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What About the Arts?

The Importance of Academic Excellence in Tough Economic Times

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What About the Arts?

By Claudette Bouman

Dear Parents

What is the best definition of the arts? Some people speak of the arts in a traditional sense, dividing them into seven strands: music, sculpture, painting, literature, architecture, performance, and film. Art means the expression of ideas and emotions through a physical medium in the areas mentioned.

It's interesting to consider the original meaning of art. The word art comes from the Latin *ars*, which first meant skill or craft. These meanings are still core in other English words derived from *ars*, such as artifact (a thing made by human skill) and artisan (a person skilled at making things).

Educating your child in the arts is as important as feeding their growing bodies. What does art do? Everything that has to do with unlocking their potential for creativity, empathy, and social participation. Beyond that, pursuing music or painting is thoroughly stimulating and self-fulfilling in and of itself.

And why are the arts important for developing children's creativity, empathy and social values? Because interests such as making music, sculpture, painting, literature, architecture, performance, and film are vehicles through which human beings cultivate clear social, cultural and individual identities, while passing on values, judgments, ideas, visions, patterns of life, and experiences across time and space.

Schools struggle to adequately provide all the curriculum offerings that grow children into well-rounded, intelligent, empathetic, and socially aware and responsible citizens. Nowadays, the local neighborhood school is even tasked with the responsibility of helping to shape globally-aware citizens, especially on the theme of climate change. However, just thinking about the expansive scope the arts occupy requires me to lay out the vast terrain.

They make up not one field but many, falling into at least three broad, separate categories:

1) visual arts including architecture, ceramics, drawing, filmmaking, painting, photography, and sculpting;

2) literary arts including fiction, drama, poetry, and prose; and

3) performing arts including dance, music, and theatre.

So, as an area of knowledge, the arts comprise a vast and complex landscape, with fields as diverse as literature and craft, visual and performing activities. Beyond the making of products, they represent a wide range of human practices of creative expression, storytelling, and cultural participation. And they encompass multiple diverse and plural ways of thinking, doing and being, in a broad range of media.

I'd agree that anything that's created with imagination and skill and that is beautiful or that expresses important ideas or feelings may be considered art. Pursuing artistic interests has been a top priority in our household. For the reason that we at home recognize the inability of schools to always prioritize these offerings, we stepped up and filled the gap by enrolling our children in private piano, fine arts, and dance classes. Later on, they chose to continue the activities they loved best into adulthood: guitar, banjo, singing, and dance.

Cooperating and working with other people in music-making and dance helps to advance and unleash the creative drive all children possess, bringing self-fulfillment and spreading joy. Long after they have left formal schooling in the dust, they carry in their hearts and minds the skills and values of the arts and artists with them.

Claudette Bouman retired after 30 years of teaching in Barbados, Saskatchewan and Nova Scotia, mostly at senior high school. Her last thirteen years were spent at Cole Harbour District High School with a wonderful group of colleagues. There she taught chiefly English and Theory of Knowledge in the International Baccalaearate Program

(IB). She enjoys writing and is in the process of writing a Memoir title: "Saarland Dream." It's about a year she took off from teaching (2013-2014) to live in Germany with her husband and daughter. She has two adult children and live in Dartmouth with her husband.



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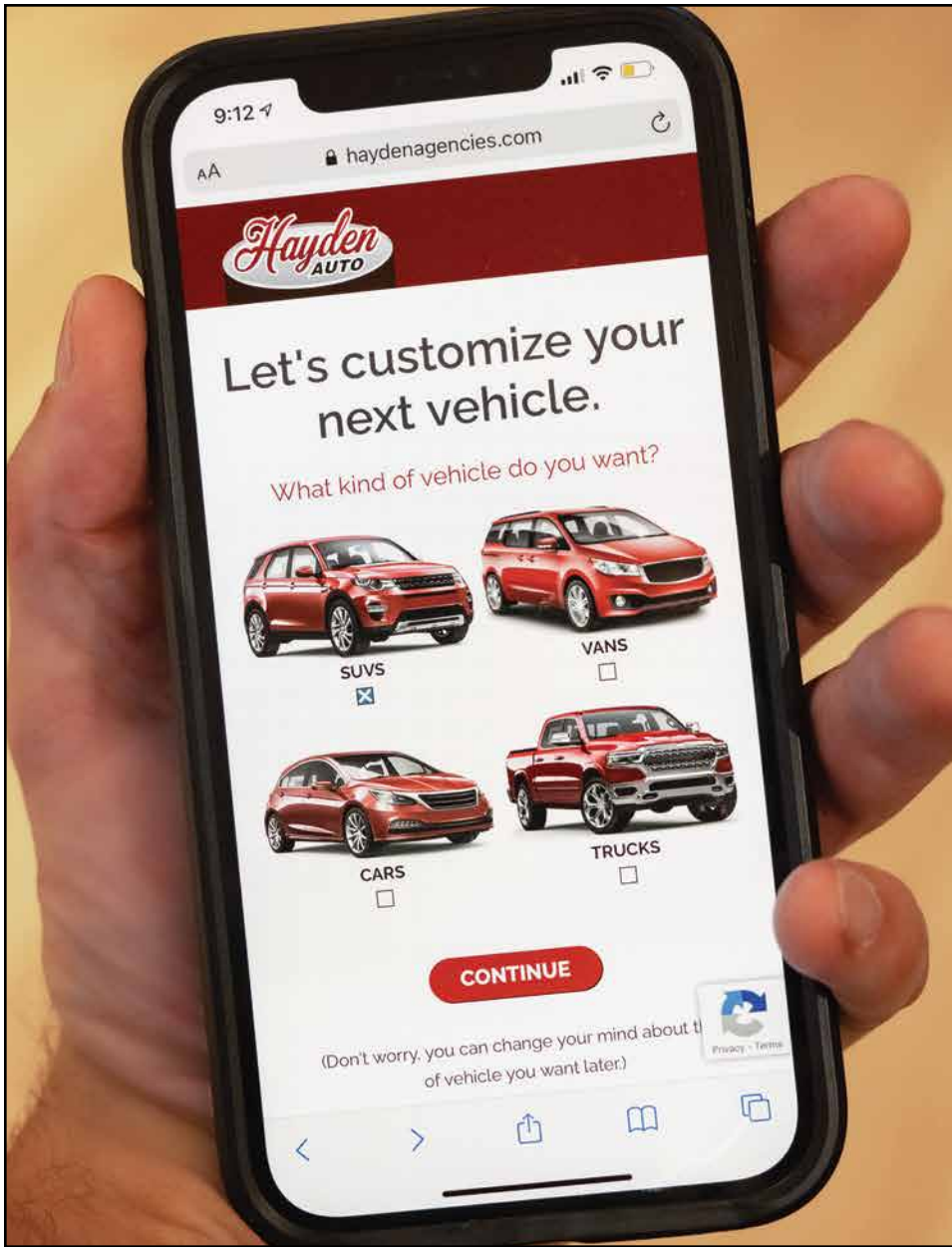
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Five Great Reasons to Save When You're Young

Submitted by The Sutherland Wealth Management Group

When banks talk about why it's important to start saving early, the point isn't to make you sweat. It's just that it'll pay off way more in the long term.

1. To grow your money

Raise your hand if you'd like to make a bit more money without having to work. Good news: there's a solution for that. When you put your money into an RRSP (registered retirement savings plan), that's exactly what happens. Your investments generate interest... which generates more interest. Careful—we're not telling you to leave your 9-to-5 if you contribute to an RRSP. But know that the earlier you start to save, the more time your investments have to grow.

2. To achieve your goals

You might be wondering what percentage of your income should go towards your savings. The truth is that there's no magic number. It's better to determine an amount you'd like to save up for a set period of time, then calculate how much money per paycheck you should save to reach your goal. Last step: make a budget with what's left. It's the best way to achieve your objectives!

There are many kinds of savings plans that could help you reach your goals, depending on what they are:

- For short-term plans, like going on a trip or paying off student loans, consider high-interest savings accounts. The money you save will grow

rather quickly and you'll be able to take it out at any time, penalty-free.

- If you want to become a homeowner, an RRSP is what you need. Keep in mind that you need a down payment worth at least 5% of the value of the property you want to buy.
- Don't have any specific goals in mind, but you still want to save? We suggest opening a TFSA. It's a flexible investment vehicle that offers better returns than a regular account. You can easily withdraw money from a TFSA as needed.

No matter the goal you're trying to achieve, the secret is saving systematically! Set up automatic transfers from your bank account.

3. To reduce your taxable income

If you want tax season to go relatively smoothly, meet your new BFF: the RRSP. All the money you contribute to this account throughout the year will be deducted from your taxable income.

If you have \$5,000 in your RRSP and earn \$60,000 in salary, the government will calculate your taxes based on a \$55,000 income. As a result, you'll either receive a tax refund, or you'll have less taxes to pay.

4. To secure a down payment

The Home Buyers' Plan, is a program that allows you to withdraw from your RRSP and put it towards your down payment.

Once you're ready to

buy a home, you'll need a down payment of at least 5% of the property's purchase price. If you've been saving for a while the government will allow you to withdraw up to \$35,000 for a down payment on your first home, without any penalty.

5. To prepare for retirement

You've just entered the work force, and maybe you've even landed your dream job. Let's say things keep going at this pace and life expectancy reaches 108 years old; you may look forward to taking a break. If you learned how to manage your budget, took on healthy financial habits and have a decent retirement plan,

you'll be able to stop working at a reasonable age.

There are plenty of ways to save money when you're young. Some saving methods are easy, while others require a bit more strategy.

Ready to achieve your savings goals? We're here to answer your questions.



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In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

— Maj. John McCrae
Canadian doctor and WWI artillery commander



HRM MLAs and MPs Working Hard for YOU!

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

Thanksgiving 🍁

Thanksgiving is a time to celebrate the abundance of the fall harvest with family and friends. We come together to give thanks for the many blessings in our lives. Our government continues to work hard to ensure we build an economy that works for everyone.

This holiday is a time for sharing and for giving thanks. Thank you to everyone who donated to a food bank, volunteered at a community kitchen, or contributed to ease the burden of those in need.

I would like to wish everyone the best during Thanksgiving, and a safe and happy Halloween!

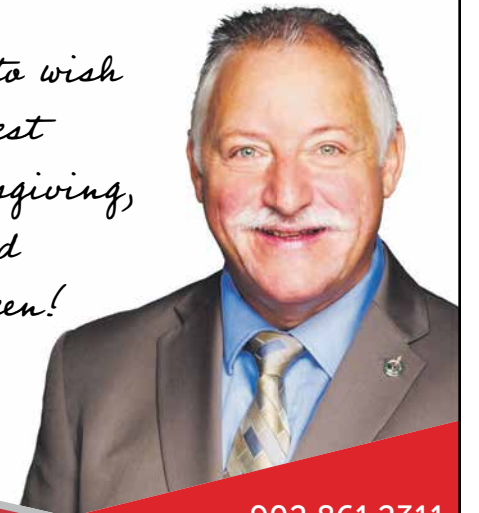
All the best,




DARRELL SAMSON

MEMBER OF PARLIAMENT • DÉPUTÉ
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I would like to wish everyone the best during Thanksgiving, and a safe and happy Halloween!



902-861-2311

Darrell.Samson@parl.gc.ca

International Literacy Day

With students and teachers having returned back to school, I want to remind all that **International Literacy Day** is also being celebrated. 📖

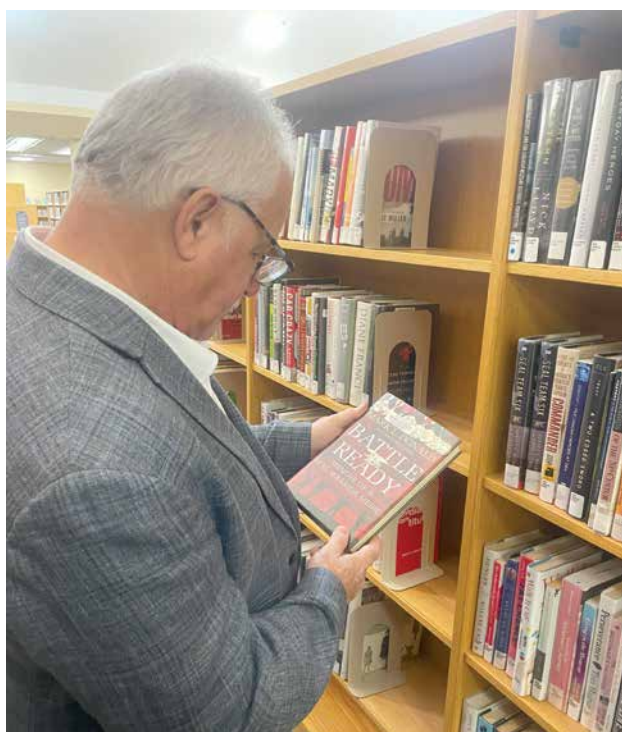


Photo: Darrell Samson at the Sackville Public Library

Literacy is a key piece to building a sustainable and peaceful society, not only across Canada, but around the world. As a former educator, I understand how crucial literacy is - it's the key that opens the door to learning and empowers people to fully engage in society.

School Buses

There is an increased number of kids on the roads waiting for school buses. A reminder to all motorists that if you see a school bus stopped with its red lights flashing while you're driving, you must stop, regardless of the direction you're coming from. The speed limit in school zones is 30 kmh.

Slow down and let's keep our kids safe!

Canada Summer Jobs

This summer, we were able to help secure over \$1.2 million in funding through Canada Summer Jobs to support the creation of 213 summer jobs for youth across Sackville-Preston-Chezzetcook.

Congratulations to all funding recipients!




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HRM MLAs and MPs Working Hard for YOU!

Tackling Housing and Affordability

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

Over the summer, I had countless conversations with my constituents about the issues that matter most to them. One topic that came up repeatedly was housing. With strong population growth, it's become more difficult for people from all walks of life to find an affordable place to call home. One fact underpins the situation in front of us: we haven't been building enough new housing supply to keep up with demand and keep prices reasonable.

At the federal level, housing is now at the top of our priority list. It's an issue I raise frequently with my colleagues, and those discussions have helped inform the serious action the federal government is now taking to get more new housing units built. This challenge is a big one, and it can't be solved with slogans or singular measures. We know we need to build more, faster, and so we're taking a comprehensive approach that allows that to happen.

Here's what we're doing to ensure workers and families in Halifax West and beyond can find a place to call home:

- We've introduced Bill C-56 to remove the GST on the construction of new rental units like apartment buildings, student housing, and senior residences. This makes new construction less expensive, allowing previously shelved housing projects to move forward. It also pushed the provincial government to respond in kind, further lowering construction costs for the type of housing we need more of.
- We're unlocking an additional \$20 billion

in low-cost financing for builders to help get up to 30,000 more apartments built per year across the country.

- We're helping fund 222 new units of public housing across Nova Scotia, including in Halifax. This is a big step forward, as our province hasn't built new public housing units in nearly three decades.
- We're offering significant new funding to municipalities that develop transformative action plans to remove red tape and barriers to construction, helping add more housing den-

sity where it's needed most. Housing Minister Sean Fraser has worked closely with HRM Council and our Mayor to ensure their plan is as bold as this moment requires.

We've got a long way to go on addressing our housing challenges. However, by increasing supply of public, private, and co-op housing, we're going to tackle them head on.

I will continue to use my voice and my position to advocate for more action on housing for the benefit of all Nova Scotians.



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A Message from Hon. Tim Halman, MLA Dartmouth East

As summer draws to a close, my hope for all students is that this year brings more hope and happiness. While a new school year is exciting for many, September and October are also prime months for hurricanes, and preparedness for these storms when they appear can be very important.

There are several steps that the Province recommends you to take to prepare for a hurricane. Monitoring the weather is important. If a hurricane is coming within the next few days, please make sure to secure your home or plan for a safe place to wait out the storm. Securing all loose outdoor objects against the wind is important. Make sure to trim and remove dangerous trees and limbs, and to clear and secure your rain gutters and down-

spouts. Inside your home, make sure your sump pump is working if you have one.

As the weather approaches, prepare for any eventuality by ensuring you have enough water, food, medication, and pet supplies to last 72 hours. Make sure your gas tank is full if you own a car. As well, please ensure your mobile devices are charged and that you have emergency numbers written down or in your phone.

These steps will help you weather out any potential hurricanes this season, and they are great tips to keep in mind. Your safety during these weather events is the highest priority. I wish everyone a happy return to school, and a safe hurricane season!



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MLA, Bedford South
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HRM MLAs and MPs Working Hard for YOU!

A Message from Rafah DiCostanzo, MLA for Clayton Park West

We are now entering my favourite time of the year, Fall. It is a great chance to get out and enjoy the outdoor crisp air and watch the leaves turn into spectacular colours. My hopes are that your children are back at school, and all settled into a healthy routine. Here are some community initiatives we have been working on:

Bayers Lake Outpatient Centre

We are looking forward to the opening of the Bayers Lake Outpatient Centre coming soon. As your MLA, I am continuing to advocate for the Centre to open 24 hrs. for urgent access to primary care. I need your help, please sign our petition at change.org or check out my Facebook page for more details. We must continue to put pressure on the government to make the change. I will be raising this issue at the fall session of the legislature to get the Minister's commitment.

Litter Prevention Committee (LPC)

The Litter Prevention Committee has been working hard this year with three cleanups

completed and over seventy bags of litter collected. We have another clean up coming on October 21st. If you take pride in our community and have a passion for a litter free neighbourhood, please consider joining us. Contact our office or litterpreventioncommittee@gmail.com.

Radon Detector Device

The Lung Association of NS provides our office with digital radon detectors which help to increase public awareness around radon gas in Nova Scotian homes. These machines are available on loan from our office. It is estimated that 16% of all lung cancer cases are radon induced. If you are interested in testing your home for radon, reach out to our office to book a time for the machine.

As you read this, we will be sitting in the Provincial Legislature for the Fall sitting. If you have any issues, you want me to raise, please reach out to our office. Follow me on Facebook for up-to-date videos of the Fall Session.



Rafah Di Costanzo
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Claudia Chender
MLA Dartmouth South

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Photo: Roman Grac, Pixabay

Getting Hands-On at Ross Farm Museum

By Melanie Munroe, Ross Farm Museum



Photo: RFoss Farm Museum

Did you know that we offer hands-on blacksmithing and other workshops at Ross Farm Museum? These tours are catered to provide school children with an exclusive and unique visit to Ross Farm Museum that will leave them wanting to learn more about heritage skills.

The blacksmith hands-on takes place in a turn-of-the-century shop where iron is heated red hot so it can be forged into various shapes. While visiting this shop, students will learn the importance of the community blacksmith and how the smithy held a vital role with the services that were provided. Students will see the frame where oxen can be shod, and go over the intricacies of how rewarding and difficult shoeing oxen really is!

We also offer a woodworking hands-on, where students can learn to make a small wooden mallet by using a few simple hand tools to create their new masterpiece. As an added bonus, each student will be able to take their creations home!

Another of the various hands-on workshops is having students engage in the day to day of a one-room schoolhouse. Students are given a booklet and a quill pen; or even a slate tablet, and taught a traditional schoolhouse lesson. They get to bring their letter practice home with them, too!

Whether it's going to the blacksmith, taking a walk through nature, or learning some cursive letters, students (and their parents), always have an amazing time coming to Ross Farm to learn about the farming life of a country kid!

Call to book your group outing for your kids today, at 902-689-2210. We'll be happy to host you!

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FUN Places To Go! Get Creative this Winter!

Submitted by Stagecoach

Are you wondering how to keep the kids off their screens this winter? Are you looking for a way to help them stay active during the colder months ahead? Your solution might lie in the arts! Children who participate in performing arts develop important life skills like persistence, resilience, flexibility, discipline, and creativity. This is what Stagecoach refers to as *Creative Courage for Life*.

Stagecoach Halifax, an award-winning extracurricular performing arts school, is committed to fostering young talent and assisting kids of all ages to hone their creativity and self-assurance. Their weekend and after-school classes are divided into three different age groups, Early Stages, Main Stages and Further Stages. Early Stages is the perfect starting point for young stars aged 4-6, where they can explore the world of singing, dancing, and acting in a fun and imaginative environment. Main Stages is designed for performers aged 6-14, offering a comprehensive performing arts experience, from honing their acting, dancing, and singing talents to developing their stage presence and confidence. Further Stages is an exciting opportunity for those aged 14+, offering advanced training not only in acting, dancing, and singing but also in essential life skills.

Unsure if this sounds like the right thing for you? Stagecoach offers two-week trials, allowing you and your child an ideal opportunity to get to know the teaching team and learn more about the program. Small classes enable our professional instructors to provide one-on-one time to every student. Plus, the content of their lessons is tailored perfectly to suit the interests, skills, and ages of the children they are teaching.

If you are searching for a safe, encouraging, and fun place for your child to pursue their passion for the performing arts or even just try it for the first time, you don't have to look any further than Stagecoach. With classes in Halifax, Dartmouth, Bedford and Truro there's a spot for everyone and, they would love to have your children join them this winter!

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Health & Wellness

Children with New Braces

Back to School

By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C),
The Brace Space Orthodontists



Is your child heading back to school sporting new braces this year? Summer is a popular time at our clinic for children to get braces, so going to school with them is a brand new experience. We can help make it a smooth, happy, comfortable transition for everyone! Getting accustomed to anything new requires a little thought and proper preparation. New braces are no different. Learning new daily oral hygiene routines and changed meal options at school may be a bit overwhelming for both the child and the parent. There may be some anxiety or apprehension, but with a positive approach and a few hints, a beautiful, confident smile will be right behind! To help in this transition, we have put together some tips below to help make it a smooth and stress-free orthodontic experience.

Type of Braces:

First of all, many braces are the revolutionary new clear, custom LightForce braces or clear braces for the front teeth, so there are no metal braces on the top front teeth to worry about. Kids and adults love them and they might want to prepare for the first day, by choosing one of the many colours of elastics. Maybe students want to choose their school colours or ones to match their first day outfits, or just choose their very favourite colours. The choice is up to them! And it is fun!

Braces-Friendly Foods:

During the summer, with family and friends around, it is easier to prepare the proper foods and pay attention to braces-friendly foods. But, if schools offer lunches or have vending machines, it may be too easy for children to grab something that is not braces-friendly. At the initial braces appointment time is taken to educate all patients as to how to decide if something is braces-friendly or not. Often favourite foods can be modified to make them braces-friendly with a bit of extra preparation. It is helpful to plan ahead and take the time to review a cafeteria menu, to see if there is something there that children with braces can eat. If there are not braces-friendly choices, it may become necessary to pack a lunch. This will make things easier. Favourable foods include mashed potatoes, spaghetti, mac and cheese, thinly

sliced lean meats and cooked vegetables. If a child is a picky eater, packing a lunch can sometimes make things easier for both the parents and the patients! Pasta, soups, and other soft foods are great options for a Thermos. Sandwiches can be cut into small bite size pieces. This makes eating and chewing much easier for students in braces.

So what are the 'no no' foods?

Say no to:

- Sticky (candy, gum)
- Hard (raw carrots, nuts)
- Large (pieces of meat, whole apples)
- Crunchy (chips, popcorn)

Say yes to:

- Nature soft fruit (blueberries, peaches, strawberries)
- Hard boiled, fried or deviled eggs
- Soft crackers (Goldfish)
- Naturally soft raw veggies (peppers, mini tomatoes, cucumbers)
- All veggies (steamed, roasted or grilled to soften, or julienned into small pieces that can be more easily chewed)
- Smoothies and soups
- Veggie dips (hummus)
- Soft dairy products (cheese string, yogurt, cottage cheese)

Drink Lots of Water

Taking a full water bottle to school and drinking it throughout the day is key. It helps keep children hydrated plus cleans out any food particles that may remain in the mouth. Regularly drinking water can also relieve a dry mouth, something that can often happen with new braces. It is important to stick to plain water over any sugary liquid, like juice, soda or sports drinks. These can cause staining and increase the risk of developing cavities. One of the biggest concerns new patients have, is that they will not have time to brush and floss at school. If school schedules do not permit the time, a mouthful of water to rinse away debris and food particles is the next best option. Brushing then should be done when the child returns home from school.

A Braces Hygiene Kit

New patients at Orthodontic clinics are usually given a braces care kit. It is small enough to pack in a school bag and includes among other things:

- a soft-bristled toothbrush specially designed to work

around brackets and fluoridated toothpaste for brushing after lunch, if time allows

- floss or ortho picks to get out bits of food
- orthodontic wax, which can be used to cover any part of braces causing irritation

The braces care kit is also a great place to store rubber bands if they are prescribed, to help correct a bite issue. If supplies are running low or used up, we are always happy to replenish at your next visit.

Ready Set Go

If participating in sports, parents often have questions about mouth guards. If students are playing a sport that requires a mouth guard normally, then they should also wear a mouthguard for that sport when they have braces. As braces are constantly causing the teeth to move, a custom mouthguard will not work long enough before it has to be changed. There are braces friendly mouth guards that can be remodelled as your teeth move. These 'boil and bite' mouth guards specifically for braces, are a good option. Most sports stores carry them.

We work with our patients to provide them with experienced support throughout the treatment process. If at any time

there are any questions or concerns, please feel free to contact your Orthodontist. Before you know it, you will have the A+ smile you have been waiting for.

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with The Brace Space Orthodontists. She is a co-owner of The Brace Space @ Bedford, The Brace Space @ Sackville, The Brace Space @ Dartmouth (formerly

Stuart & Davidson) and The Brace Space @ Halifax (newly opened), offering conventional braces, LightForce braces and Invisalign for children, teens and adults. For more information, contact (902) 455-7222 or (902) 252 7222.

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The Importance of Academic Excellence in Tough Economic Times

Submitted by Oxford Learning

When the economy struggles, discretionary spending shifts. Families are taking the time to rethink their spending, being more careful about what they buy, and reexamining what truly matters. Extra treats normally enjoyed, such as going out to eat, cruising around in cars, or subscribing to various streaming services, are now up for discussion and often getting put on hold.

When times of financial uncertainty are present, there's one thing that people are not willing to compromise on: education. It doesn't matter if you're in Canada, the USA, Europe, or South America—the importance of education remains constant. Tutoring in tough economic times should remain a priority.

Investing in quality education is a fundamental way to ensure children have a bright future, especially when the economy fluctuates.

Education—The Unwavering Lifeline

There is a natural instinct to protect children from life's adversities. A strong educational foundation is the most powerful tool they have in ensuring they are prepared to face whatever the future brings. A valuable educa-

tion equips students with the skills to confront the hurdles that await, empowering them to forge a path to triumph, regardless of the twists in the economic landscape.

While many industries are struggling due to the economic downturn, the field of education stands out. Services such as tutoring, tailored to nurture learning and development, continue to thrive. Driven by parents who understand the value of education in impacting the future. Education creates a strong path for parents to secure their children's future, regardless of economic realities.

Foundation for Success: Early Investment in Education

The path toward a brighter academic future begins early. Children refine fundamental skills such as reading, math, and understanding during elementary school. These skills become the solid base for all their future learning. Putting resources into tutoring to develop these skills immediately sets the groundwork for an easier transition into higher education.

Research consistently shows that young learners who cultivate strong reading and writing skills in their early years are better positioned for suc-

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cess as they continue their educational journey. Similarly, high school students who master crucial skills such as time management and organization tend to achieve better results academically. A strong academic record not only opens doors to opportunities but also prepares the path for success down the line.

Securing Tomorrow, Today

In today's ever-shifting economic landscape, the assurance of a strong educational foundation holds more value than ever.

When it comes to securing our children's tomorrow, the wisdom of investing in education is clear. The potential returns from this investment far surpass financial concerns, making it the most sensible option for parents aiming to ensure a bright academic journey for the upcoming generation.

In uncertain economic times, a commitment to education stands out as the most dependable and enduring investment.

Navigating Tutoring in Tough Economic Times

Here are some practical tips for getting tutoring help during a tough economic times:

- Flexible Scheduling: Our tutoring programs offer flexible scheduling. This can help you maximize your time with the tutor without any undue financial strain.

- Payment Plans: Inquire about payment plans. Some tutoring locations offer flexible payment options, breaking down costs over multiple installments.

- Prioritize: Focus on the subjects or topics that require immediate attention. Prioritizing education and tutoring needs can help you allocate your budget more effectively.

Remember, even during tough times, investing in education can have long-term benefits for your child's future. Exploring these tips can help you find affordable solutions to ensure your child's learning journey continues effectively.

Oxford Learning Can Help You During Tough Economic Times

With a widespread network of over 120 locations throughout Canada, Oxford Learning stands out as one of the largest homegrown supplementary education providers. Rooted in the science of cognitive development, Oxford Learning has crafted specialized learning programs to nurture students' robust thinking and learning abilities.

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The Lasting Legacy of Canadian War Amputee Veterans

Amid the wars, countless Canadian soldiers and nurses displayed extraordinary bravery and unwavering dedication, putting their lives on the line for our country. Many of these individuals returned home bearing the profound physical and emotional scars of war, having lost limbs in the line of duty.

Their experiences as amputees not only shaped their own lives but, as members of The War Amps of Canada, they left a lasting legacy on generations of amputees to come.

During the First World War, Madeleine Jaffray (1889-1972), served as a nurse in a hospital near Bordeaux, France. The hospital was bombarded by German aviators, and she was wounded in the foot by a piece of shrapnel from one of the bombs. Her injury led to an amputation, making her Canada's only female war amputee of the First World War.

Mike Krulicki (1925-2020), was just a teenager when he volunteered for service in the Second World War. He enlisted with the Irish Regiment of Canada, and in 1944, while fighting in the Italian Campaign, he stepped on a landmine and lost his right leg below the knee.

Arthur Johnson (1929-2006) served with the



Photos (l to r): Madeleine Jaffray (First World War), Mike Krulicki (Second World War), Arthur Johnson (Korean War)

Canadian Army Special Force as a mortar man with the Royal Canadian Regiment in the fight for the freedom of South Korea. In August 1952, in the midst of intense enemy shelling, a mortar landed close by, wounding him and resulting in the loss of his right leg and damage to his right arm.

These honorable individuals contributed their time to various activities of The War Amps and shared their experiences as amputees with others, including modern-day veterans and children. On Remembrance Day especially, but also throughout the year, the Association pays tribute to the sacrifice and service of all those who served and continue to serve.

A Growing Need for Nature: Local Nature Trust Set to Double Impact

Submitted by NS Nature Trust

Living in beautiful Nova Scotia, we often take for granted the abundance of natural wonders surrounding us. With 13,000 kilometres of breathtaking coastline, over 3,000 lakes, and forests covering three-quarters of our province, it might seem like we have an endless source of well-being right at our doorstep.

However, nature in Nova Scotia has been diminishing for decades. Biodiversity loss and the impacts of climate change are concerning, and with over 70% of our lands in private ownership, ensuring nature's future is a challenge. Continuing population growth and development pressures also threaten Nova Scotia's wild places, including our access to them.


Bonnie Sutherland, Executive Director of the Nova Scotia Nature Trust, emphasizes the urgency of our situation. "Recent events in the province have made it clear that impacts of climate change are here. But one of the most effective ways to help is by protecting our land. Intact ecosystems offer carbon sequestration, flood protection, and prevent erosion. They provide green spaces and support our wildlife amidst a global biodiversity crisis."

The Nova Scotia Nature Trust is critical to our


growing need to save nature. Local, focused, and agile, the organization can act swiftly to acquire private land and protect it forever. Homegrown and ambitious, the not-for-profit's recent "Twice the Wild" campaign aims to double the amount of land in its care by 2025. With only 8,000 acres left to go, Bonnie says they remain confident, but public support is urgently needed.

"At times, it's been difficult," she admits. "The cost of land has soared, and fragmentation across the province has made it difficult to find properties of significant size and ecological value. But we're incredibly grateful that individuals and the government continue to step up and help."


"Our natural legacy is something we want to protect for our



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children and theirs, so they too can enjoy all the wild adventures and beauty Nova Scotia has to offer." Donating to the Nova Scotia Nature Trust can make a lasting impact today. To learn more, visit nsnt.ca.

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CRAFT CORNER

All You Need are Pine Cones...

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts

Fall is calling for a wilderness adventure and I'm ready! Taking a stroll in wooded areas this time of year is like a treasure hunt for holiday decorations.

Pine cones are one of the most useful items for dozens of winter decorations both indoors and out. If you are gathering your own pine cones to use the most important step is to prepare them so they'll be clean, fully dried, de-sapped and de-bugged.

To start you'll need to clean the cones. Soak them in one part water, one part vinegar for about 30 minutes. Avoid leaving them in for a long time so they do not fully close up.

Rinse the pine cones and let them drain out in a strainer for a few minutes. Next you'll want the pine cones to dry and open up to their fill decorative shape.

Preheat oven to 200 degrees. Line a cookie sheet with aluminum foil and spread pine cones across it in a single layer. Put the pine cones in the oven for 30 minutes to an hour, keeping an eye on them until the cones are fully opened and any excess sap has melted off. Do not leave the oven unsupervised during this time and be alert for smoke or fire. This drying process will kill any bugs and melt the sap due to the heat.



This year I wanted to try making pine cone bird feeders. During the cold winter months food sources are tough to come by for wild birds and with just a little help you can create a feast for them to get through those cold months.

All you need are some clean pine cones, wild bird seed string and a source of fat such as pea-nut butter, lard or a vegetable lard substitute. Birds need high levels of saturated fat to help sustain them during the cold months.

Start by tying a string securely to the top of your pine cone. Next you will cover the cone in the fat source of your choice and then roll it in the birdseed until fully covered. Hang these decorative feeders out for the

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birds to feast on all winter long, preferably near a window so you can cozy up and keep track of all the beautiful birds that swing by.

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