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What is Yoga?

By Crystal MacNeil,
Yoga instructor, with Enigma

Since I have been old enough to recite the alphabet, I have been drawn to helping humankind. As a young adult I attended University and College; receiving a Sociology Degree and Counsellor Certificate. I jumped around from job to job caring for children and adults living with mental illness, physical illness & disabilities. During my twenties my biological father died of an overdose. I started partying excessively. I spent most of my free time partying with friends and socializing but simultaneously I felt disconnected. It would be more than 10 years before I would discover the physical Asanas of Yoga. I was confused, angry and overwhelmed; there was so much suffering and ignorance all around me. In my late twenties, I was diagnosed with an anxiety disorder and ADHD.

There came a point where I realized the truth. I was the one suffering and it was my own ignorance that's was causing this suffering. I then found myself studying, but this time it was self study. Finding the courage to go within and self reflect created a domino effect for me. I decided to leave my old life behind (except for my cat, LOL) and start with a clean slate. I owned minimal possessions and I spent my time gardening, dancing and creating art. I discovered contentment being by myself. For 6 months my life flowed effortlessly; I was living in the present moment. Although I was enjoying gardening, dancing and creating art, it did not pay the bills. It was time to find a job. I met Corey who is now my Husband and we moved in together. Corey supported me while I was looking for work. I anxiously wanted to start making money so I could contribute to the bills. I was conflicted with finding a job quickly and finding a job that would create a sense of belonging and contentment.

And then my heart failed, a virus took over my heart. I will never forget being in the back of the ambulance knowing but not knowing at the same time I was close to death. I naturally decided that I was going to continue to live. This is the moment when I decided to wholly let go of who I thought I was and find my true self. Close to the end of my stay in the hospital, one of the nurses that was caring for me suggested that I try Yoga. With the encouragement from my Mom, I started an at home Yoga practice. This is when I discovered

the physical Asanas of Yoga, Pranayama (breath practice) and Meditation. I practiced and studied Yoga and my body healed. I eventually found myself signing up for Yoga Teacher Training and I was accepted into the 200 Hour Yoga Teacher Training at Therapeutic Approach Yoga Studio. I planned on becoming a full time Yoga Teacher. I spent day and night practicing, studying and exploring Yoga. This is when I found my true self. I am now a full time Yoga Teacher. I love what I do, I love to learn, teach and practice Yoga. I am grateful for all the support, love and compassion from everyone who has been part of this journey. When I teach, nothing else exist and when I practice, I am one with the Universe.

By now you have probably questioned when I am going to explain what Yoga is. Yoga consists of physical postures (Asanas), but Yoga is far more than just the physical. Yoga is realizing that you have control over your emotional suffering; as emotional suffering comes from within. Take the time to go within; self study and become aware of the pain that is holding you back. Allow yourself to grieve and take the steps to heal. What is it in your life that is no longer needed?



Photo by Pexels from Pixabay

Once you let go of what is no longer needed you will make room for growth. Yoga is finding the simple things in life that bring joy to you such as gardening, art and dancing; finding contentment spending time with yourself. What do you enjoy doing? Make a point to set aside you time each day, time to engage in what ever it is that creates a sense of calm. Yoga is honesty, respect and compassion towards yourself and those around you. What truth have you been holding back? Sharing the truth with yourself or someone can be done with kind words and with a gentle approach. Yoga also involves Pranayama (breath work). There are many different breath practices but in the end they all have a very similar effect; controlled breath calms the nervous system and helps heal the mind, body and spirit. Meditation is also Yoga. There are many different types of meditation; seated, walking and guided meditation are a few examples. Depending on who you talk to, the topic of meditation may be explained differently. I believe if you have a clear mind, free of unwanted thoughts, you are in the present moment and you are at ease with breath, body and mind; you are meditating. Yoga is Union with self and the external world. So now you can see the story I shared with you is Yoga. I am grateful for being able to share my story with you.

The light in me sees the light in each and everyone of you.

Crystal MacNeil 200hr CYT



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

Our Plan to Help Families Thrive

Canadian families come in all shapes and sizes. Whether you're a first-time parent of an adopted child, a parent caring for a child with special needs, about to be an empty nester, or you're about to welcome your first child to the world, every family's situation is unique. Our plan for families celebrates this diversity and puts the focus on helping those who need it the most.

One thing that's common to all families is that children seem to grow up in the blink of an eye. That's why quality time together is so valuable.

15 WEEKS of paid parental leave for adoptive parents—including LGBTQ2 families.

250,000 more before and after school spaces for kids under 10

2X double the Child Disability Benefit to support families with children with special needs

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Kids Run Club Keeps Students Active Across Nova Scotia

By Hon. Lena Metlege Diab, MLA Halifax Armdale



Photo by RUN 4 FFWPU from Pexels

16,000 kids at 223 schools across the province. From day one, Springvale Elementary has taken part, with Physical Education teacher John McGowan and, more recently, Primary teacher Lee Anne Webber working hard to get a great many kids involved. It was my pleasure to present a congratulatory certificate to John and Lee Anne, and to congratulate the Springvale school community for their ongoing success in the NSHA's Youth Running Series School Challenge.



Physical activity is a lifelong source of fun, freedom, and good health, and I'm proud to see school communities stepping up to create healthy habits that will

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last a lifetime. The province recognizes the importance of initiatives like these, and I was pleased to see \$150,000 being granted by Nova Scotia to the Kids Run Club program so it can continue to expand and benefit our kids. If your child wants to get involved, contact your principal or encourage a school leader to visit kidsrunclub.ca/register to start a new club.

In December, I was happy to join the Doctors Nova Scotia Healthy Tomorrow Foundation's AGM at the Canada Games Centre where we marked the 16th year of their marquee program, the Kids Run Club.

Kids Run Club was started in 2004 as a free, non-competitive, school-based running program, and now reaches over

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A Message from Susan LeBlanc, MLA, Dartmouth North

As the working mom of a busy young family, choosing summer camps and figuring out child care is at once exciting and stressful. There are many considerations: children's interests and ability, location, cost, age, and the list goes on.

Luckily, for folks who live in Dartmouth, there are many wonderful options for camps right in our backyard! From spending the day on (and in!) Lake Banook through the camps at Banook Canoe Club, Mic Mac AAC, and Senobe Aquatic Club to spending the

Centre for Creative Learning while the athletically inclined may opt for the action at the Zatzman Sportsplex or through Marshall's Active Programs. Our beloved community centres (in Dartmouth North and North Woodside) and boys and girls clubs (in Dartmouth North and East) also provide plenty of opportunities for fun and friends, while Canadian Parents for French in Nova Scotia offers French day and overnight camps.

To help with the decision making, my office has compiled a list of groups who offer camps over the summer months at www.susanleblanc.ca/susan-blog. Happy camping!

*With you.
 For you.*

Gary Burrill
 MLA, HALIFAX CHEBUCTO

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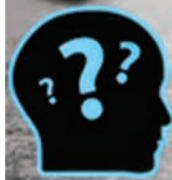
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CRAFT CORNER

Maple Tree Tapping

By Jenny Joan Larisey, Craft Consultant for Maritime Hobbies Crafts



to flow when daytime temperatures rise above freezing and go below freezing overnight. The daytime temperature creates pressure in the tree causing sap to flow upwards from the root system below the ground up to the top of the tree where buds will form. Sap will flow for approximately 4-6 weeks. Tapping a tree early will collect the most sugary sap before it disappears with spring.

You can tap a tree 2 or 3 times depending upon its size. 10"-12" in diameter will allow for 1 tap, 21"-30" will allow for 2 taps and a tree greater than 30" in diameter can handle 3 taps. Tapping does create a wound but doesn't endanger its health. Recovery usually takes a year.

Once sap has been collected it needs to be boiled down to create a syrup. To make the syrup simply boil the sap until all its water evaporates leaving only liquid sugar behind. This is a lengthy but simple process. The general rule of thumb is that it takes 40 parts maple sap to produce 1 part of maple syrup, this estimate is dependent on the sugar content of your sap.

I couldn't be more excited to see the days begin to lengthen and start to experience warmer weather. Have you ever glanced at the maple tree on your property and thought, someday I am going to tap that!? Well, this could be your opportunity!

Tree tapping can happen anywhere from mid February to mid April although the timing can vary depending on your location and weather conditions. Sap starts

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This will be my 3rd year tapping trees and two things I've learned so far is to have a seal on the lid of the container collecting the sap so that bugs and debris are kept minimal. I've also found that using a candy thermometer is essential to not over boil which can turn the syrup into a crystal rock.

I like to start the boiling process over an open wood fire to add a smoky flavor. Once most of the water has been evaporated I will move it into a crock pot carefully placed outside of my home.

If you have a tappable tree, some basic supplies and a free weekend, you could be enjoying your own homemade syrup sooner than you think.

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March Break/Summer Camp Guide

It's a bird, it's a plane, it's... SUPER March Break at the Museum!

This March Break, families are invited to drop-in to the Canadian Museum of Immigration at Pier 21 all week long, (that's right, no pre-registration required!) for daily activities, workshops and fun learning experiences. The Museum team is very excited for this year's theme, Super Heroes, and can't wait to collaborate with some of the incredible super heroes in our community alongside some surprise favourite comic book characters.

Each day will be something different to try.

Monday through Thursday, start the day crafting, attend a Superhero drawing class, then dance your way into a Movement Workshop for some jumping, shaking and exploring different ways to move. Once you've worked up an appetite, step into a Food Workshop to get cooking, making and tast-

ing different delicious treats. On Friday, we'll wind it down with English and French feature film screenings in our comfortable theatre.

But that's not all! Monday to Thursday, Eastern Front Theatre will be on site with *Old Time Radio Show: Stories from the Golden Age of Superheroes* twice daily. The production is a family-friendly collection of radio plays about...you guessed it...super heroes through the ages. Stories about Superman, Flash Gordon and more will delight and excite, and the whole time you can watch and see how all the sound effects are made.

SUPER March Break at the Museum is included with Museum admission. Mark your calendars and keep an eye on Pier21.ca/events for the full schedule.

Canadian Museum of Immigration at Pier 21



Musée canadien de l'immigration du Quai 21

A super-hero themed week of music, dance, eating, and activities.
For more details, visit pier21.ca/events



Une semaine de musique, de danse, des gâteries et des activités sur le thème des superhéros. Pour plus d'info, visitez quai21.ca/événements



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Bridgeway Academy is offering a **School Break Social Skills Program** focused on helping children develop the skills necessary for initiating, building and maintaining friendships. This program will be offered at our Dartmouth location.

This condensed program mirrors the day program at Bridgeway Academy and has the same overall goal of developing appropriate **social interaction skills**. We are aware of how important social skills are to living a satisfying and fulfilling life. We are also aware that learning disabilities and ADHD may hinder a child's ability to learn and develop proper social skills.

Every child learns differently, and we cater to their learning strengths and needs. The lessons will consist of visual, auditory, kinesthetic and practical teaching styles combined with fun activities to help illustrate and practice new skills. We also provide home practice suggestions to help generalize lessons to different life settings.

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



To register please call 902-293-4801

www.bridgeway-academy.ca

March Break/Summer Camp Guide

Pirate Adventures for Maritime Museum's March Break!



It's been quite a number of years since pirates were celebrated/afeared for March Break activities at the Maritime Museum of the Atlantic! All aboard to raise the Jolly Roger, grab your cutlass and set sail to Canada's largest and oldest Maritime Museum for **Pirate Adventures**, happening March 14 to 22, 2020. Exciting activities, games and crafts await as you follow in the footsteps of pirates, privateers, buccaneers, and other sea-faring rascals. So practice your pirate talk and don your finest pirate attire. Join the mighty museum crew for adventures of the sea!

Daily drop-in activities happen from 10 am to 12 noon and 1 pm to 4 pm, except Sundays, which happen from 1 pm to 4 pm. All activities are included with regular museum admission.

Yo, ho, ho get ready to sail away with the folks at the Maritime Museum of the Atlantic.

Find out more at maritimemuseum.novascotia.ca or call 902-471-3320.

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Pirate Adventures!

Join us at the Maritime Museum this March Break and follow in the footsteps of pirates, privateers, buccaneers, and other sea-faring rascals!

Come dressed in your best pirate attire and be part of the crew for some hearty fun.

Activities await!

March 14 – 22: 10 am – 12 noon & 1 pm – 4 pm
 (Sundays 1 pm – 4 pm only)



Parent-Child Guide

is turning 25 in April 2020!

The *Parent-Child Guide* Newspaper is very proud and grateful to be celebrating our *Special 25th Year Anniversary Edition* on April 22, 2020!

We are very grateful and appreciative to our *amazing customers* who have supported the newspaper during the last 24 years, sharing our commitment to bring quality family-related content to readers in HRM!

Show YOUR support for local business by advertising in our 25th Year Anniversary edition, running April 22 to June 18, 2020. Special Congratulations pages are planned with Business Card ads available. Other ad sizes are available, too. Please ask us!

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March Break/ Summer Camp Guide



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Parents Are Key to Supporting Children in French Immersion

Submitted by Canadian Parents for French, Nova Scotia

With grade primary registration coming up in February, many parents are considering French immersion as a choice for their child. Parents often wonder if their lack of French will hold back their child. The key to success in school is parent involvement. Parents are not expected to understand or speak French, but research shows that students with parents who have positive attitudes to French achieve more.

Many factors contribute to children's success at school, such as curriculum, learning materials, teachers, school setting, administrative support, and motivation. However additional exposure to French is important. Experiencing French at home will enhance your child's abilities in French, their understanding of Francophone culture, and their confidence in using the language.

There are a wide range of

things you can do to enrich your child's French language learning. Many aren't expensive or time consuming.

Help your child to use French outside of the classroom! Watch French TV or set a DVD to the French version. You can borrow French books from the library or start a collection of your child's favorite books in French. Look for activities in French like plays, concerts, courses and sport activities. Get a French cookbook and cook a meal together, or work on your family tree in French. Play board games in French. There are many easy activities that can be done in French as a family.

During the summer look for summertime activities that keep your child on the path to linguistic success. French summer camps, regardless of a student's age, are a great way to do this. Find a café or restaurant that offers service in French

and enjoy some treats. For the older child, it is a great experience to go on a family holiday to a Francophone region. Children love to take the lead and show their family their language skills!

Children constantly learn new skills from extracurricular activities and integrate these skills into their time in the classroom. Remember learning any language is a life-long experience! Just as your child's first-language skills matured and expanded with age and new experiences, these factors will affect the development of their second language. A long-term commitment to language will produce the best results! Be supportive and enthusiastic. Make French a part of your child's life!

For more information, please contact: ns.cpf.ca or phone 902-453-2048

March Break/ Summer Camp Guide



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

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E cpf@ns.cpf.ca W ns.cpf.ca
Registration forms available online

March Break/Summer Camp Guide March Break/Summer Camp Guide March Break/Summer Camp Guide March Break/Summer Camp Guide

Power-up your kids and teens for a bright future!



Isobel presenting her game Horse Run at the end of a Game Design camp week!

It's not unusual to hear a nine or ten-year-old talking about becoming a game developer or filmmaker! Just as we nurture our children's interests in sports, music and other fields we can also support their aspirations in digital media arts.

Gaining hands-on experience in creating and coding films and games is empowering at any age. For young people it can affirm their passions and give them new ways to interact and excel!

March Break at Artech Camps:

From Pacman to Pokemon – Game Design Camp – ages 7-12: Campers get to create all aspects of a 2d platform style game. They design levels and develop the game play. They create the characters, monsters, collectibles, music and backgrounds AND learn code!

Camera Action Animate! Stop Motion Animation – ages 10-14: Characters and stories come alive in animated films using stop motion techniques. The software used in this camp has been used in many of the Wallace & Gromit movies! Campers learn the production cycle from concept and story through set design, character creation, filming and editing. Culminating with premiering the films on the big screen!

Create New Realities using Unity 3d – ages 11-17: Campers get to design and develop a 3d game experience incorporating special features such as Augmented Reality! They design, craft and code their own game story and bring it to life in new realities similar to games like Pokemon Go! Learning to code has never been so much fun!

Leadership Training – ages 15 and up: A great opportunity for teens/young adults who already creating their own games and animations – take it to the next level. Share the experience with younger campers. Successful graduates from our March Leadership Training program will have an opportunity to complete a summer Internship!

Artech Camps: 902-579-3317

Location: NSCC Institute of Technology

www.artechcamps.com

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MARCH BREAK 2020!!

Young Campers

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Our 7,000 square foot, licensed indoor facility is well-equipped with a gym, computers, books, supplies and equipment sure to please campers from 4 – 12 years of age.

Camp hours are from 8:45 – 3:45 with before and after care available at no extra charge from 7:00am – 6:00pm.

Campers will explore our 5 acre wooded setting with natural play spaces.

March Break Day Camps At Creative Kids Education Centre



Young Explorers: Transportation, Ramps and More

Your child will explore the physics of Transportation, Ramps and more in this hands on camp while building, testing and enjoying the science of movement in different environments. From rolling to dancing every child will be able to actively participate in a stimulating program that touches on all the building blocks of Early Childhood Development.

Friendship Bracelet Club

If you have artistic children that want to create their own jewelry and show off their artistic styles then this camp is for you. Children will learn about and create jewelry using charms, beads, elastic looms, braiding, weaving and much more. Let your child's imagination run wild as they create lasting friendships and artistic creations of all kinds.

Building Extravaganza

Whatever the weather we will use the various materials available to build, design and create structures. From real tools to Minecraft creations this camp will encompass the design and creation of unique child directed building. Leaders will assist with direction of design needs and tool use so that children can have an authentic building experience.

Head to Head Sports

Sign up to do a fun filled week of splitting into teams and going head to head in different challenges and tournaments each day. Children will be able to vote to decide which games to play each day, and participate in active play to burn off their energy. Leaders will assist with skill building and challenges to increase the abilities of children at any level.

Roblox Challenge Week

Join us for a fun-filled week of Roblox challenges. Climb to the top of the CKEC leaderboard by competing in a multitude of challenges ranging from jailbreak to bubblegum simulator and many more! Bring the competition off of the computer by playing Roblox based games outside and in the gym.

Register online NOW!

www.creativekids.info



SPEND SUMMER



AT THE SPORTSPLEX

March Break and Summer Camp registration is now open! Swim, play sports, go on field trips, and make new friends at the Sportsplex.

Visit zatzmansportsplex.com for more information.



March Break/Summer Camp Guide

Ignite your imagination at NSCAD this March Break!

Ignite your imagination at NSCAD this March Break! Check out our marvellous art camps for ages 5-18, we welcome all skill levels and interests. From drop off to pick up, your child is supervised by our terrific team of assistants, instructors, and camp coordinators. Camps include all materials, lunch supervision and art making activities, early drop-off (8:30am) and late pick-up (5:00pm). In addition, campers get a free NSCAD t-shirt to get messy in. See our exciting week below:

ARTFUL STORIES ages 5-7

A picture is worth a thousand words! Come on a visual storytelling adventure with cartoonist and illustrator Mollie Cronin. In this younger kid approach to comics, students will weave narratives, create characters, and crack jokes through drawing, painting, storytelling games and more!

MAKE IT, BUILD IT, SCULPT IT ages 8-10

Get your hands dirty! Learn how to use to use and ma-

nipulate different materials to create sculpture. This week, we will be inspired by historical and contemporary examples while we build armatures, work with clay, cast plaster objects, create installations and more!

THE ART OF WRITING ages 11-13

We're thrilled to have back Linda Hudson from The Writer's Federation of Nova Scotia brining students on an inspirational journey with a different writer each day: Kanaar Bell, Emma Fitzgerald, Wade White, Theresa Meuse and Pauline Dakin.

DRAW AND PRINT ages 11-13

Develop drawing and design skills at our Draw and Print camp. We will dive into printmaking exploring traditional and experimental techniques. Students will learn techniques that transform original drawings into multiples from stickers, tattoos, t-shirts and more.

ART 101 ages 14+

High School students are invited to enter the world of visual art through our Art 101



course and get first-hand, behind the scenes studio experience at NSCAD University! This week-long course will introduce you to experience in photography, video, watercolour painting, tattoo illustration, tote-bag sewing, and more. With a different discipline every day, you'll create pieces for your portfolio, or just for fun! No prior experience is necessary, just enthusiasm.

Please join us to celebrate the work of our students on March 20th from 4pm-6pm, at our ARTrageous Exhibition. NSCAD's Port Loggia Gallery, 1107 Marginal Road on. All are welcome.

Register now to guarantee a spot in this action packed week. For more information, visit nscad.ca or call us at 902-494-8185.

Parent-Child Guide



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Printing on April 22, 2020, running to June 18, 2020

Advertising Deadline April 6, 2020

For More Information Please Contact:

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SCAN ME

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KaitlynBeaverWellness@gmail.com

Fiddler Music - The Fine Tuners

Join us for free food and non-alcoholic drink as we socialize and enjoy celebrating Sole Sisters. Door Prizes and entry in the Grand Prizes - White Point Beach Resort and the Prince George Hotel.



May 1st, 2020, Wolfville, NS

Sole Sisters Supporter Party - Lightfoot & Wolfville Party

Get on the bus for the trip to Lightfoot & Wolfville Winery for the FINAL DRAW of the PRIZES and enjoy wine and appetizers on us! Limit 70 people on the bus, limit at the winery is 150 people. If you decide to drive please use a designated driver.

Just over a month to Sole Sisters in June and Little Miss Sole Sisters!

Who's excited?

Coming up!

Health & Harmony Wellness Retreat in August 2020 at Rodd Crowbush Golf & Beach Resort in PEI more at plusfitnesswithTara.com

Both events brought to you by



What's so special about a Specialist?

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



Have you ever found yourself faced with a referral to a dental specialist only to hear that your neighbour's dentist does everything at their own office? Have you wondered why?

The field of Dentistry is complex from the outside but is important to understand. A dentist is a person who completes four years of dental school where they undergo special training in the head and neck region. Typically, a student entering dental school will already have completed at least one degree. Before attaining the designation of Dentist (DDS after their name) all dentists in Canada must complete all requirements of their individual programs but also pass a National Board Exam for competency.

A practicing dentist has a broad scope of practice, meaning they can do a wide range of procedures from fillings, to crowns to root canals, and orthodontics. Some dentists find themselves particularly passionate about a certain niche and focus their time and energy in that area. They often do continuing education courses to help build their expertise in a certain area. Dentists who choose this path often refer to their practices as "limited" to a certain area. However specialized they choose to make their practice though, it is still different from a Specialist's practice.

Confused yet?

True dental specialists are dentists who complete dental school and then go on to study an additional number of years (typically 2-6) in one particular area of dentistry. For example, an Orthodontist is someone who studies for three additional years focusing entirely on tooth movement with braces and Invisalign as well as growth modification. An orthodontist no longer practices any other aspect of Dentistry and instead works with your general dentist to deliver you complete care. Students in these specialist programs are referred to as "residents" much like a medical resident. Often times they are also called a graduate student as these additional years of study can lead to a Masters degree. Upon completion of these extra years of study, these residents are tested by yet another set of board exams to achieve the designation of Board Certified Specialist. In Canada, specialists that have the designation FRCDC have completed this exam process. There are 9 nationally recognized dental specialties in Canada. You can verify that the person you are seeing is a registered dental specialist by visiting NSdental.org.

So all specialists are dentists but not all dentists are specialists. The bottom line is that you need to be informed about the level of expertise of the person who is treating you. As a general rule, as the complexity of a case increases, so does the necessity of having a specialist provide the treatment. That said, understanding case complexity is something that can be very hard to determine. Talk to your dentist and if you have more questions, don't be shy to inquire about a specialist's perspective.

When it comes time to choosing care for the special ones in your life, consider the specialized knowledge and training of a board-certified dental specialist!

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with the Halifax Orthodontic Specialist Group. She is a co-owner of The Brace Space in Bedford (Larry Uteck), The Brace Space @ Sackville and Stuart & Davidson Orthodontics in Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 455-7222.

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A New Year and a Fresh Start

Submitted by The Berkeley



Seniors' Living Care

There's nothing like a New Year to illicit a yearning for renewal, revitalization and restoration – a time to reset, regroup and reconnect. It's an opportunity for change whether that be personal growth, new intentions or the chance for an improved lifestyle, and an obvious time to make a fresh start.

Retirement living might be the perfect lifestyle solution and fresh start for you, if you are living alone and feeling lonely, bored, insecure, tired of grocery shopping, cooking, house maintenance and other similar responsibilities or possibly needing a bit of care or assistance.

Retirement living is apartment living with services. The following benefits are included in your rent:

- 2 meals a day in our full-service dining room (with the option for a third)
- Weekly housekeeping (laundering of linens)
- Activities, outings and social gatherings
- Nurse on duty 24/7
- Maintenance

The benefits that cost nothing, but are invaluable advantages to retirement community living:

- Peace of mind
- Choice
- Sense of belonging

- Friendship
- Safety and security

Retirement living, by its very nature, is a supportive environment with included benefits as well as additional services. Your lifestyle can be tailored to suit your needs whether you pay for extra services or not. Most importantly, retirement living is designed to allow you the freedom to choose while supporting your independence and protecting your privacy.

Regardless of your timeline, start doing your research now. There is plenty to consider such as community culture and size, building amenities, location, apartment size and care options, if not for now, just in case it is necessary in the future. You will then want to have a look at how this lifestyle suits your needs and wants, and how it will impact your finances. Being prepared and armed with information that will help inform your decision will make the transition easier.

Please get in touch if you would like to start the process of learning for yourself the benefits of retirement living at The Berkeley. Coming in for a tour, meeting our staff and other residents can help you truly evaluate your options. We are here and ready whenever you are!

For more information and to book a tour, call Jenn at (902) 802-0346 or email her at jenn.walker@theberkeley.com.

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Education

How to Find the Right Tutoring Program for Your Child

Submitted by Oxford Learning

Whether it's improving grades or strengthening learning skills, many students can benefit from enrolling in a tutoring program. It's important to do your research when searching for a tutor and tutoring program to find one that works best for your child; what works best for one child may not work for another.

Before enrolling your child in a program, make sure you:

Find out about the learning approach used. Look for programs that emphasize an active learning approach to teach kids learning skills they need to be successful. When choosing a program for your child, looking at the tutor or tutoring service itself is only half of the equation. It's also important to find a program that is the right fit based on his or her unique learning needs.

Know your child's needs. Understand where your child is struggling. Is it in a certain subject? A particular skill like note taking or test prep? Knowing the areas your child needs to improve will help you choose what type of pro-

gram will have the most impact.

Know your child's goals. Set clear goals your child would like to achieve. This could be improving his or her mark in a subject by a letter grade or building better organization skills. Having specific goals in mind will help you decide whether a tutoring program offers what your child needs to reach those goals.

Understand how your child learns best. Some students prefer hands-on learning, while others do best with visual study aids. Look for a program that takes into account your child's learning style when creating a program for them. However your child learns, look for programs that incorporate engaging, active lessons. This will help make lessons fun so your child is excited to learn.

Consider how classes will fit into your child's schedule. When finding a good program for your child, an important thing to consider is how it will fit into your child's schedule. Look for a program that is flexible enough to allow you to create a class schedule that is convenient for you and your child.

cont. on page 24

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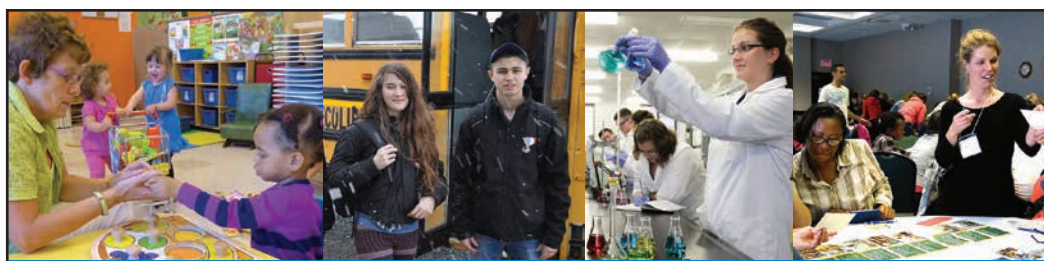


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Did you know French first-language education is offered all across Nova Scotia, for people of all ages?

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- Public Schools - primary to Grade 12
- Adult French Courses
- French-language University

www.educationenfrancais.com



21 écoles à votre service

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www.csap.ca

March is National Engineering Month

Some might think it's a bit early to be looking forward to March, but the National Engineering Month committee has been hard at work since the beginning of October pulling together plans for National Engineering Month 2020. We are hoping this year will be the best and most exciting National Engineering Month yet! We are already filling the calendar with some new events, and a few old favorites. There will be new formats, new partnerships, and new opportunities to get involved! We hope to reach out to new demographics and host events at new and exciting venues.

There will be competitions for students of all ages, professional development opportunities for members, networking and workshops to participate in. Here's a bit of a sneak peak of what to expect on our calendar:

Dream up your team name for you and your co-workers for the Curling Showdown, prepare a poster about a fascinating project you worked on for the public display, or volunteer to help run an Egg Drop competition. See you in March 2020!

Visit www.engineersnovascotia.ca for more details. For volunteer opportunities, please contact Adam Donaldson, adam.donaldson@dal.ca

Events for members:

- Annual Curling Showdown
- Professional Development Sessions
- Hockey Night in Halifax

Share your experiences with others

- Student-Professional Pizza Socials at the Associated Universities
- Spotlight on Local Innovation
- Public Engineering Display at the Halifax Library

Meet our future engineers

- Paper City Build Competition
- Egg Drop Competitions

Celebrate!



There's a Place for You in Engineering!



Spring activities to do with children

By Aileen Sullivan, Assistant Director, Program coordinator

When I think of spring, I think of planting seeds, and growing vegetables and flowers. There are many ways you can include children in the process of planting. For example; gather mini Ziploc bags (located in the craft section at any craft or dollar store), cotton balls, and a bit of water. Children can dip the cotton ball in the water (just enough to moisten the cotton ball) and place it in the bottom of the Ziploc bag. Children can add seeds on top of the cotton ball and seal the baggie. Hang the finish product in a window and observe how the plants grow. Once tall enough, you can take them outside to plant in a garden. Some easy seed starters are popcorn seeds (My children were amazed on how you could grow corn with a popcorn seed), sunflowers, beans and peas. This is a great way to educate children on the stages of growth. You can also make a chart for children to fill out during the growing process. Children also love to taste the vegetables when they are finished growing.

While this is very interesting for children, there are many other activities you can do with children while they are exploring the growth of seeds. Prepare a bin with many varieties of seeds for children to explore and play with, they can sort the seeds in size, shape and color. You can also make a seed mosaic for an art activity as well. Have the children draw their own picture. Once finished, children can add glue on the pencil lines of their picture and add the seeds to make a mosaic drawing. With March break coming, this will be a great way to

keep the children busy.

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

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Talk to the tutors. Have a conversation with the tutors so you can address any questions you have. Take the opportunity to learn more about how the program works, which classes are offered, and what a typical lesson looks like. This will give you an idea of whether a particular program is the right fit for your child. It will also let you know how available your child's tutor will be for check-ins and progress reports on your child. Follow up with your child's progress

Even after you have enrolled your child in a program you think is best for him or her, make sure to routinely follow up on how your child is doing. Does he or she get along with the tutor? Is he or she making the progress you expected? Is he

or she having fun? Finding the right tutoring program can be an ongoing process. You may have to work with your child's tutor to make sure your child is comfortable and happy.

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 or Bedford at 902-700-6489 or bedford@oxfordlearning.com

KNOW ABOUT YOUR CAR AIR FILTERS?

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

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

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

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

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

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

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

What is a cabin air filter?

The primary purpose of cabin air filters, located on most vehicles since 2000, is keeping the air inside your vehicle's cabin clean.

It's typically located behind the glove compartment or under the hood or dashboard on most modern vehicles.

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

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

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FOR THE LOVE OF PETS



Diabetes in Pets

By Kathleen Dunbar, RVT, VTS (Clinical Practice-Canine/Feline), Carnegy Animal Hospital

You get home from work. Your cat is howling as usual. You assume she is looking for food like she always does. You offer her some. She doesn't eat it. Instead, she meows at the empty water bowl. You filled it this morning. Why did she drink all her water already?

Well, it is possible that your cat is diabetic. Just

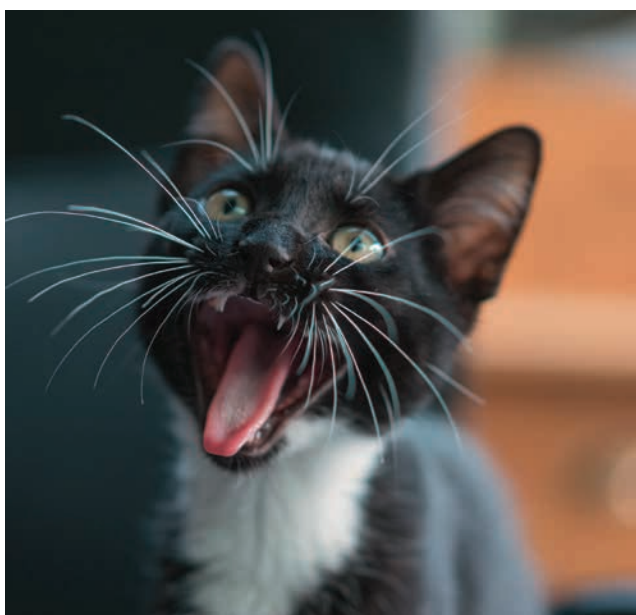


Photo by Guillaume Meurice from Pexels

like humans, cats and dogs can develop diabetes. Diabetes occurs when the pancreas is no longer able to regulate blood sugar. Extra sugar remains in the blood stream because there is not enough insulin to function normally. When

the extra sugar cannot be processed, your pet becomes very thirsty.

Diabetes has four main symptoms. They are increased thirst, increased urination, weight loss, and increased appetite. If left untreated, your pet will eventually even lose its appetite and become sicker. Treatment will control the symptoms. The treatment depends on whether your pet is a dog or cat. With dogs, the condition is permanent. You will need to give your dog daily insulin injections. With cats, if seen by a veterinarian early on, the condition can be temporary, and your cat may not always require insulin injections.

In either case, the insulin dose may require modification over time, depending on test results and your pet's symptoms. Your pet will also need a change in diet. If a diabetic pet does not eat the correct veterinary-prescribed diet, its glucose can remain high for as long as twenty hours, making the insulin less effective.

Once diabetes is properly controlled, the prognosis is very good, as long as you are committed to your veterinarian's treatment and monitoring plan. Most dogs and cats with regulated diabetes live a very good quality of life with few disease symptoms. Fortunately, your cat will return to howling for food when you come home from work.

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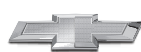
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