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# Parent-Child Guide

**FREE** August/September 2018 Vol. 24 - No. 3 Est. 1995 **FREE**

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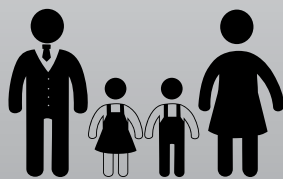
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## Parent-Child GUIDE

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# Helping your children thrive with the use of healing stones

By Theresa Kersey

Aromatherapist/Yoga Teacher/Reiki Master-Teacher with ENIGMA

We are all drawn to stones as children. This is a natural healing technique that the body longs for. We humans long to be connected to the natural rhythms of the earth, the elements of the planet; air, water, fire and earth. Stones are a wonderful way to connect with the earth. Healing gemstones can support our body, mind and spirit. In many ways, all stones have a natural ability to ground the person carrying them, to give the carrier insight on why they chose a certain stone, or why they were drawn to pick up a stone from the side of the road, whether that is on a long walk in the woods, or at your local stone shop.

Here are a few examples of fairly common stones and their healing properties. I have chosen stones that support the zodiac according to astrology lore. These stones may differ from your birthstone. According to astrology lore, gemstones are the bridge or intermediary between the microcosm and the macrocosm within each of us.

**Sign:** Aries ♈

**Stone:** Bloodstone. A variety of jasper, dark green with flecks of red; thus, giving it its name. Sometimes it is called "sunstone".

**Healing properties:** Healing for the blood, bringing vitality, gets your blood pumping, protection and pain relief, sacrifice this stone is said to have been at Christ's crucifixion. Bloodstone is comforting, protective, purifying and keeps negativity at bay.

**Sign:** Taurus ♉

**Stone:** Petrified wood, fossilized wood, opalized wood. The rich colors you find within these woods come from the metallic compounds and the silica structure. The green hues are connected with metals; iron, copper, nickel. Reds connected to iron, and blues are connected to cobalt, and purple/pink indicate the pres-



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ence of magnesium. Blacks and yellows when the wood has been oxidized. Some woods have been found to contain gemstones such as citrine and amethyst.

**Healing properties:** Grounding, protective. All your fears and worries will disappear when carrying petrified wood. Keeping you connected to nature and rooted in the earth. Petrified wood has seen it all.

**Sign:** Gemini ♊

**Stone:** Labradorite. Legend has it Labradorite is frozen with fire, with flashes of vibrant blues and greens, reminiscent of the arctic northern lights.

**Healing properties:** The magical energy of Labradorite will illuminate the path of destiny, the stone's magical curiosity helps you tap into a higher state of consciousness. It is a protective stone as well, allowing you to explore expanded states of the universe, while keeping you grounded by connecting and healing all the chakras.

**Sign:** Cancer ♋

**Stone:** Red Jasper. It is an opaque variety of quartz. Vibrant in the colors of terracotta reds and

browns, due to its iron content.

**Healing properties:** The stone alleviates stress and connects us with the earth. It is marvelous for clearing the mind during meditation and prayer. It is a stone of protection and a stone of passion. Red Jasper also helps regulate metabolic energies of the body, providing strength and vitality.

**Sign:** Leo ♌

**Stone:** Pyrite. Pyrite looks like gold. This stone is also known as "Fools Gold".

**Healing properties:** This is a protective stone, shielding its wielder from all types of negative energy. Pyrite blocks energy leaks, and mends tears in the aura. Pyrite will align you with the sun. It invites abundance, prosperity, wealth, personal power, passion and free will.

**Sign:** Libra ♎

**Stone:** Sodalite. Its color is mainly blue or blue gray, with white calcite mixed in the stones.

**Healing properties:** Sodalite will bring attention to the qualities of idealism and truth. Its energies will stimulate latent creative abilities, development of psychic abilities,

cont. on page 34



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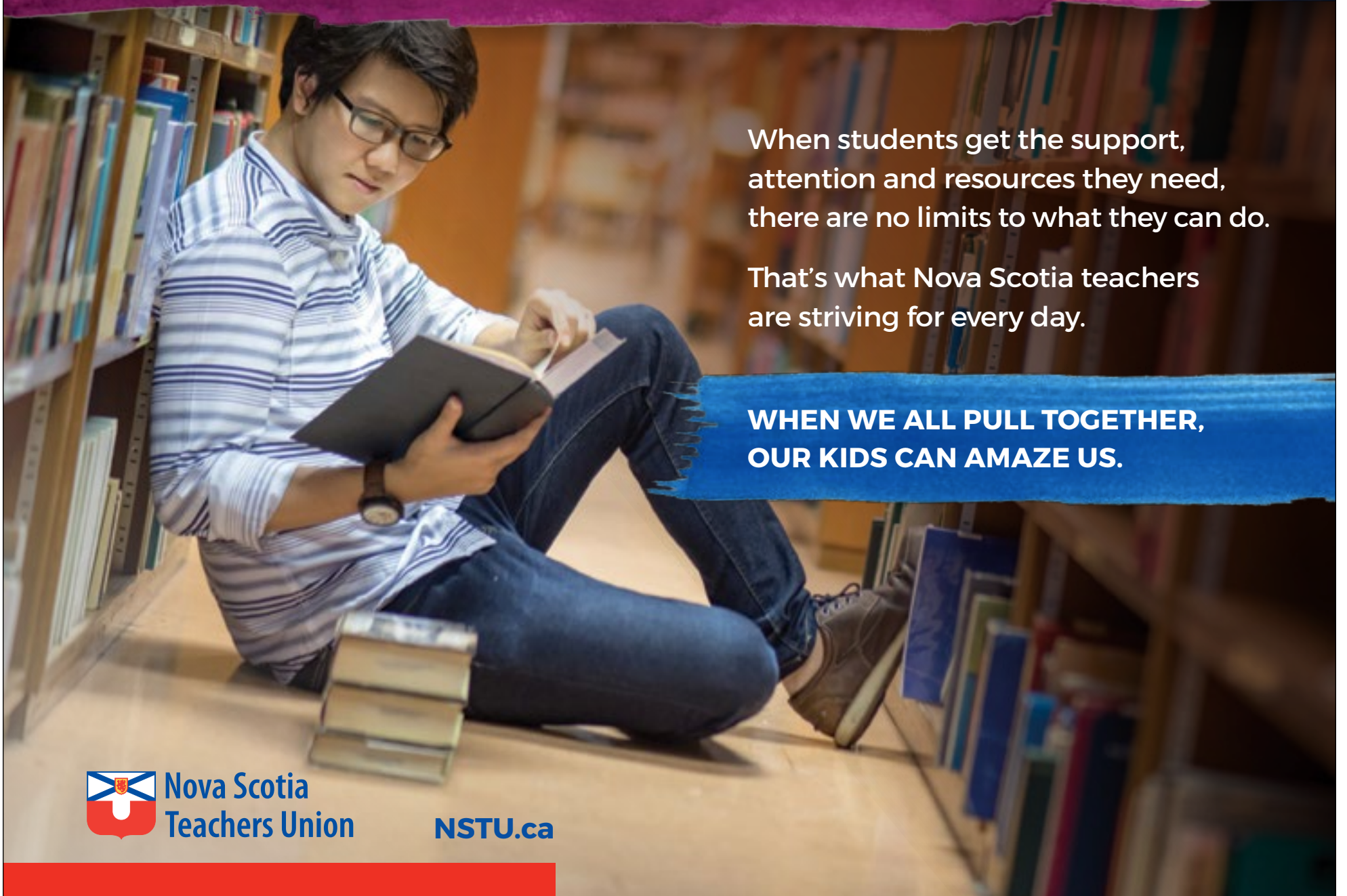
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# HRM MLAs and MPs Working Hard for YOU!

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

Dear friends,

**H**appy summer! I hope you are all taking this time to relax and enjoy the warm weather. July was a busy month for me as I got to be home in the riding since the House closed in June. I started off the month by recording special Canada Day messages at both Seaside FM and CIOE 97.5 Community Radio. I then toured the riding on July 1st in honour of Canada's 151st birthday. My first stop was the Fultz House Museum in Lower Sackville where I got to participate in the flag raising ceremony. Following the ceremony, I made my way over to another flag raising ceremony at the Lakeview Park on Third Ave in Fall River. There I got to meet with three students who are receiving Canada Summer Jobs this year. I then participated in the Taste of East Preston Event. Here I got to taste all the delicious food prepared by the volunteers. I really enjoyed the fishcakes! Next I travelled to Fisherman's Cove to walk along the boardwalk and meet with constituents. Here, I met a group of seniors and we were able to discuss rent control, pharmacare and the Government's National Seniors' Strategy. The feedback they provided me was extremely valuable and I look forward to discussing it with my colleagues in Ottawa in September. I also got to visit Lynn P's Bake Shoppe on the boardwalk and see all the delicious treats they were selling. Finally we finished our day at the Main Street Legion. The Legion had a dunk tank, games and a BBQ. I met with Veterans there and I was humbled to thank them for their service to our country. Thanks to each of these groups for allowing me to celebrate with you, I had a blast.



Darrell at the Black Cultural Centre Youth Investment Announcement



Darrell Meeting Constituents at Lynn P's Bake Shoppe

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"Learning is a treasure that will follow its owner everywhere." - A Chinese Proverb

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# HRM MLAs and MPs Working Hard for YOU!

## Summer Update from Rafah DiCostanzo, MLA - Clayton Park West



It has been a jam-packed (and hot!) summer here in Clayton Park West. I've been enjoying catching up with old friends and making new ones at the many community events that I have attended over the last few weeks, including the Halifax West High School graduation ceremony, the community barbecue at Park West Elementary School and the Canada Day breakfast at Maskwa Aquatics Club.

As we look to the last month of summer break, I am delighted to invite you and your family to my Annual Community Barbecue hosted by the Friends of Clayton Park Society on Tuesday, August 14th from 5pm-7pm on the corner of Langbrae Drive and Parkland Drive. There will be halal hot dogs and hamburgers, veggie burgers, and soft drinks free of charge and children will get to enjoy a boun-

ty castle, a firetruck and a Metro Transit bus to explore. I look forward to seeing you there!

Once the summer fun is done, I know many of you will be preparing for the upcoming school year. I am pleased to share with you that children and families in Clayton Park West will benefit from a new Pre-primary Program that is starting at Grosvenor- Wentworth Park School in September. Registration is now open and is taking place at the school.

In September, students will also be supported by 90 new inclusive education specialists including child and youth care practitioners, education assistants, and autism teacher specialists. The Department of Education and Early Childhood Development is expected to have an update on this and other education and early childhood development ini-

tiatives in the fall.

If you have any questions, comments or concerns, please do not hesitate to contact my office at

rafah@rafahdicostanzo.com or 902-443-8318 or stop by if you are in the area. My door is always open.

Sincerely, Rafah



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# Health & Wellness

## Prepare For The School Year

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



Dr. Negin Ghiabi

\* Dental trauma.....

**I**f a baby tooth knocked out please contact your pediatric dentist as soon as possible. Quick action can lessen a child's discomfort and prevent infection. Rinse the mouth with water and apply cold compresses to reduce swelling. Spend time to comforting the child rather than looking for the tooth. Remember the baby tooth should not be replanted because of potential damage to developing permanent teeth.

tial damage to developing permanent teeth.

**If a permanent tooth is knocked out** find the tooth. Rinse it gently in cool water. Do not scrub it or use the soap. Replace the tooth in the socket and hold it there with clean gauze or a washcloth. If you can not put the tooth back in socket place the tooth in a clean container preferably with cold milk. If milk is not available put it in a container with the child's saliva but not in water. Take the child and the tooth to a dental office or emergency room.

**If a tooth is chipped or broken** contact your pediatric dentist immediately.

Fast action can save the tooth, prevent infection and reduce the need for extensive dental treatment. Rinse the mouth with water and apply the cold compresses to reduce swelling. If a broken tooth fragment can be found take it to the dentist as well.

\* Snacks.....

Fruit juice are convenient to pack however having a piece of fruit instead of that provide a sweet treat without added sugar and preservative.

Candy and sweets are ok in moderate however sticky caramel can coat the teeth and cause the decay.

Instead of that try a square of dark chocolate which it contains the anti oxidants and does not stick to the teeth.

Instead of sport drink try the tap water.

Potato chips can get stuck between teeth. Whole grain Crackers and pretzels provide the same salty crunch and less build up.

Dr. Negin Ghiabi is a Board certified Pediatric Dentist. Her private practice, Pinnacle Dental Specialists, in Halifax limited to dentistry for infants, children and adolescents. We welcome new patients as young as 1 year old. For more information please call 902-407-7377.



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

## Thumbs up for breaking a thumb habit!

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



**W**e all have habits, both good and bad. Try as we might, bad habits can be hard to break. There are several types of habits that can have negative effects on your teeth and bite. Grinding or clenching your teeth, biting your fingernails, chewing on pens or pencils or sucking a digit such as a finger or thumb are some common oral habits.

Digit sucking is possibly the earliest habit a parent will encounter and can start as early as in utero. Parents should know that digit sucking is a natural reflex and can be a normal part of early development. However, when this habit persists beyond the age of 5-6 years, the potential for undesirable tooth movement and malocclusions may develop. This is the time when permanent teeth start to erupt and changes may not resolve spontaneously when the habit stops.

The type of changes you may see are the top front teeth proclining or "sticking out," an open bite where the top and bottom teeth don't meet in the front and crossbites in the back where the top back teeth bite inside the bottom teeth. These changes arise from both direct pressure on the teeth and changes in pressure on the teeth from lips, cheeks and tongue. When a habit continues and growth ceases, the changes can be severe enough that surgery may be required to correct the changes. Therefore, preventative steps to stop a habit before it has this type of permanent effect are critical.



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\*As recommended by the Canadian Association of Orthodontics



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The first step is gentle discouragement. Discussing the impact of the habit on the teeth and bite may help an older child understand the importance of stopping the habit. Introducing aids to deter the habit may be useful. A bandaid over the thumb or finger, a bitter tasting nail application or a mitten or sock taped over the hand at night, may help as reminders to the child. Efforts to discourage the habit should be gentle and never appear as a punishment. The child must understand that interventions are meant to help them stop the habit. When these early interventions fail, a visit to your local Orthodontic specialist may be indicated. An Orthodontist may recommend a habit-breaking appliance that serves as both a reminder and physical deterrent to the digit entering the mouth. Habit breakers are known to work with good success rates. Coopera-

tion of the child is a key component to habit-breaking success.

A prolonged digit sucking habit can be stressful for both the parent and child. If you are concerned about your child's habit, contact your local Orthodontist for more information.

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 902-455-7222.



# Health & Wellness

## Wide Range of Healthcare and Support Services

Submitted by CBI Home Health

CBI Home Health, part of CBI Health Group, provides a wide range of healthcare and support services in a variety of settings. We recognize that our patients sometimes prefer to receive services in their home and that home care services help them remain independent. We work with patients of all ages and abilities in their homes, assisted-living facilities, clinics, hospitals and other settings to provide the timely, comprehensive care they deserve. Our multidisciplinary care team includes nurses, physiotherapists, occupational therapists, speech language pathologists, dieticians, social workers, health care aides, per-

sonal support workers and more, so you can feel good knowing we can connect you to the care you need.

As a leading Canadian healthcare service provider, with a network of 10,000+ clinical and support professionals, CBI has a large integrated network which means better patient access and improved health outcomes. Our multidisciplinary team of clinical and support professionals work collaboratively across our network to foster best practices and provide you with the highest standards of care. We work hard to make it easier for you and your family to access the quality care and tailored solutions you need.

At CBI, we take a patient-centered approach to healthcare: that means our focus is on you the individual. With us, you can expect personalized treatment plans that cater to your unique needs and goals. Get the care you need, when and where you need it.

To learn more about CBI Home Health visit [www.cbi.ca](http://www.cbi.ca)



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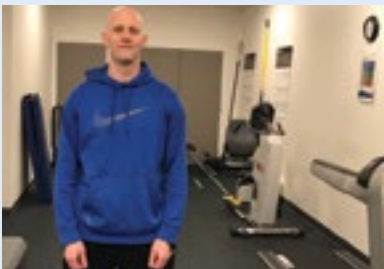
Thank you for a great four years. It's been amazing and fun to work with trainers, clients and staff in an independent fitness club. I've enjoyed working with fitness instructors in the local community and watching clients reach their goals in a fun, safe and effective manner. I will miss it but know that other clubs in town share this goal. Thanks so much for the love shown to myself and my crew! Wishing you the best health and continued fun with fitness. So great to have been a sponsor of the Cole Harbour Colts, NSCC Wellness Challenge and Sole Sisters Women's Race Series.

### MEET THE TRAINERS



**Rayanne Hunter**, Personal Trainer and Wellness Coach, works with individuals who want a holistic change. She has years of experience balancing out working out with a client's lifestyle. She's also trained in TRX and Foam Rolling. Her Meet the Trainer Pop Up will happen on September 12th and September 14th at 133 Baker Drive. She can be reached at [rhfitnessandwellness@gmail.com](mailto:rhfitnessandwellness@gmail.com) [www.instagram.com/rhfitnessandwellness](http://www.instagram.com/rhfitnessandwellness)

**Carla Fraser**, operating in Dartmouth, N.S., is a Personal Trainer who focuses on the muscle mechanics behind training. She works with mature adults and women aged 35-45 who want to have fat tissue loss. She's also trained in TRX and Balance Ball. She can be reached at [carla.fraser-tighe@bellaliant.net](mailto:carla.fraser-tighe@bellaliant.net)



**Brad LeLieve**, Personal Trainer for seven years, works with mature adults and those recovering from illness or injury. He knows what to look for and how to train someone who still wants to workout but has, for example, a shoulder injury. He's also trained in TRX and Exercise Therapy. He can be reached at [brad\\_11979@yahoo.ca](mailto:brad_11979@yahoo.ca)

### LOOKING TO LIVE A HEALTHIER LIFESTYLE?

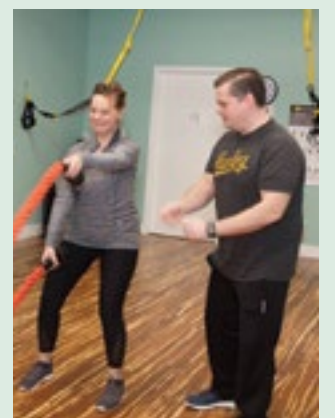
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# Health & Wellness

## Marsh-Knickle and Associates, Providers of Psychological and Counselling Services

**M**arsh-Knickle and Associates is a well established practice located in the heart of Bedford, Nova Scotia. We provide Psychological and Counselling services to children, teens, adults, couples and families. Our team of providers include Clinical, Counselling and School Psychologists as well as Marriage and Family Therapists and a Clinical Therapist/Social Worker. Our areas of interest are extensive and include psycho-educational assessments and planning, as-

essment and treatment of anxiety, mood and behavioural difficulties, parenting/co-parenting strategies, mental skills for sport and performance and family therapy to name a few.

*To see a full list of service provisions and to learn more about our team please visit [MKPsych.com](http://MKPsych.com). You can also find us on Facebook. To book an appointment you can call us at 902-832-0830 or email us at [marshknickle@eastlink.ca](mailto:marshknickle@eastlink.ca).*



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## New Neurofeedback clinic now open in HRM.

By Marcia-Lisa Dennis, OT Reg. (N.S.)

**N**eurofeedback (NFB) is a non-invasive type of biofeedback therapy that measures real-time electrical brain wave activity that can be used as feedback to teach self-regulation of brain function. Brain waves cycle up and down constantly; each time brain wave rhythms or patterns improve, trainees receive feedback in the form of tones or graphics. Amazingly, the brain subconsciously learns to produce more of the improved brainwave pattern. As patterns change for the best, trainees often report improved cognitive or behavioral functioning. Training programs run from 15-30 sessions for single symptom issues and 20-60 sessions or more for chronic or complex problems.

Research shows neurofeedback may be a useful intervention for a range of brain-related conditions including ADHD, dyslexia, learning disabilities, sensory processing difficulties, anxiety, PTSD, depression, headaches, insomnia, memory deficit, brain trauma/concussion, pain, addictions, etc.

### What is the process?

First, we want to make sure NFB is right for you. We will conduct a clinical interview and administer tests to establish a baseline to measure your starting point in order to track progress. We may assign you with weekly homework assignments, such as cognitive exercises, breathing & relaxation exercises, dietary suggestions or family restructuring suggestions so that you will get the most from your training experience. Some clients are referred to medical or naturopathic doctors in order to rule out allergies and other conditions that may hamper training progress.

Second, we will conduct an evaluation of brainwave activity called a qEEG (quantitative Electroencephalography) to help us to choose a protocol that best fits your current brain functioning. For the qEEG, sensors are placed on the scalp to measure brainwave activity using a cap and gel placed on the scalp and a computer to read and record the brainwaves.

Don't worry, you won't get electrocuted!

Third, we will develop a therapy plan that includes homework and in clinic training sessions. After 10-15 training sessions we will re-evaluate your progress. Training will continue only if significant progress has already been realized. Once it becomes clear that therapy goals have been met, training sessions will taper off until NFB learning has been solidified.

*To learn more about the different brain waves and if Neurofeedback is right for you or your child, check out our website at [www.lisasholisticrehab.com](http://www.lisasholisticrehab.com) or schedule a 15min free phone consultation.*

**Wouldn't it be great if you could treat the root cause of your or your child's learning disability and not just the focus on the symptoms?**

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# GEM Health Care Group is here for you

Submitted by GEM Health Care Group

# Senior Living Care



"Sunset at Yarmouth Heights". Credit: Joy Sison.

Are going up and down steps in your home becoming problematic? Do you have to carry laundry up steps? How about the outside of your home. Are you worried about climbing a ladder to clean out the gutters? Do you find snow shoveling or lawn care is leaving you exhausted or causing you pain?

If you find you are turning more and more common chores over to others, you might want to consider an assisted living apartment. Get back to enjoying life again, worry-free. No more cooking dinners, unless you feel like it. Make new friends and have dinner together in a beautiful dining room. Start gardening because you want to, not because you have to.

Assisted living is the fastest growing long-term care option for seniors. The prime candidate for this facility is a senior that is independent and able to function on their own, but may require help from time to time.

The GEM Health Care Group of families currently has three assisted living facilities – Melville Gardens in Halifax, Centennial Villa in Amherst, and Yarmouth Heights in Yarmouth. These facilities offer residents a well-appointed private or semi-private suite, an activity program suited to individual interests and abilities, and nutritious home cooked meals prepared by superior cooks under the direction of a nutritionist.

Yarmouth Heights is the newest facility, and is a combination of Assisted and Independent Living. Overlooking the beautiful Yarmouth Harbor, and with incredible staff dedicated to the comfort and safety of the residents, Yarmouth Heights is a perfect choice for anyone looking for more freedom and ease in their daily life. Family can feel at peace and be confident that their loved one is living their best life.

For more information on Yarmouth Heights, or any of GEM Health Care Group's Assisted Living facilities, visit [www.gemhealth.com](http://www.gemhealth.com).

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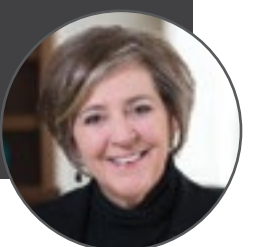
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# Senior Living Care

## Retirement Living—the secret to a great lifestyle for seniors

Submitted by The Berkeley



Retirement living is an opportunity to live well, and it is ideal if considered a choice, not a forced solution to a problem. At The Berkeley, our goal is to ensure that all of our residents are living

life the way they want, with assistance or not. We pride ourselves on enhancing the lives of seniors by supporting their independence, accommodating their needs and providing them with options and convenience.

Moving to a retirement residence does involve a change from one home to another home, and often requires down-sizing to an apartment, but it also means having everything you need in one place—nutritious

meals, access to health professionals, house-keeping and maintenance services, a multitude of new friends and the opportunity to engage in a variety of activities. As an added convenience at The Berkeley, all four buildings are all well-placed, within walking distance to grocery stores, pharmacies and health clinics, while also on bus routes giving residents who no longer drive easy access to transportation.

Often conversations about retirement residences only arise when changes are noticed, such as poor nutrition, a bad fall or noticeable physical, emotional or mental changes that are a concern for family. The secret is to move before this happens. Moving to a retirement residence prior to issues arising can help slow the progression of decline that naturally



happens as we age, and it gives both residents and their families peace of mind. This natural decline can be more profound when seniors remain living at home alone. Many people wait until there is a health event which might in fact hinder their ability to move to a retirement residence at all.

For optimal health and wellness as you age, surround yourself with people you enjoy and stay engaged in activ-

ities you love. The secret is not to wait until it is too late to enjoy the many benefits of retirement living. Residents of The Berkeley will tell you that they are happier having moved to their new home, surrounded by a community of like-minded people, rather than having stayed in their old home alone.

For more information or to book a tour, visit [theberkeley.com](http://theberkeley.com) or call Gloria at (902) 802-0346.

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- \* Leisurely travel to and fro: not an express trip! We travel only daytime with frequent rest stops and full one-hour lunch break.
- \* Security: Rosen Inn has a gated entrance with 24/7 uniformed security and room safe.
- \* Convenience and socializing: our group stays together in the same wing of the hotel, next to the heated swimming pool.
- \* Includes many sidetrips: Cocoa Beach, Daytona Beach, St. Augustine, flea markets, shopping, orange grove, more.
- \* Visit to Walmart & Dollar Tree every 5 days to replenish our room supplies.
- \* Familiarity: we've been staying at this Rosen Inn for over the past 20 years and most of our guests are regulars, some of whom have been coming with us for the past 12 years!
- \* Low Canadian Dollar Advantage: you pay us now in Canadian funds and let Chris worry about the dollar going even lower!

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*Love Where you Live*

## Open Houses at The Berkeley every Thursday from 1:30–3:30pm

We invite you to come for a visit and see all the benefits of retirement living for yourself! At The Berkeley, we recognize the importance of being active and belonging to a community while still maintaining your independence and privacy. Come see the lifestyle we offer, get a feel for the warm, welcoming atmosphere in each of our buildings, meet our amazing employees, and see why our residents Love Where They Live!

Ask for a copy of our monthly social calendar which is full of activities designed to keep our residents active and engaged. Of course, enjoying quiet pursuits in their own apartments is always an option.

Come for a visit any time or to our Thursday Open Houses for an opportunity to see how retirement living could enhance your life!

For more information and to book a tour, call (902) 802.0346  
or visit [theberkeley.com](http://theberkeley.com).  /TheBerkeleyNS



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# Fall Registration Guide

## Neptune Theatre School Fall Classes

Neptune Theatre School is excited to announce upcoming theatre training opportunities at our **Student Season Launch on September 8th, 2018, 12-3:30pm**. Featuring an open house, opportunities to meet instructors and attend some **FREE CLASSES**, snacks, and a showcase by our students.

Find out about our Saturday **Fall classes** which run for 8 weeks, beginning October 13th. We have *Theatre Tots* for students aged 18-38 months in a "Mommy/Daddy and Me" style class. For ages 4-6 we have *Once Upon a Tale*, using popular stories to help us explore different scenes. Ages 7-9 can sing and dance as *Tiny Triple Threats*, or transform themselves in *Character Creation*. Ages 10-12 will be *Musical Theatre Stars*, be spontaneous in *Intro to Improv*, or hit the ground running with *Theatre Skills*. For teenagers 13-18 we have spectacular singing in



Photo: MJ Photographics

*Broadway Bound*, fabulous acting *Stagecraft* as well as *Teen Improv—Back to Basics*. All of these incredible classes allow students to explore their natural talents, learn specific skills, and build confidence.

New to Neptune are PD Day Camps; where children (4-12) can try one day of theatre camp! Camps run from 9-4pm and focus on themed one-day performative camps.

For students wanting to take the next step, our pre-pro-

fessional programs include Neptune Prep, Youth Performance Company, and Young Actors Company. YPCo is performing *Les Miserables—School Edition*, November 21-25th.

For more information/registration, call 902-429-7300, or visit [neptunetheatre.com/havefun](http://neptunetheatre.com/havefun). Follow us on Facebook at Neptune Theatre School, and on Instagram at [neptuneyouth](https://www.instagram.com/neptuneyouth) to keep up with our news and events.

Neptune THEATRE SCHOOL

Classes start **October 13**

**FALL CLASSES**

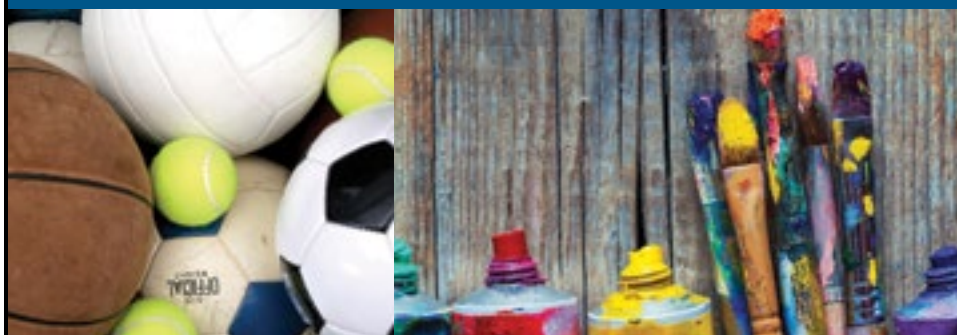
REGISTER TODAY! [NEPTUNETHEATRE.COM/HAVEFUN](http://NEPTUNETHEATRE.COM/HAVEFUN)



Sackville Sports Stadium  
now has online registration.



It's as easy as R-E-C!



[halifax.ca/myREC](http://halifax.ca/myREC)  
902.490.6666

rec | HALIFAX



## Sackville Sports Stadium now has Online Registration!

Sackville Sports Stadium registration dates are now aligned with Halifax Regional Municipality's Parks & Recreation department.

Registration dates are:  
Aug. 14 Preschool, Child & Youth Programs  
Aug. 16 Aquatics  
Aug. 21 Adult, Skating Programs  
\*Registration starts at 10 a.m. each day

To register for fall 2018 Sackville

Sports Stadium programs:

1. **Online** - visit [halifax.ca/myREC](http://halifax.ca/myREC)

2. **Phone**-902.490.6666 (Please note all phone-in registration will now be done through Halifax Regional Municipality's Parks & Recreation department phone line)

3. **Walk In** - to any municipally owned/operated Recreation Centre.

The new online system will be ready to accept new client profiles on Wednesday, July 18, 2018.

Get ahead of the game by having your account all set up and ready to register you and your family members for all your favourite fall programs.

As an added bonus, if you create your new account at any time from July 18 - Aug. 13, your name will automatically be entered to win a number of prizes and rec passes.

Visit [halifax.ca/myREC](http://halifax.ca/myREC) for contest details and prize information.

ALL residents need to create a new user profile in our new recreation online system. Previous accounts are no longer valid.

**Step 1** - Visit [halifax.ca/myREC](http://halifax.ca/myREC)

**Step 2** - Click on "Create Account" and complete all the information fields

**Step 3** - Save your information and a confirmation email will be sent directly to you

Once your new client profile has been created, you will be officially entered into our new system and able to register for all future municipal recreation programs.



# Fall Registration Guide

## Parent-Child Guide



**DON'T MISS OUT**  
on our **Fall Edition** featuring  
**Fun Places To Go, Health & Wellness, Education,  
Senior Living Care and More!**

Printing on **October 19, 2018, running to December 13, 2018**  
Advertising Deadline October 5, 2018

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  - Acro (All Levels)
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RIMSMB@gmail.com



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- Junior, Intermediate and Senior Figure Skating Programs

For more information  
on programs or  
registration email  
smbskating@gmail.com or  
smbcanskate@gmail.com



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

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New  
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Online  
Registration!





# Fall Registration Guide



## FALL 2018

Lunchtime Programs  
Birthday Parties - PD Day Camps




All new school programs for Fall 2018!

Have your teacher, school principal or PTA contact us to book in-school lunchtime and after-school programs!

**REGISTER TODAY!**

Web: [www.bricks4kidz.com/halifax](http://www.bricks4kidz.com/halifax)  
Phone: 902-240-2457 E-Mail: [myorke@bricks4kidz.com](mailto:myorke@bricks4kidz.com)

# Parent-Child Guide



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The Westin Nova Scotian | 1181 Hollis Street, Halifax

For more information, contact  
Canadian Parents for French, Nova Scotia  
E [cpf@ns.cpf.ca](mailto:cpf@ns.cpf.ca) | T 902-453-2048 | W [ns.cpf.ca](http://ns.cpf.ca)



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# Fall Registration Guide

## Canadian Parents for French, Nova Scotia Back to School 2018!

**L**a Rentrée! The English speaking world doesn't quite have an equivalent for this unique French expression. It is the energy that comes in September as students head back to school, but also daily life moves from the slow pace of summer to the cooler more productive days of fall.

Parents often contact us at this time of year asking: "What can I do to support and enrich my child's French over the the school year?" There are lots of activities and resources to be found through CPF Nova Scotia partners such as the Centre Communautaire du Grand Havre, Alliance Francaise, and Oui 98.

**French for Parents Classes**  
Feeling overwhelmed that your French skills need a serious reboot. Not to worry! CPF Nova Scotia will be offering French for Parents courses in HRM this October. There are also French classes offered at Alliance Francaise, Université Sainte-Anne, the Military Family Resource Centre and the Nova Scotia Community College. If you are outside the HRM, contact your local chapter and ask about setting up a French for Parents class. [ns.cpf.ca](http://ns.cpf.ca)

**Francofest, October 25 - November 4 2018**  
Do you want to take your child

to family friendly Francophone events? The Francofest takes place each year in October to November. There are many events from concerts to the Salon de Livre (French Book Fair)! The Francofest concert line up will be announced in September. [www.francofest.ca](http://www.francofest.ca)

**Atlantic Film Festival, September 13-20, 2018**  
Each year, the Atlantic Film Festival offers international and Canadian movies in French. <http://www.finfestival.net/>

**Alliance Française in the Hydrostone**  
Become a member! Alliance Francaise offers many courses for all ages, as well as other resources and events. As a member, you will be able to borrow books, magazines, CDs and DVDs from the Mondiatheque and access their online library for free. The library includes more than seven thousand resources—for all ages. This is a perfect way to practice your French, discover new cultures and have some fun!

Membership advantages even go further. Alliance Française Halifax organizes cultural events throughout the year, such as film and documentary screenings, traditional French celebrations (galettes des rois, crêpes bretonnes), concerts

and special must-see events. [www.afhalifax.ca](http://www.afhalifax.ca)

**French resources at your local library**  
Many local libraries carry books and movies in French. You can use your library card to order French resources and have them delivered to your local branch. This fall the Halifax Public Libraries will have story time and Mom and Tots groups in French. Check out French events on their website at [www.halifaxpubliclibraires.ca](http://www.halifaxpubliclibraires.ca)

**Centre Communautaire du Grand-Havre**  
The community centre in Dartmouth is open to all HRM Francophones and Francophiles. There are great events and programs coming up in 2018-2019. Many activities for parents and kids, such as badminton nights, bowling league, concerts and holiday events; all in French! [www.ccgh.ca](http://www.ccgh.ca)

**Oui 98.50 Halifax**  
We have a French radio station in HRM! They have programming to suit all tastes in Francophone music. Check it out! [www.oui98.ca](http://www.oui98.ca) You can find radio stations from all over the Francophoné on the internet. There are also many options for listening to French radio in your car or at home!

**Fall 2018 Program Guide available online.**

**REGISTRATION DATES:** (beginning at 8:00am)  
**Members:** Online, August 7th  
 In-person, August 9th  
**Non-members:** Online, August 14th  
 In-person, August 21st

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# Parent-Child Guide

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# Education

## Back to School is a Lot Like Team Tryouts

by Oxford Learning

Starting a new grade is like trying out for a sports team. That's because in order to be really ready to perform at their best, students need to prepare beforehand.

To make the team, kids know that they need to put in the time to practice their skills, to train their muscles to get into top shape, and to work with somebody else—a parent, a coach, or a friend—who will give them feedback and encouragement. Without these, the chances of making the team decrease.

Heading back to school is no different than trying out for a team. Just like hamstrings, biceps, and abs, the brain is a muscle. It needs practice and fine-tuning in order to function at the top of its game. And, just like hamstrings, biceps, and abs, the brain can get out of shape after a period of neglect. The brain needs a good workout before school starts so it can get back into shape and be ready for the year ahead. It needs to run the drills, take a few practice shots, and feel confident that it's up for the challenge.

So before heading back to class for a new school year, warm up the brain!

Here's how:

Start a few weeks beforehand and set aside time every day for kids

to...

- Review last year's schoolwork.
- Try a few math problems.
- Re-read an old essay or book report.
- Write a paragraph.
- Watch a science video on the Internet.

You can also get their brains back into academic habits by re-establishing school-year routines such as bed-times and wake-up times.

**To kick the school year off right...**

**1. Review last year's final report card.** This will give your family an academic refresher and a little reminder of the highs and lows of last year.

**2. Set some academic goals.** Now that you've reviewed the outcomes of last year, start considering what academic achievements could be reached THIS year. Both parents and children can identify changes that they'd like to make this school year.

**3. Overhaul your routine.** A new school year is an opportunity to deal with any and all bad habits that can get in the way of learning. These include morning and evening routines, eating habits, after-school routines, and homework and study habits. Fine-tune your family's routine from the first day of class and settle into a school year with better habits.

**4. Use an agenda for more than just school.** Agendas are more than just a place to write down homework, they are great for keeping track of to-do lists, questions to ask teachers, chores. Students can also use agendas to prioritize workflow, keep track of work hours, extra-curricular activities, and countdown until tests and exams.

**5. Consider getting extra support right off the bat.** School may not even be in session yet, (or it may have just begun) but it's not too soon to enlist in some extra support. Why wait to find out what will happen with grades this year? Get on top of any potential issues BEFORE they become a problem. Take the bull by the horns. Show this grade who's boss!

Of course, the best athletes know that there is no such thing as an off-season. Anyone who really wants to stay at the top of his/her game never stops training.

Pre-Prim to Grade 12

Reading

Math

French

SAT/ACT Prep

## BACK TO SCHOOL?



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Oxford Learning offers programs for children from 3 years old through university. We teach students the skills they need to be successful in school and in life. Oxford Learning has locations in Halifax and Bedford. For more information about our programs and services or to learn how to make this back-to-school season a success, contact Oxford Learning Halifax at 902-701-9254 or [halifax@oxfordlearning.com](mailto:halifax@oxfordlearning.com) or Bedford at 902-700-6489 or [bedford@oxfordlearning.com](mailto:bedford@oxfordlearning.com)

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**3rd Prize**

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## Tickets \$5

Available at Wee Care Centre  
5217 Young Street, Halifax Phone: 455-1081

Tickets go on sale September 1 and the draw is November 1st at 3:00p.m.

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# Education

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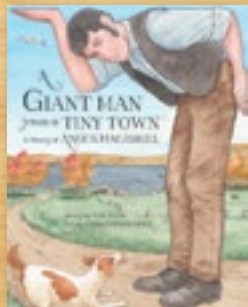
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Université  Sainte-Anne  
 Campus de Halifax



## Strategies for Success

By Pamela Streeer,  
Director of Birch Hills Academy

Students succeed when we all come together as partners in education. Working together to provide a stimulating and supportive environment assists students in reaching their full potential. Older students and community members can engage in shared reading activities with younger students. Parents, professionals and community members enhance school based activities through visits, assisting on field trips, and providing workshops to students. Teachers provide an enriched learning environment and spend time in the early days of the school year learning the students preferred learning styles and intelligences (Gardner's Multiple Intelligences), and teaching the routines and expectations of the classroom.

At Birch Hills Academy we encourage parents and guardians to communicate regularly with their child's teacher(s). A note, quick

phone call, or brief visit early in the first weeks of school are all ways to provide the classroom teacher with a brief overview of your child and assist in the getting to know you process.

Sleep is essential to good health and learning as the study by Dr. Robert Scott-Jupp of the Royal College of Paediatrics and Child Health confirms. The findings suggest that children with erratic or late bedtimes had lower scores in reading, math and spatial awareness through disrupted natural body rhythms. A well rested child is more alert, less accident prone and more cheerful. Overtired children can appear "wired" and chronically tired children can be impulsive with mood swings. An established bedtime routine is the key.

Access to good nutrition at home and at school promotes alertness and attention with low glycemic foods! Examples of foods

that won't spike the blood sugar level are oatmeal, whole grains, most vegetables, flax, cherries, plums, peaches, apples, dried apricots, yogurt, legumes, and brown rice. Research shows that children who eat sugary breakfast foods

tend to eat more at lunch which can lead to overeating.

The family is the centre of learning for children and parents should demonstrate respect and value for education. An environment

that promotes respect, tolerance and accountability where consistent, fair discipline is implemented, helps children to be ready to learn and succeed in the school environment.

For more information, please call our Founder, Pam Streeer at 902-832-6700. Visit our website at [birchhillsacademy.com](http://birchhillsacademy.com)



**Every child is one of a kind.**  
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Submitted by Halifax Christian Academy

Halifax Christian Academy (HCA) is embracing the future with a powerful new vision and mission, new leadership, and innovative new ideas. Daily we live our Vision of "Transforming lives through dynamic Christ-centered EDUCATION and DISCIPLESHIP".

For Christian parents living in the current culture, it is CRUCIAL to PARTNER with a school that uses their 1000+ yearly instructional hours to affirm your beliefs and nurture your students minds and souls.

By choosing HCA you are INVESTING in your children's academic and spiritual health. With our NEW FAMILY incentives and discount offers—you are investing far less than minimum wage. WE believe, and God's Word affirms that this is a worthy investment.

We are making it easier, and more affordable to join hca and bless your family.

We've done out part—but you must apply now as some classes are

already full.

**Do you live in Timberlea?** HCA is expanding its highly SUCCESSFUL Early Childhood Program. We are also offering Jr. Primary and Primary for the first time. Enroll now. Spaces are limited. Special FOUNDERS TUITION offers for the next two years for those enrolling in Jr. Primary and Primary.

**Do you live in Dartmouth or Sackville?** We are making it easier for YOU by offering a drop-off and pick-up shuttle service in your communities, SAVING YOU HUNDREDS OF HOURS IN DRIVING EACH YEAR. Shuttle space is limited—and awarded on a first come, first served basis. Enroll Now.

**Do you have high schoolers?** HCA wants to partner with you! We want to pour into your students at this critical stage of their school career, prior to going onto college or the workplace. HCA is offering YOU a special TUITION DISCOUNT of \$1500 for the next TWO YEARS.

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smaller class sizes, and experienced faculty, our students consistently rank in the top quartile in CANADA-wide standardized achievement tests. Our students are reading, writing and doing math 2 to 3 grades above their numerical grade, and our grads are highly recruited by universities. Even with these tremendous results, we seek to continuously improve and are building a dedicated Science Lab for this coming year.

According to a recent University of Notre Dame/Cardus research report, students who attended Christian school were proven to hold a stronger faith, and led more faith filled lives as young adults. We want that for your students and your FAMILY!

While there are choices available, we believe HCA is the SUPERIOR CHOICE for YOUR FAMILY!

Please email us at [admissions@halifaxchristianacademy.ca](mailto:admissions@halifaxchristianacademy.ca) to start a conversation and to apply for enrollment.



# Benefits of Risky Play

By Aileen Sullivan – Assistant Director/Resource Co-Ordinator,  
The Growing Place

As we all know, children love to test parents on how fast they can run, how high they can climb and how tall they can build the block tower before it comes crashing down. Our natural instinct is to tell the children not to run so fast, climb so high or build the tower too tall because they may hurt themselves. There are a lot of benefits children will receive when doing risky play.

Risky play is essential for a child's growth. It allows the opportunity for children to create challenges where they can succeed, or even fail while learning risk management. It teaches the children how to follow through on the task at hand, develops their social interaction skills with peers, helps with development

of their gross motor skills, gives them an understanding of their limits and many other benefits as well.

When we were little, we have received many bumps and bruises while participating in risky play. With this, accidents did happen, but we learned how to take risks and also knew what our limits were while taking these risks. With the proper supervision of parents and caregivers, children can explore their limits and take part in risky play in a safe and controlled environment.

So with taking part in risky play, encourage children to take the risks at hand. Let them try to climb to the top of the monkey bars. Ensure them you will be right there to help them if needed so they feel safe. Soon they

will feel not only the sense of accomplishment for climbing to the top, they will feel a sense of pride for doing this by themselves.

*Aileen is currently the Assistant Director at The Growing Place (Pleasant Street location). She also serves as Resource Coordinator where she specializes 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)*

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# CRAFT CORNER

## Autumn Bundles

By Jenny Joan Larisey  
Craft Consultant for Maritime Hobbies Crafts



If you are a long-time reader you'll know how much I love seasonal changes. The colour pallet of a new season inspires new projects, have you ever noticed the golden fields in August? Late into summer and early into fall, the Goldenrod plant brightens up landscapes across the country with its tall spikes of small bright yellow flowers announcing the arrival of autumn.

Commonly thought of as a weed, Goldenrod

has traditionally had many uses. The latin name for Goldenrod is "solidago" which means "to make whole" referring to the fact that goldenrod has healing benefits, with the young leaves and seeds being edible and in addition, its flowers can be used for making tea. The colorful flowers are also a rich source of nectar that attract bees which produce some of the best tasting honey.

Though I am particularly interested in using it

to dye, Thomas Edison once experimented with the leaves, extracting rubber which he then used to produce and make tiers for the Model T car given to him by Henry Ford.

For my project I am going to experiment with "eco printing" also known as "bundle dyeing". Usually the flowers are soaked in water to extract the colour but in this case the process is a contemporary application where plants are enclosed in textile

or paper, bundled and tied tightly around a stick and then steamed to extract the pigments which produce a print made with the plant dye.

White cotton flour sack towels are one of my favorite materials to use for dyeing experiments, if you don't like the results of your project you can over dye them or use as rags for cleaning up other dye messes.

The results vary according to many conditions—plant part used, processing time, pH of the water, fiber type, mordant and the season in which the foliage is collected. If you have ever been curious about natural dyeing this project is a great introduction. Playful, easy and full of chance, you can use a multitude of plant material you find on your nature walks and even in your

own backyard—berries, flowers vegetable scraps and even some old rusty bits you might find in an old tool box. The outcome will be surprising and beautiful!

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

Tired of old news? Read the Parent-Child Guide ...

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# FOR THE LOVE OF PETS



## Why Are Pet Foods Sold By Prescription More Expensive Than Pet Food in Stores?

Courtesy of Carnegy Animal Hospital

Your pet may have been recently diagnosed with a condition for which a veterinarian has prescribed a specific diet. Maybe your pet has developed bladder stones, or kidney disease, or is allergic to certain ingredients commonly found in pet food and the veterinarian advises that a therapeutic diet food can mitigate symptoms or even help slow the course of the disease.

You're all for keeping your pet healthier, or at least more comfortable, so you want to feed him/her that special food. You are concerned that it's available only at the veterinarian's office by prescription — and is most often more expensive than dog food available at the supermarket or pet store. In addition, you have read labels on retail foods that claim they are recommended for certain health conditions. So why the special diet from the veterinary hospital?

Foods sold only by veterinarian prescription belong to a class of food called therapeutic diets. Therapeutic diets undergo extensive testing to prove their efficacy before reaching the marketplace, just not quite to the same degree that would be necessary for them to be sold as drugs. In addition, veterinary therapeutic diets containing hydrolyzed proteins or those intended for use as novel protein diets undergo extensive testing and strict processing methods to reduce the risk of contamination with other ingredients. Retail foods are not formulated or manufactured to be used in a diagnostic or therapeutic setting.

Your Veterinarian will weigh their findings carefully and decide which foods to recommend for your pet and will incorporate a wellness plan for monitoring your pet that is eating these diets. Even with the advances in nutrition, a diet may not be as effective as desired as each pet is an individual, so your veterinarian's monitoring is essential.

Why does a veterinarian need to be involved? Consider that some therapeutic diets have nutrient levels that are appropriate for treating certain diseases but could be unsafe for healthy pets. A diet designed for a pet with kidney disease is a perfect example. This diet will generally be lower in protein than the level recommended for healthy pets and may also have too little phosphorus for a pet whose kidneys are functioning at full throttle. The upshot: the veterinarian must weigh the course of the disease against typical nutrient re-

quirements and plan from there. It also falls to the vet to keep the diet out of the hands of people whose pets do not have kidney disease, so they won't end up with nutrient deficiencies. That can't be done from the supermarket or pet food store aisle.

Your veterinarian may also want to review other important steps of feeding with you, such as the correct use of treats, existing or subsequent medication fed by treat, even flavors and forms of food. Canned or dry formulation can differ in nutrient profiles.

### But why are therapeutic diets so expensive?

Quite simply, therapeutic diets are most often more expensive simply because of the cost of testing before a food comes to market. Remember, these diets are almost as rigorously tested as a drug prior to approval to go on the market. Consider food for kidney disease: examples of testing for kidney diets includes feeding the diets to pets with kidney disease for many months and monitoring how they do compared to pets fed more typical diets. This requires lots of bloodwork and other diagnostics. For diets for bladder stone prevention, the diets are fed to animals, their urine is collected and tested, and the diet ingredients are then optimized to reduce risk of stone development." Extra work also goes into analyzing the fiber content of dog food meant for pets with certain gastrointestinal conditions. And therapeutic diets designed for dogs with food allergies must contain bits of protein divided into small enough molecules so as to evade the immune system and thereby not trigger an allergic reaction. Putting these foods together is a science.

Every time a change is made to the diet formulation while in development means these tests often need to be repeated.

If your veterinarian recommends a therapeutic diet for your dog, ask why the diet is necessary and how it will help your pet cope with the condition for which he/she has been diagnosed. Ask, too, what makes the diet different from a diet you would be able to purchase at the store. That way, you will feel good about your decision, knowing you're doing what you can for your dog rather than following the veterinarian's advice but potentially feeling distrustful as you do so. Good communication between you and your pet's veterinarian is essential for the welfare of your pet!

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# HOME Decor

## Fall Ahead, Get Organized

By Holly Gouthro, Interior Consultant, DWD Interiors

With open concept homes being all the rage the great room is still as popular as ever but sometimes this hub of the home can be difficult to keep organized. A great place to start is to create division within the room. Sofas, console tables and buffets are great furniture pieces

to use as space dividers, but be sure to leave adequate space to get in and out of areas.

When it comes to keeping items organized baskets are your best friend, especially if you have children or pets. I have baskets for everything in my living room so things are accessible but still neat and tidy. Get baskets for toys, blankets, slippers, whatever you feel you need in your main living area. With that said, try and keep the amount of each item to a

minimum, only keep your children's or pet's favorite toys in the living room and put the rest away.

Accessories and artwork are key elements to making a room look and feel finished but some people have a tendency to overdo it. You don't need artwork on every inch of the wall, or accessories on every surface; having too much can make a room feel cluttered and disorganized. Keep it to a minimum; you should only have items that you love and are beautiful, your accessories and art should stand out not just be there to fill space.

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# Bicycle Safety Begins with You

Submitted by Matt Conrad, Allstate Insurance, Dartmouth Crossing

In the last five years cycling has gained popularity in cities across the country. It's great way to get in shape, explore your city and it's surroundings and not mention commute, however unsafe use can lead to serious injuries or even death.

Here are a few tips for protecting yourself and your bike.

**1. Wear a helmet!** Not only is it the law, it can save your life. Research suggests that almost nine out of ten cyclists fatally injured in bicycle accidents had sustained injuries to the neck and head. According to Statistics Canada, the use of helmets reduces the risk of serious head injury by up to 85% and the risk of serious brain injury by nearly 90%.

**2. Ride safe.** If you're riding on the road, obey the rules of the road. This includes properly signaling a turn or lane change, and obeying traffic signs and lights.

**3. Tune up.** Just as you would a car, maintain your bike to ensure it is always in good working order. Be sure to lubricate the drive system and check the brakes, gears, wheels, and lights.

**4. Teach your kids.** According to Nova Scotia Transportation, the highest rate and frequency of hospitalization related to cycling were those 10-14 years of age.

**5. Be seen.** Make sure your bike has a working light on the front and back and that you are wearing bright and reflective clothing, especially when cycling at night.

**6. Use caution.** Never assume that a motorist will yield, even if you have the right of way. A cyclist is more likely to be killed or injured at an intersection or at road locations with traffic signals or other traffic control signs.

**7. Lock up your bike.** Don't leave your bike unattended for even one minute. Lock it up with a reliable, steel U-lock. While cheaper versions may seem like the economical choice, this isn't a time to be thrifty. Secure your bike to a solid structure such as a bike rack, lamp post, or parking meter.

**8. Make sure you have the right coverage.** Bicycles are covered up to a certain dollar amount under your tenant or home insurance policy. If your bicycle's value exceeds the maximum coverage amount, then you can buy an additional policy to cover the full value.

*To learn more, call me at 902-701-7605, or better yet, feel free to stop by my office. For more helpful tips and information, visit us the GOOD HANDS blog at [goodhandsadvice.ca](http://goodhandsadvice.ca).*

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cont. from page 4

ities, and it is an excellent aid to communication and public speaking. Sodalite enhances self-esteem, self-confidence and self-acceptance and boost the immune system and over comes calcium deficiencies.

**Sign:** Scorpio ♏

**Stone:** Citrine. They usually range from yellows, browns, oranges to reds. They are one of the most popular quartzes in the world. They are formed when purple amethyst undergoes a heat treatment.

**Healing properties:** This is a sweet, flourishing, soft and loving energy that comes off Citrine. It is known as the money stone, and can encourage you to go with the flow, brings inner peace and wisdom, and stimulates your intellectual activities. This stone will help you to stay calm in challenging situations and encourage you to be spontaneous. Citrine is your very own cheerleader.

**Sign:** Sagittarius ♐

**Stone:** Tree Agate. This type of agate is typically colorless, grey or white, and usually displays a tree or fern-like pattern.

**Healing properties:** The stone is excellent for helping your body gain physical, emotional, mental and spiritual strength. It supports the heart, the nerves, and encourages lactation in pregnant women and helps in dealing with baby blues. It is also effective in aligning the vertebrae. Tree agate keeps the wonder lust alive. This stone will encourage even the shyest of people to go on an

adventure and embrace the free spirit. The stone will also help you tune in to the ancient energy of the trees, teaching you to weather any storms or harsh conditions.

**Sign:** Capricorn ♑

**Stone:** Garnet. A beautiful glassy glow makes it one of the most beautiful of stones. This stone resembles a small, brown seed of pomegranate. Ranging from dark, strong red to brownish-red in color. There are other stones that are pink, orange, green and purple.

**Healing properties:** This stone has the power to purify the body by getting rid of toxins. It will also cleanse your mind and spirit, promoting strong and healthy relationships. Garnet keeps the busy Capricorn grounded and focused. This stone helps to purify the heart, lungs and immune system while regenerating the DNA. Garnet brings passion, wealth, warmth, devotion and trust.

**Sign:** Aquarius ♒

**Stone:** Amethyst. It is a silicon-dioxide, with traces of iron and belongs to the quartz group of minerals. Amethyst occurs in many shades of purple.

**Healing properties:** We could all use a piece of this healing stone. Legendary for its stunning beauty and it's amazing healing properties. A natural healer, stress reliever, pain reliever, spiritual growth and protection stone. Bringing mental clarity to the wearer, as well as self-knowledge, understanding of feelings on a deep interpersonal level, bringing harmony to the mind, body and spirit. "Know thyself" is what the stone

will help you do, and so many other things.

**Sign:** Pisces ♋

**Stone:** Aquamarine.

Aquamarine is the color of the winter sky giving way to spring. Cubed in shape, the water element stone.

**Healing properties:** Aquamarine embodies all things in the sea, as well as all things relating to heaven. Its pale-blue crystal embodies all things connected to the sea. It is a travel stone for anyone journeying over or near water. It treats any fear of travelling, and it is a wonderful stone for learning how to swim. It will help you purify your aura, align your chakra, increase your intuition and articulation, and allow you to reflect clearly with a cool mind. It is an excellent stone for skin conditions, throat conditions and inflammation of all kinds, as it is a cooling stone.

**Sign:** Virgo ♍

**Stone:** Green Apple Light Apophyllite. The Greek meaning of the word is to Shine. This stone is most often green and greys with the appearance of a tree or fern leaf due to its iron content.

**Healing Properties:** It provides for those in need. It activates humanitarian tendencies and reconnects us with the true South in a natural Essence of who we are. Promotes health and vitality

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## The Joy of Value Village at Halloween

Did you know that Value Village in Halifax and Dartmouth pay Big Brothers Big Sisters of Greater Halifax, and Diabetes Canada for every donation received at their stores? Thanks to you and your donations of gently used clothing and household items, these great non-profits are able to provide mentorship to youth in our community, and help those with Diabetes live healthy lives.

Value Village also partners with many other non-profits in the community, donating items to those in need, and through fundraising programs designed to be as easy as possible—allowing organizations to raise funds without asking their members for cash donations.

Halloween is an exciting time of year at Value Village. Instead of walking into a normal looking thrift store, it is transformed into something completely different in order to be able to include thousands of new costumes, accessories, and Halloween home décor. In every direction you look, you

will see something different for your Halloween festivities. Was that a pirate that just walked by? Probably! Their staff loves to dress up for the season!

The joy of Value Village at Halloween? Everyone can get a costume within their budget. Unlike traditional Halloween shopping, where you are limited to brand new costumes at top dollar, at Value Village not only will you find those, but also a large selection of gently used costumes that may better suit your budget. Are you looking for something different and creative? Their costume consultants are here to help!

You really can't go wrong with Value Village at Halloween—from the amazing new and exclusive costumes available every year, to the great value in their used costumes, and the fun to be had in a DIY costume, why would you shop anywhere else?



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