to educate the public on just what it is we do.

As the early childhood community prepares for this year's childcare days which includes a children's celebration on June 21 at the Dartmouth ferry terminal park, I find myself reflecting on just how far early childhood education has come.

Today's early childhood teachers are multifaceted, we are problem solvers, inventors, therapists, nurses, dietitians, and counselors who also change diapers, wipe noses, and act as playmates just to name a few of our job titles. We are trained educators skilled in offering quality programs designed to stimulate, and support early brain development while working collaboratively with families, and other professionals to support children with a variety of developmental, and medical needs.

In 1990 prior to the inception of childcare awareness days I had the opportunity to act as a spokesperson as my colleagues and I participated in a one day walk out, and march on Province house to raise awareness for the low wages paid to early childhood educators. A decade later we would receive government funding to improve wages, provide benefits, increase training and retention of early childhood teachers.

So on behalf of early childhood teachers everywhere I invite you to stop, and appreciate our contributions to the growth, and development of your child as we once again celebrate this year's childcare awareness days.

In the early 80's when I first began my career, early childhood education was thought to be little more than organized babysitting despite the fact that we were responsible for not only providing children with environments rich in learning opportunities, but for their emotional, and physical well being as well.

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](http://www.thegrowingplace.ca)

Fast forward to 2016, and the recognition of the need for quality early childhood programs, and early intervention has undoubtedly grown.

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