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Parent-Child Guide 23rd Year Anniversary Edition, Thank You Very Much!

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It is Our 23rd Year Anniversary Edition, and I would like to thank very much, all of our Loyal Advertisers, Writers and Readers for their Support over the last 23 years.

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Mind What You Say

By Dr. Marc Blumberg, PhD

"Words are like eggs dropped from great heights; you can no more call them back than ignore the mess they leave when they fall." — Jodi Picoult

Recently, while sitting in a local coffee shop, I watched the following scene. A young father and his pre-school aged son were sitting at a nearby table. While the father was working on his laptop, the boy was doing a very good impression of a trapped monkey in a cage. In response to these behaviors the father, not looking up from his laptop, was machine gunning a barrage of commands ("sit

still", "don't do that", "put that down", etc.), which the child was joyfully ignoring. Similarly, the father seemed to ignore that fact that he was being ignored. Sadly, the rest of us in the shop were not able to ignore this scene. I resisted the impulse to hand the father my business card.

What we say to our children and how we say it counts. Language is the single most important social tool we humans have. It's what makes us so different from the allegedly "inferior" other animals. But let's be honest. Elephants are stronger. Horses are faster. Ants are more prolific. Butterflies are more beautiful. All we have is words and how we use them.

Even so, there are times when actions speak louder than words. I meet many very sophisticated, well meaning, and successful parents who have excellent verbal skills which they use effectively in every other aspect of their lives. They come in to see me not understanding why these skills fail them in the child rearing enterprise.

So I would like to share a few simple language-based rules on how and when to communicate with your children when their behavior gets off track and you need to teach them a better way to act. These are not all of the rules I would suggest, but they do address a variety of common problems I have encountered in my 20 years of working with families.

Parents' Words are Power Words

In one of the Superman movies Clark Kent cannot be romantically intimate with Lois Lane because with his great strength he might accidentally hurt her. Parents' words spoken to our children are like that. We can tell our children things that will buoy them over life's rough waters. But we can also say things in anger that get under their skin. Having just read that, I'll wager many of you are now remembering an interaction with your own parent that still stings. No matter how angry you get, be very careful what you say to your child. Remember - words can be the pain that keeps on giving.

Act, don't yack

It is very important that we communicate with our children, having real conversations with them on a variety of important life topics. However, when they have just misbehaved is not the time for a chat. When your child is naughty, what should follow is an appropriate consequence, not a conversation. There is some research that suggests that fathers are often more suc-

cessful than mothers in getting compliant behavior from unruly children. Some researchers have suggested that this is because fathers are taller and have deeper voices. I think the answer is simpler. Fathers are more likely to act rather than talk. The age-old warning, "Wait 'til your father gets home" is not a threat that a tall person with a deep voice is going to have a conversation with you.

Your Child Knows the Rules—Don't Lecture

As a corollary to "Act don't Yack", don't lecture your children in a discipline moment. Lectures are for lecture halls. Your child knows the rules. He knows he is not supposed to pour orange juice into the new VCR (real case of mine). When you lecture your child after he or she has violated a house rule, you are simply teaching them to tune you out and delaying a real consequence for their misbehavior. Rather than lecturing, impose an immediate, inescapable, and appropriate punishment.

Always Strive for a Calm Voice—Don't Yell

This can be such a hard suggestion to follow. You just get home from work, come through the door and you find your child is now doing or not doing something (fill in the blank) for the thousandth time. It's hard not to get angry. When we get angry we yell and sometimes we hit. Children learn in primarily two ways—consequences and modeling the behavior of important others (in other words, you). "Do as I say, and not as I do," was always a ridiculous maxim. Do you want to teach your child that when we get angry, what we do is yell and hit? We don't comply with police officers' commands because we fear they will yell at us. We comply out of concern for what will happen if we don't.

Use Commands, but Sparingly

It's normal for children not to obey every command a parent gives. But the coffee shop father was teaching his son to ignore him by giving command after command without enforcing any. Once you have taught your child about commands, you have added a valuable tool to your parental tool box. To teach your child what a command is, keep each command simple and only use command language when you have the time, ability, and energy to enforce it. By the way, this is almost never in the morning before school and work.

Finally, remember the power of your words. They can heal, but they also can hurt. As a parent, which do you prefer to do?

Dr. Marc Blumberg is a Registered Clinical Psychologist with Enigma: Physical, Emotional & Mental Health Studio. Previously he was the attending psychologist for the IWK Pediatric Oncology Service and prior to that the supervising psychologist for the Behavioral Pediatrics Clinic, Jackson Hospital, Miami, Florida. He helps individuals, families and couples.

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The Samson Scoop! An Update from Darrell Samson, the Member of Parliament for Sackville – Preston – Chezzetcook

Dear friends,

Spring is here! And while it may take the weather a bit longer to catch up, I hope that you are getting out and enjoying the longer days.

The spring also means budget season. Over the past two years, hard-working Canadians created six hundred thousand new jobs—most of them full-time. Unemployment is at 5.7%—the lowest rate in forty years. And thanks to our Canada Child Benefit, three hundred thousand fewer kids are living in poverty across Canada. This is a forty percent decrease from 2013.

In Budget 2018, I was particularly proud to see our government invest \$100 million dollars to develop the next generation of rural broadband. I would also like to highlight investments in local community supports for youth at risk and culturally focused mental health programs in the Black Canadian community. The Canada Revenue Agency will now automatically determine eligible low-income workers that will receive the new Canada Worker's Benefit and keep up to \$500 dollars of their paycheck. The government is also introducing a new "use it or lose it" EI Paternal Sharing Benefit in June 2019. This Benefit will provide five additional weeks of paternal leave for new parents. Either parent may take up to thirty five weeks. The other parents may take the remainder of the forty total weeks.

If you would like to learn more about Budget 2018 please do not hesitate to contact my office with your questions and comments.

On March 8th a new Canadian banknote honouring Viola Desmond was revealed. By taking a stand and fighting the charges against her, Viola showed great courage when she

rejected racial discrimination back in 1946. I would like to acknowledge Wanda Robson, her sister, for her leadership. Wanda has continued to carry the story and cause of Viola. And for that, we thank her. I am proud to be the Member of Parliament for Sackville – Preston – Chezzetcook, which includes, of course, the largest and oldest black community in Canada. I was proud to attend an event honoring this historic milestone at the Black Cultural Centre in Preston, which is the largest black cultural centre in Canada. I was inspired by the story of Viola Desmond and I know that every time we use the ten dollar bill, we will be reminded of her leadership and inspiration.

I was thrilled to hear of recent federal funding recipients in our riding. The Fall River Saturday Night Jam Session, the Friends of the Sagewood Resident Society and the Cobequid Radio Society all received funding through the New Horizons program. The Waverley Community Association also received funding for their Summer Concert Series through Canadian Heritage. If your organization ever requires any assistance in looking for, or applying to, federal grants please never hesitate to contact our office.

As always, if you would like to hear more about the work I do both in Ottawa and in the riding, please tune in to 105.9 Seaside FM and 97.5 FM Community Radio in Sackville every Thursday for updates!

Sincerely, Darrell J. Samson, M.P.

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Think local activities this summer, there is so much to do in Dartmouth!

By Claudia Chender, MLA Dartmouth South

The blissfulness of a warm summer's day can be tempered by the dread of finding activities and entertainment for children and youth that don't involve a screen. Luckily, Dartmouth South is brimming with activities and learning opportunities.

For the artists, the MacPhee

Centre for Creative Learning (macpheecentre.ca) hosts free programming for youth ages 12-19 in music, drama, gender studies, and visual art. Alderney Landing (alderney-landing.com) hosts theatre and art camps for ages 6-15.

Halifax Recreation (halifax.ca/recreation) offers a wide range of programming

for children and youth at the North Woodside and Findlay community centres, as well as Dartmouth High and other locations throughout Dartmouth. The Alderney Gate and Woodlawn libraries (halifaxpubliclibraries.ca) are always a great bet. Beyond the world-class canoeing and kayaking on Lake Banook, Dartmouth Lawn Bowls (dartmouthlawnbowls.com) and the St. George's Tennis Club (stgeorgestennisclub.com) are always looking for new recruits.

More bookish folks might like to peruse the halls of local history in the Dartmouth Heritage Museum's collection of over over 14,000 photographs, artefacts, and history and genealogy files. And Quaker House will be open for tours in June (dartmouth-heritagemuseum.ns.ca)!

If you're looking to get your little ones active, the Dartmouth Community

Health board created the Dartmouth Recreation Asset Map at getactive.dartmouth.ca, an interactive Google map of parks, swimming holes, trails, and more.

The nooks and crannies of Dartmouth are rich with summer opportunities, as well as year round programming. Stay active and have fun in the heart of Dartmouth!



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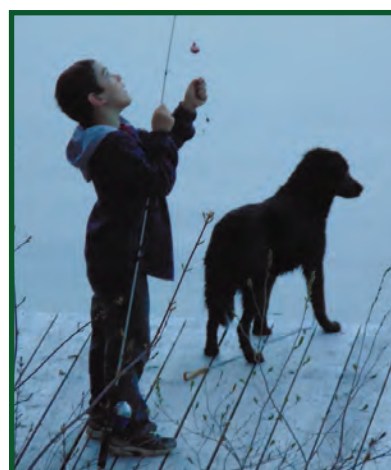
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Stormwater Service Charges

Halifax Water Site Related Flow Charge

Highlights of how Halifax Water charges for stormwater service include:

- **Tiering of Residential Properties.** Since July 1, 2017, properties with more impervious area (concrete/asphalt, driveway, roofs, etc.) pay more than those with less impervious area.
- **More properties are now exempt from the Site Related Flow (SRF) charge** – those with less than 50 square meters of impervious area.
- Customers are billed in increments of 10 square meters rather than billing based on 1 square meter of impervious area.
- There is a credit system for non-residential properties with best management practices such as retention ponds that help manage peak stormwater flows.
- Stormwater customers received a letter from Halifax Water to let them know which Site Related Flow (SRF) Tier they fall into.

	Tier Parameters (Impervious Area in square metres)	Old Rate	Current Annual Rate	Number of Customers Affected
Tier 1	Less than 50m ²	\$33.39	\$0.00	2,326
Tier 2	50 to 200m ²	\$33.39	\$14.00	44,710
Tier 3	210 to 400m ²	\$33.39	\$27.00	31,041
Tier 4	410 to 800m ²	\$33.39	\$54.00	7,768
Tier 5	Greater than 810m ²	\$33.39	\$81.00	2,123



HRM Right of Way Charge

Highlights of how Halifax Regional Municipality charges for their portion of stormwater service include:

- As directed by the NSUARB, Halifax Regional Municipality must pay for their share of stormwater expenses.
- Halifax Regional Municipality funds their portion of stormwater expenses through a Right of Way charge.
- From October 11, 2017, onward Halifax Water bills contain the HRM Right of Way Charge of \$39 which is used to fund the municipality's portion of stormwater expenses.
- In September 2016, this charge was on the final tax bill; however, in 2017 the HRM Right of Way Charge was removed from the property tax bill, and placed on the Halifax Water bill.

In an effort to better explain stormwater service, Halifax Water has significantly improved its website, with graphics, videos and a searchable Stormwater Service Boundary map.

The enhanced website provides information that is much easier to understand and navigate.

Take a few minutes to visit www.halifaxwater.ca and check the front page links for full stormwater service information.

Health & Wellness

Prevention Of Sports-Related Dental Injuries

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



Dr. Negin Ghiabi

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

The latter includes indirect cost such as hours lost from school (for children) and work (for parents).

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

A mouthguard is an appli-

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

during the period of transition from baby teeth to adult teeth.

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

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



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



Expand your knowledge: Does your child need Expansion?

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

final result is a stable, wider upper jaw. Expansion is most predictable in the growing child although the exact age for ideal expansion is unknown as each person matures at his or her own rate. Having an orthodontist follow your child's growth is critical to determine if expansion is indicated and the ideal timing.

Expansion of the upper jaw is indicated for a number of interrelated reasons. The most common sign expansion is needed is when top teeth are "tucked inside" bottom teeth. An upper jaw that is too narrow can cause crowding issues so that permanent teeth may require extraction due to lack of space. Sometimes there is not even enough space for permanent teeth to erupt at all. Even in cases where all of the teeth fit, improper positioning of teeth in a narrow upper jaw can cause unusual wear of teeth over time, difficulties with chewing and speech and tongue positioning problems which can lead to airway and breathing issues. Without expansion during the growth phase, surgery is often the only way to correct a narrow jaw later in life.

When indicated, expansion is easily achieved with an appliance that will be recommended by your Orthodontist. Expanders can be fixed (cemented in the mouth) or removable. Expanders are usually attached to the back teeth and cover the palate. They typically require activation with a special key or wrench and parents or caregivers are taught how

to activate the appliance at home. The active phase of expansion may be a few weeks to months after which a holding phase will occur while the new bone forms to stabilize the newly widened jaw. As with any appliance, some modifications are required to eating and cleaning habits but patients learn to tolerate the appliance in a very short time.

Early expansion is a relatively quick and easy treatment that can avoid complications such as surgery later on. Learning whether your child may require expansion is just one of the benefits of having your child seen by an orthodontist for an orthodontic screening.

Dr. Sarah Davidson is a Board-Certified Orthodontic

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

As a mother of four, I spend many hours with fellow parents on the sidelines of soccer practices and in the stands at hockey games. It is a wonderful environment to share everything from child-rearing tactics to recipes and of course, teeth! One of the things I have learned is how many questions people have about the common practice of early expansion.

What is expansion, why might your orthodontist recommend expansion and how does it work?

To understand expansion requires a quick anatomy lesson. The roof of the mouth (or palate) is formed by two halves of bone that grow together, interdigitate and fuse at a suture during early puberty. Early expansion involves easing the suture apart steadily to make the jaw wider. This must be done before fusion occurs. When done correctly, the two halves spread apart and new bone fills in the gap so that the



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- Children should be seen by an Orthodontist by age 8*
- We offer free consultations (for all ages)
- No referral needed

*As recommended by the Canadian Association of Orthodontists



Health & Wellness

The Right Time For An Orthodontic Check-Up: No Later Than Age 7

By Dr. Gene Jensen, DDS, MSc., Cert. in Ortho, FRCD (C) Orthodontist

Even though most people think pre-teens and teens when they think of orthodontics, there are good reasons your child should have an orthodontic evaluation much sooner. The Canadian Association of Orthodontists recommends an orthodontic check-up no later than age 7.

Why your child should have an Orthodontic Check-up No Later Than Age 7:

1. Dr. Jensen can detect subtle abnormalities with jaw growth and erupting teeth while some baby teeth are still present.
2. While your child's teeth may appear to be straight, there could be underlying jaw problems that only an orthodontist can detect.
3. An orthodontic check-up may reveal that your child's bite is fine. However, often, the orthodontist will identify a potential problem but recommend monitoring the child's growth and development, and then, if indicated, begin treatment at the right time for the child. In other cases, the orthodontist might find a problem that can benefit from early treatment.
4. Early treatment may prevent more serious problems from developing and may make treatment at a later date/age shorter, less complicated and less expensive.
5. In some cases, the orthodontist will be

able to achieve results that would not be possible, once the face and jaws have finished growing.

6. Early treatment may give your orthodontist the chance to:
 - guide jaw growth
 - lower the risk of trauma to protruded front teeth
 - correct harmful oral habits
 - improve appearance
 - guide permanent teeth into a more favorable position
 - improve the way lips meet
7. Through early orthodontic screening, you'll be giving your child the best opportunity for a healthy, beautiful smile, and a normal bite that's good for life.

Dr. Jensen and his highly-trained staff are committed to remaining at the forefront of his specialty for patient service, orthodontic proficiency, and communications. Dr. Jensen and his dedicated team deliver, as well as attend, continuing education courses so that the most up-to-date orthodontic care will be available to all who seek his help.

For more information please contact Dr. Gene Jensen Orthodontics Inc., Dartmouth Office, 71 Tacoma Drive, Dartmouth, NS, B2W 3Y6, ph:902-466-6220, cel:902-499-4671 or visit www.jensenorthodontics.com

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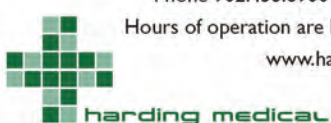
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Wheelchair Van Conversions from Harding Medical



Harding Medical has been providing wheelchair van conversions to Atlantic Canadian families for over 25 years. The conversion is a process where the van is carefully stripped down and a new lowered steel floor is installed, providing the needed clearance and floor space for a mobility device such as a wheelchair or scooter. An easy to deploy ramp is also installed. The interior of the van is finished with non-slip flooring and a tethering system to secure the wheelchair or scooter for safe travel. Harding Medical works closely with Savaria, our provider for accessible van conversions, to ensure every detail is considered when helping

you select the right model.

Selecting The Right Model

Personal Van Conversions

If you are choosing a vehicle for personal needs, Savaria offers two styles of entry systems. A rear-entry van features a lowered floor and rear entry ramp for easy access. A side entry Savaria van provides access through the sliding side door and access ramp.

Rear Entry Conversion

A rear-entry van features a lowered floor and rear entry ramp for easy access. This style of vehicle is very popular for family use and are generally less costly than a side entry

Cont. on page 15



Tara MacDonald Fit Club

Personal Training that puts the "fun" in fitness one person at a time

March 26th, 2018 – June 2nd, 2018

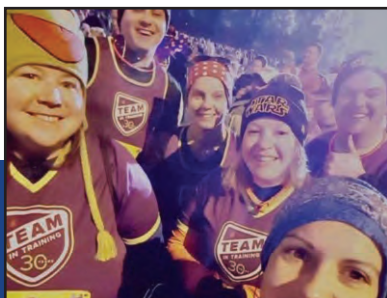
No Functional Fitness or Nordic Pole Walking April 16 - 27

time	MON	TUE	WED	THU	FRI	SAT
9:30 AM – 10:15 AM	Functional Fitness w. Tara MacDonald		Functional Fitness w. Tara MacDonald			
11AM – 12 noon	Reiki w. Kaitlyn	Chair Yoga w. Pat Hipgrave	Reiki w. Kaitlyn	Hatha Yoga w. Pat Hipgrave	TRX w. Rayanne	Fitness Kickboxing w. Mat
12 noon – 1 PM	Nordic Pole Walking w. Kaitlyn FREE begins Apr 4		Nordic Pole Walking w. Kaitlyn FREE begins Apr 4		Nordic Pole Walking w. Tara MacDonald FREE begins Apr 4	Walsh Performance Run Club
3:30 PM – 4:15 PM		Reiki w. Tara C.		Reiki w. Tara C.		
5 PM – 6 PM	Scott Walsh Program		Scott Walsh Program	Fitness Kickboxing w. Mat	Scott Walsh Program	
6 PM – 6:45 PM	Scott Walsh Program	HiiT Class w. Brad	Scott Walsh Program	Walk 15 w. Tara MacDonald	Scott Walsh Program	
7 PM – 7:45 PM	Zumba w. Iris Laven	Walk 15 w. Tara MacDonald	Zumba w. Iris Laven	Walsh Performance Run Club		

Monthly Unlimited Classes are \$49.95 (tax in). Drop in is \$11.50 (tax in). Nordic Pole Walking is free of charge.

 We are hosting the Scott Walsh Program only. Pricing is different for this series; information available at reception.

Personal training clients at the Fit Club receive free access to group fitness classes. • ParQ and Waiver to be filled in before a class if you are new to the fit club.



Seniors Gold Pass \$30 plus HST*

*Minimum age 60

Bring this ad in for a free gift when registered for a Seniors Gold Pass. Attend one week of consecutive classes (Gold Pass classes) and receive Chair Yoga free (one per person) on Tara M. for the entire time between March 26th - June 2nd, 2018. Each class size has a limit of 12 individuals. Register early.

Chair Yoga • Functional Fitness • Yoga

Some classes not available April 23 & 25, 2018 due to instructor absence.

Starting April 23rd, 2018, our price goes up to \$800 plus HST for 32 Personal Training Sessions

Hours of Operation

Monday – Thursday: 9:30 AM – 8:00 PM, Friday – Saturday: 9:30 AM – 4:30 PM, Sunday: Closed

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www.taramacdonaldfitclub.com taramacfitclub@gmail.com

What's On at Tara MacDonald Fit Club

Chair Yoga

Deepen flexibility and strengthen body awareness with this gentle Hatha-style Yoga, practiced either sitting in a chair or using the chair for support. Designed for those who are unable to do traditional yoga postures or have difficulty getting up and down from the floor. Beginners welcome.

Fitness Kickboxing

Learn the fundamentals of kickboxing in a safe and friendly environment. This class moves at a high pace, you'll get a great workout while learning and having fun. All levels, beginners welcome.

Hatha Yoga

This gently paced class focuses on foundational poses, alignment, and breathing techniques to build strength, confidence and flexibility. Learn opening, standing, shoulder and hip poses as well as twists and forward and backward bends gradually building to sun salutations. Designed to be enjoyed by all levels, whether just starting out or seasoned yogi.

Walk 15

Walk 15 is a group exercise class for all ages and all fitness levels, a fitness program that virtually anyone can do. FOR ALL WALKS OF LIFE! Come try this walking based, low impact workout inside the comfort of our studio. All levels, beginners welcome!

TRX

Born in the Navy SEALs, TRX Suspension Training bodyweight exercise helps to improve strength, balance, flexibility, and core stability simultaneously. Hundreds of exercises can be adapted to suit to any age and fitness level, using the suspension bands, gravity and your bodyweight.

Reiki Treatment

Reiki is a simple, safe, and natural method energy healing, beneficial for stress reduction,

relaxation, pain management, reduction of anxiety and depression, Spiritual and Emotional healing, and so much more. Call to reserve your spot with either of our Reiki Practitioners, Tara Cook or Kaitlyn Beaver, for the special introductory price. Packages can be purchased afterwards through the Practitioners.

Functional Fitness (ages 55+)

The goal of this class is to improve functional fitness, increase independence, and strengthen the activities of daily living. We will be performing body weight exercises and light stretching for the mature adult. Beginners welcome.

Hi iT Class

A 30 minute non-stop workout that quickly moves from one movement into the next. Focussing on total body movements along with strengthening the core and keeping the heart rate elevated, this approach will increase your cardio fitness and help efficiently burn calories.

Zumba

This fun, easy to follow cardio dance party will get you moving, working up a sweat and put a smile on your face. Hip Hop, Soca, Samba, Salsa, Merenge, and Mambo are just some of the rhythms that will get you kicking your heels up!

Nordic Pole Walking

Join Nordic pole instructors Kaitlyn Beaver and Tara MacDonald for FREE Nordic Pole Walking around the Portland Hills and Freshwater Trails three times a week. Nordic Poles provided and are also available for sale at the fit club.

Why personal training? We hold you accountable and make sure you get results injury free in a fun fitness environment. We want you to succeed and our holistic approach includes access for free to our group fitness classes with the two times a week personal training.

Health & Wellness

Cont. from page 13

style van due to less structural changes to the original vehicle.

Rear entry vehicles do not require special parking areas when compared to side entry vans. Rear entry vehicles allow the wheelchair user to easily board the vehicle without any turning required.

Short Side Entry

Although side entry vans require appropriate parking for easy access, some people prefer this type of entry for safe curbside loading/unloading.

Full Side Entry

A side entry Savaria van provides access through the sliding side door and access ramp. Savaria offers a full floor side entry conversion, whereby the lowered floor extends into the front row. This provides the option of positioning the wheelchair passenger in the front right



power options including a

seat position, or with additional adaptation, can accommodate a wheelchair driver. A side entry full floor conversion can also be ordered with

ramp that automatically folds and unfolds.

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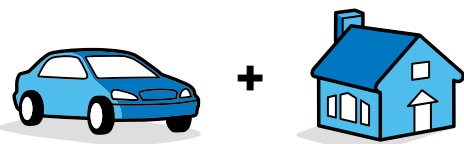
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Distracted Driving Affects Us All

Submitted by Matt Conrad, Allstate Insurance, Dartmouth Crossing

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Distractions are everywhere; whether you're at work, home or commuting between the two. Naturally, no matter where we are or what we're doing, in an attempt to get everything we need to do done we resort to multi-tasking. Unfortunately, multi-tasking more often than not, results in reduced attention, which can be deadly while on the road.

Most Canadians agree. A 2014 survey commissioned by Allstate Insurance Company of Canada revealed that almost 40% of drivers admitted to using their cell phones when stopped due to traffic delays and more specifically, 34% check their phones at a red light.

The thing is - it doesn't matter how good a driver you are. Several scientific studies have shown that if you are driving with distractions, your reaction times will be slower - putting you, and others on the road, more at risk.

To help curb distracted driving behaviour, communities across the country have implemented legisla-

tion including fines, and demerit points, for drivers caught in the act and penalties are continuing to increase. But there are other costs associated with distracted driving that many driver don't consider, such as:

- If the charge is increased to dangerous or careless driving you could face criminal conviction;
- Costs to repair collision damages to your car;
- Potential increase in insurance premiums of 15 per cent (or more if you get a criminal conviction);
- With three convictions, you may not qualify for standard market auto insurance;
- And (most importantly) loss of life or serious injury to you, your passengers or someone else on the road.

Is multitasking worth all these risks?

Here are a few tips to help limit distractions when driving:

- Keep your mobile phone on silent and out of your reach.
- Limit passengers in your vehi-

cle. If travelling with kids, try to have activities within their reach in the backseat to keep them occupied.

- Be a good role model. If you are a parent or guardian, you are the most important influence on your teen when it comes to learning to drive. Show them that you take driving seriously.
- Spread the word. Talk to your family and tell your neighbours and friends that distracted driving is not okay. If you're a passenger in a vehicle where the driver is driving with distractions, speak up and ask them to focus on their driving. After all, your life is in their hands.

If you want to learn more about how to keep you and your family safe while on the road, give me a call at 902-701-7605 or stop by our agency, 59 Gale Terrace, Dartmouth Crossing, Dartmouth. You can also visit our blog at goodhandsadvice.ca for more information.

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Home Is Where The Heart Is

Submitted by GEM Health Care Group

Home is where the heart is, and for seniors in Nova Scotia, GEM Health Care Group offers the perfect place to call home, no matter where you live. GEM introduced their retirement living facilities to cater to those individuals who wish to live as independently and actively as possible, although may not have the ability, or the time, to maintain their own home themselves.

Currently, there are three Retirement Living facilities in GEM's family of homes. Located on Ramsgate Lane in Halifax, Melville Heights sits majestically overlooking the North West arm with views of the Armdale Yacht Club, the Bedford Basin and the Halifax Harbour. Resident Hope Toumishey

says her apartment is "very comfortable and warm. I can make it how I want it and I come and go as I please. I go to exercise classes every day and the events they put on for us."

Amherst, Nova Scotia, is home to Centennial Villa, where the Retirement Living section on the second floor has been carefully planned and designated to provide a truly luxurious retirement rental experience. Each client in this section enjoys their own bachelor, one or two bedroom suite complete with a full kitchen where they can prepare their own breakfast and lunch. Clients gather for dinner in the formal dining room, where master chefs are eager to prepare their home cooked meals.

GEM's newest facility, Yarmouth Heights, on Vancouver Street in Yarmouth recently opened in January and is already getting positive reviews from residents and staff. "Happy, wonderfully caring staff" is how one resident puts it. "The food is homemade and excellent and the attention to security gives residents confidence. It's a happy place to live." Yarmouth Heights overlooks the Yarmouth Harbour, and "the wonderful view they have every day is priceless," says Joy Sison, Administrator. "It reminds many of their childhood, growing up in the Yarmouth area. It's a great place for seniors."

To learn more about GEM Health Care Group and their facilities, visit www.gemhealth.com.

3 Keys to a Happy Life



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Senior Living Care

Maintaining the Connection

Submitted by The Berkeley

I can speak from experience when I say that being with people makes me happiest. No matter what your age, this sentiment is true for most people. There is no question that we all need a little time to recharge on our own, but too much of that can be hard on the soul. Staying connected to others, making memories and



sharing our stories is vital to the human experience and to maintaining overall health and wellness.

Human beings are social creatures, and this does not change as we age. In fact, it may become even more important to us, especially if our ability to get out on our own is made difficult by mobility or transportation issues. We are meant to live amongst others, sharing, caring, supporting and engaging. We are meant to create meaningful relationships, look after our people - friends, family, and neighbours - and appreciate life's

moments, both good and bad, with others in tow.

The most important aspect of Retirement Living is having the option to maintain a daily connection with others. Living in a community where you have many opportunities throughout the day to be social is good for your health. On the flip side, isolation can be very bad for your health, mentally, emotionally and physically. Living in a retirement residence affords you a sense of belonging to a community where you can engage with people making memories and enjoying activities together. There are many other benefits to retirement living including 24-hour access to health care professionals and the absence of chores such as cooking, cleaning and home maintenance. Not having these mundane household chores as part of your daily or weekly routine allows you time to do the things you

enjoy most whether that is reading, chatting with friends or participating in one of the many activities offered to residents.

One thing is for certain, no amount of value can be put on having options and access to regular social engagement. After all, having options and the ability to make your own decisions is the truest definition of independence.

For more information about *The Berkeley* and to book a tour, please call (902) 802-0346 or visit theberkeley.com.

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Love Where You Live

Embrace fresh beginnings and new friends!

Friendships - both new and old - are the foundation of communities. At The Berkeley, we recognize the importance of community and we believe that maintaining strong connections to others is vital to enjoying life to the fullest! Our monthly social calendar is chockful of activities designed to keep our residents active and engaged. Of course, enjoying quiet pursuits in their own apartment is always an option. Come for a tour and see for yourself the many benefits of retirement living!

For more information, call (902) 802.0346 or visit theberkeley.com.



The Berkeley

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Places To Go!

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Atlantic SPLASH ADVENTURE

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www.splashadventure.ca 902.865.1025

6 NEW AMAZING WATERSLIDES!

Atlantic Splash Adventure

Nova Scotia's Newest and Largest Waterpark!

There are new owners of the amusement park known as Atlantic Playland and they are giving it a major overhaul going into the opening of the 2018 season! Along with a name change – to Atlantic Splash Adventure – the new ownership group has spent millions of dollars on work this past winter and spring.

Among other enhancements such as building facelifts and landscaping of the property, six waterslides will be installed along with a canteen and change rooms. Nova Scotia will now have its very own waterpark!

The focus is on revitalizing what has always been a treasured place in the community and guests this year will see a fresh, invigorated park.

Gates Open on June 23 – but visit the Splash Adventure

Facebook page to find out when the waterslides will be ready to ride.

New this year for convenience – tickets to the park can be purchased online. Guests can just log on to splashadventure.ca and click on the 'Buy Now' button. And if you want the latest promotions and events sent directly to your inbox – become an Adventure Insider while you're there!

Atlantic Splash Adventure is located at 1200 Lucasville Road in Hammonds Plains. Open daily Sunday to Friday 10 am-6 pm; Saturdays 10 am-8 pm

For more information Atlantic Splash Adventure can be contacted at: splash.info@splashadventure.ca (902) 865-1025 www.splashadventure.com



Welcome to Ontree Fun & Adventure Park

Having combined European standards with Canada's supreme environment, we are proud to present the Ontree Park as one of the best of its kind in the country. With decades of experience in special construction, safety and rescue fields, we ensure a safe and

fun experience for you and your family.

At Ontree we use the Bornack SSB Safety System, that ensures that the climber cannot disengage from the safety line. You are always secured with one carabiner until you are safely back on the ground.

Ontree Park offers excitement and physical challenges for people of all ages and ability. We are "CANADA'S largest high ropes challenges course park" and we provide a variety of high rope courses, zip lines, and other activities among the trees of Martock.

350 foot Zip lines, 47 Zip

lines / sit on swings, bicycle on wire, Tarzan ropes, spider webs, 50-foot base jump, you name it!

Have fun with the whole family and your friends on 18 different courses and challenge.

14 unique courses (from easy, medium, difficult to

extremely difficult), two Junior Jungle courses (5-7 years) and 2 training courses!!

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For more information please contact 902-798-8855, www.ontreepark.com

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Fun & Adventure Park

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Summer Camp Guide

MAKE!
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NSCAD
UNIVERSITY
School of
Extended Studies

nscad.ca | 902.494.8185

Summer Art Camps at NSCAD

NSCAD Extended Studies is pleased to offer 10 weeks of summer art camps for ages 5-18. This year it's more art-rageous than ever! Camps begin on June 25th and run until August 31st.

Participants will build a city in Boxtown, explore their imagination in Fantasy Book Illustration, create a Quilted Masterpiece and more! Campers can expect to try their hand at printmaking, drawing, painting, sewing and crafting; the only limit to the work they produce is their imaginations.

Specialty camps include a week of ceramic creativity, public art in Mural I & II, Portfolio Preparation, and Comics & Zines (to be featured in DCAF 2018!).

NSCAD's connection to the community enables students to connect what they learn at camp to possible careers and projects in their community. Past field trips have included Common Roots Urban Farm, The Museum of Natural History, and the Dartmouth Graffiti Wall. Select camps also take a trip to the Discovery Centre.

To stay up-to-date on your child's activities, we run a daily-updated blog showcasing their artistic adventures.

From drop off to pick up, your child is supervised by our terrific team of assistants, instructors, and camp coordinator. Camps include all materials, lunch supervision, early drop-off (8:30am) and late pick-up (5:00pm). In addition, campers get a free NSCAD t-shirt to get messy in.

Our ARTrageous Summer Exhibition takes place at the end of August, showcasing student work made throughout summer.

Register now to guarantee a spot in our marvellously adventurous 2018 Summer Art Camps! For more information, visit nscad.ca or call us at 902-494-8185.

www.madscience.org/maritimes

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Royal City Soccer Club Summer day camps

The Royal City Soccer Club is excited to bring our very popular summer soccer day camps to the Halifax and Dartmouth area this summer.

For the past 26 years, we've hosted over 300,000 boys & girls in over 100 locations across Canada. We're the #1 grassroots soccer day camps in Canada. Our program is designed to promote personal development, team building and of course, FUN! The camp program is uniquely designed to offer a soccer focus in the morning and a leisure swim with other organized camp activities in the afternoons. We encourage all boys and girls between the ages of 5 and 13 to register. We offer full day, morning and afternoon sessions where each camper receives a camp soccer ball, tshirt, personalized certificate, great supervision ratios and much more. We also offer early drop off and pickup times fully supervised at no extra charge. The camps operate during the months of July and August. We look forward to a great summer of camp.

Check out our website at www.royalsoccer.com for more information or call 1-800-427-0536.

Located on the Northumberland Shore in Merigomish, Pictou County, NS, CAMP GEDDIE provides a fun and secure Christian Camping experience for the youth of Atlantic Canada. Now accepting applications for the 2018 season.

For Information: director@campgeddie.ca
Website: campgeddie.ca
Phone: 902-926-2632

Royal City Soccer Club presents Soccer day Camps 2018

Locations in Halifax and Dartmouth

1-800-427-0536
royalsoccer.com

A confident kid: 3 tips parents can follow to build independence

All conscientious parents wish to instill a sense of confidence in their children.

Submitted by Bricks 4 Kidz

That isn't always easy in the uncertain world we live in, but it should be a goal for forward-thinking moms and dads. And studies show certain parenting techniques can be especially effective in helping children build confidence and become more outgoing regardless of their challenges and surroundings.

"A confident child displays a belief in his or her own abilities," advises Maureen Healy in Psychology Today. "Children develop as a complex interplay between their internal and external environment ... and (they) naturally look up to their parents for guidance, feeling good and learning how to behave and believe in this world."

How can parents encourage confidence in their kids? Consider the following tips.

Talk up your child to others. Look for opportunities to mention to others (within your child's hearing) how wonderful he is, pointing to specific personality traits and achievements that are admirable. Conversely, avoid publicly complaining about them or making negative comments they might take to heart. As young children try to discover who they are, they'll look largely to you to form ideas about their own identities, and a few words could have a major impact.

Encourage them to try new things. Kids may need to experience multiple activities before they find out what they enjoy and what they're naturally good at. Instead of picking programs that sound fun to you, give them as many choices as possible. Talk to them about the importance of sometimes taking a chance and "getting out of their comfort zones," explaining that even adults often feel scared and uncertain when undertaking new activities and projects — but the payoff can be enormous.

Consider role playing. Teach your kids to be prepared in various social situations by practicing the typical conversations they'll be handling in their lives. Explain that even adults sometimes struggle with what to say, and it's OK to be uneasy when meeting new people and navigating new circumstances. But walking them through some possible scenarios should help alleviate some of that uneasiness and give them language they can use.

Summer Camps and in-school lunchtime programs with Bricks 4 Kidz can help children boost their self-esteem as they learn new skills. Visit us at bricks4kidz.com/halifax.

Summer Camp Guide



SUMMER CAMPS 2018

REGISTER TODAY!

Web: www.bricks4kidz.com/halifax
 Phone: 902-240-2457
 E-Mail: myorke@bricks4kidz.com

CAMP SCHEDULE

- July 9-13 BMO Centre Bedford
Galaxy Far Away & Adventure Creator
- July 16-20 Ivany Campus NSCC
Advanced Robotics (SOLD OUT!)
& Stop Motion Workshop (Ages 8-12)
- July 23-27 Ivany Campus NSCC
Superheroes Unite and Comic Book Creator
- August 13-17 Dalhousie Student Union
Pocket Brick Monsters & Comic Book Creator
- August 20-24 BMO Centre Bedford
Jurassic Brickland & Stop Motion



Get Ready For The BEST SUMMER EVER! At The Gaelic College

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

Founded in 1938 with a mission to promote, preserve and perpetuate the culture, music, language, arts, and crafts of immigrants from the Highlands of Scotland, it is an institute like no other in North America. Now in its 80th year, plans are in full swing for one of the biggest summers yet!

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

Each year, the College welcomes many of the culture's leading instructors and performers to campus from right here at home and around the world. Students learn from today's tradition bearers and cultural ambassadors all in a homey, intimate environment. Get ready for the best summer ever! Visit the website for full details.

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



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GAIDHLIG
THE
GAELIC COLLEGE

Founded in 1938 with a mission to preserve traditions that came to the area from the Highlands and Islands of Scotland, the Gaelic College, located on the world-famous Cabot Trail, in St. Ann's, Cape Breton is the only institute of its kind in North America.

With over ten disciplines offered ranging from Cape Breton fiddle and dance to weaving and Gaelic drama, students of all ages and skill levels visit the College every summer to study under some of the finest instructors in Nova Scotia.

www.GAELICCOLLEGE.edu

Summer Camp Guide



ART CAMPS 6-10 YEAR OLDS
FROG DAYS OF SUMMER JULY 2-6
TRANSFORMERS JULY 9-13

THEATRE CAMPS 6-10 YEAR OLDS
PETER PAN JULY 16-20
WIZARD OF OZ JULY 23-27



TEEN CAMPS 11-15 YEAR OLDS
IMPROV THEATRE CAMP JULY 2-6
SCRIPT WRITING JULY 9-13
COSTUME DESIGN JULY 16-20

MONDAY – FRIDAY 8:30AM – 4:30PM \$200 PER CHILD, PER CAMP
 FEES INCLUDE: SUPPLIES, DAILY SNACK & LUNCH ON FRIDAYS

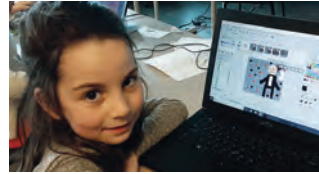


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 902-461-8401



Minecraft, Game Design Film & VR- for kids, teens - all ages!

Submitted by Artech Camps



Amelia showing us her awesome boss character!

Summer time and the livin is easy... fresh air, sunshine, corn-on-the-cob and playing video games?

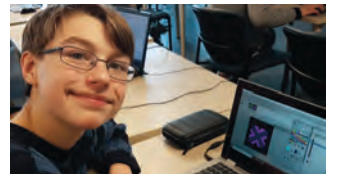
What if instead of playing games online Jessy and Chris learned how to create their own computer games and apps? Instead of watching youtube videos, they produced and filmed their own animations and films?

These are just some of the many creative ways to stretch imaginations at Artech Camps this summer. Kids and youth from five through teen years can attend week-long specialty camps in film, game design, computer programming, Minecraft and Virtual Reality!

Creating video games is not only fun, it is fast becoming the newest, most dynamic form of expression. The planning and design that goes into game development

inspires creative problem solving. It is a process that engages and empowers young people to take on challenges and succeed!

Likewise with film making - scripting, filming, acting and editing all provide avenues for personal growth, expression, acquiring valuable technology skills and collaborating with others



Dawson with a carefully crafted animated portal.

Find out more about Artech's summer camps online at www.artechcamps.com. For youth and families that face medical, financial or other barriers we have a generous scholarship program available to assist.

Camp location: NSCC
 Institute of Technology on
 Leeds Street in Halifax.
 Camp phone line: 902-579-3317.
 Website:
www.artechcamps.com

Inquiring young minds don't take a break!

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camps for all ages
 Kids & teens




ARtech Camps
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\$3,000 CREDIT INCLUDED IN THE LEASE OFFER[†]



2018 ILX A-SPEC MODEL SHOWN[†]

2018 TLX SH-AWD^{MD} ELITE MODEL SHOWN[†]

2018 ILX

2018 TLX

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78 PAYMENTS, 48,000 KM INCLUDED. \$0.15/KM FOR EXCESS.

OR RECEIVE A CREDIT OF UP TO
\$2,000[^]
ON CASH PURCHASE ON OTHER SELECT 2018 ILX MODELS

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\$188* BI-WEEKLY
36-MONTH LEASE - \$1,500 DOWN
78 PAYMENTS, 48,000 KM INCLUDED. \$0.15/KM FOR EXCESS.

OR RECEIVE A CREDIT OF UP TO
\$4,500^{^^}
ON CASH PURCHASE ON OTHER SELECT 2018 TLX MODELS



[†]Selling price is \$32,135 // \$37,535 on a new 2018 Acura ILX base model (DE2F3JXX) // model shown, a 2018 Acura ILX A-Spec (DE2F8JXX). Selling price is \$38,135 // \$50,635 on a new 2018 Acura TLX base model (UB1F3JJ) // model shown, a 2018 Acura TLX SH-AWD^{MD} Elite (UB3F7JKN). Selling prices include freight and PDI. License, insurance, registration and taxes are extra. *Bi-weekly lease offer for 36 months for a total of 78 payments available through Acura Financial Services, on approved credit. 48,000 kilometer allowance (\$0.15/km excess charge applies). The offer applies to the new 2018 Acura ILX base model (DE2F3JXX)/2018 Acura TLX base model (UB1F3JJ). Freight, PDI and \$100 A/C surcharge included. The first payment is due at time of delivery. The RDPRM lien registration and lien registering agent's fees (up to \$82 total) are extra and due on delivery. Taxes, specific duty on new tires (\$22.50), license, insurance, registration and options are extra. Dealer may lease for less. Dealer order/trade may be necessary. While supplies last. Pictures are for illustration purposes only. [^]The \$1,000/\$3,000 credit is included in the lease payment of the 2018 Acura ILX base model/2018 Acura TLX base model. The credit: (i) cannot be applied to past transactions; and (ii) can be combined with lease/finance offers and will be deducted from the negotiated selling price after taxes. ^{^^}\$2,000 total incentive available only on the cash purchase of new and previously unregistered 2018 Acura ILX Premium (DE2F7JXX), Tech (DE2F7JXX), and A-Spec (DE2F8JXX) models from an authorized Acura dealer when registered and delivered before May 31, 2018. All incentives will be deducted from the negotiated selling price after taxes. ^{^^}The \$4,500 credit is available on new and previously unregistered 2018 TLX SH-AWD^{MD} Tech (UB3F5JKN), TLX SH-AWD^{MD} Tech A-Spec (UB3F6JKN/JKS), TLX SH-AWD^{MD} Elite (UB3F7JKN) and TLX SH-AWD^{MD} Elite A-Spec (UB3F8JKN/JKS) models leased/financed from an authorized participating Acura retailer through Acura Financial Services (AFS) and delivered between April 3, 2018 and May 31, 2018. Incentive: (i) will be deducted from the negotiated price after taxes; and (ii) can be combined with all rates (including special lease and finance rates) offered through AFS. Some terms/conditions apply. Model shown for illustration purposes only. Offers end May 31, 2018 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Certain features only available on certain trims. Visit acura.ca or your Acura dealer for details. © 2018 Acura, a division of Honda Canada Inc.

PURE PERFORMANCE

\$3,000 CREDIT INCLUDED IN THE LEASE OFFER[†]

\$2,000 CREDIT INCLUDED IN THE LEASE OFFER[†]



2018 RDX ELITE MODEL SHOWN[†]

2018 MDX ELITE MODEL SHOWN[†]

2018 RDX

2018 MDX

LEASE THE 2018 RDX FROM
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36-MONTH LEASE - \$3,500 DOWN
78 PAYMENTS, 48,000 KM INCLUDED. \$0.15/KM FOR EXCESS.

OR RECEIVE A CREDIT OF UP TO
\$5,000[^]
ON CASH PURCHASE ON OTHER SELECT 2018 RDX MODELS

LEASE THE 2018 MDX FROM
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36-MONTH LEASE - \$6,000 DOWN
78 PAYMENTS, 48,000 KM INCLUDED. \$0.15/KM FOR EXCESS.

OR RECEIVE A CREDIT OF UP TO
\$4,500^{^^}
ON CASH PURCHASE ON OTHER SELECT 2018 MDX MODELS



[†]Selling price is \$44,535 // \$49,535 on a new 2018 RDX base model (TB4H3HJNX) // model shown, a 2018 RDX Elite (TB4H7JKN). Selling price is \$56,235 // \$68,335 on a new 2018 Acura MDX SH-AWD^{MD} base model (YD4H2JNX) // model shown, a new 2018 Acura MDX SH-AWD^{MD} Elite (YD4H6JKN). Selling prices include freight and PDI. License, insurance, registration and taxes are extra. *Bi-weekly lease offer for 36 months for a total of 78 payments available through Acura Financial Services, on approved credit. 48,000 kilometer allowance (\$0.15/km excess charge applies). The offer applies to the new 2018 Acura RDX AWD base model (TB4H3HJNX)/2018 Acura MDX SH-AWD^{MD} base model (YD4H2JNX). Freight, PDI and \$100 A/C surcharge included. The first payment is due at time of delivery. The RDPRM lien registration and lien registering agent's fees (up to \$82 total) are extra and due on delivery. Taxes, specific duty on new tires (\$22.50), license, insurance, registration and options are extra. Dealer may lease for less. Dealer order/trade may be necessary. While supplies last. Pictures are for illustration purposes only. See your Acura dealer for complete details. [^]The \$3,000/\$2,000 credit is included in the lease payment of the 2018 Acura RDX AWD/2018 Acura MDX SH-AWD^{MD} base model. The credit: (i) cannot be applied to past transactions; and (ii) can be combined with lease/finance offers and will be deducted from the negotiated selling price after taxes. ^{^^}\$5,000/\$4,500 cash rebate available only on the cash purchase of new and previously unregistered 2018 Acura RDX Tech (TB4H5JKN) and 2018 Acura RDX Elite (TB4H7JKN)/2018 Acura MDX SH-AWD^{MD} Navi (YD4H4JKNX)/2018 Acura MDX SH-AWD^{MD} Tech (YD4H6JKN), 2018 MDX SH-AWD^{MD} Elite (YD4H6JKN) and 2018 MDX SH-AWD^{MD} Elite 6P (YD4H0JKN) models from an authorized Acura dealer when registered and delivered before May 31, 2018. Total incentives consist of: (i) \$2,000/\$2,500 that cannot be combined with lease/finance offers; and (ii) \$3,000/\$2,000 that can be combined with lease/finance offers. All incentives will be deducted from the negotiated selling price after taxes. Some terms/conditions apply. Model shown for illustration purposes only. Offers end May 31, 2018 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Certain features only available on certain trims. Visit acura.ca or your Acura dealer for details. © 2018 Acura, a division of Honda Canada Inc.



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Mix it up

Monster Mash

Multiplayer Mania

Oopy Goopy

PJ Masks

Pokemon Master Trainer

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Summer Camp Guide

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SPRING AND SUMMER

HRM Area Schools:

May 5-12 Power Skating (Marie Bowness)
May 13-23 Puck Handling/Shooting

July 23-27 Defenceman School Halifax
- Goaltending School Halifax
- Forward School Halifax

August 6-10 Power Skating (Marie Bowness) Halifax
August 27-31 Hockey School (Bedford)
September 1-3 Pre Season School Halifax

For complete information on our schools visit
www.tomduffeyhockey.com

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

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Dates: July 3rd - Aug 23rd Each week has a theme. Come for the full 8 weeks or each individual week.
Hours: Tuesdays, Wednesdays and Thursdays : 9am-12pm
Cost: \$145/ week or \$998 for 8 weeks

Day Camp Schedule

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

For more information or to enrol in the Summer Day Camp, please call 902-293-4801 or email angela.rudderham@bridgeway-academy.com

www.bridgeway-academy.com

Summer Camp Guide

Un été en français à Halifax!

Offrez la chance à vos enfants de s'amuser en français au Camp de Jour et au Camp en Action du Conseil communautaire du Grand-Havre! Les camps ont lieu à l'École du Carrefour à Dartmouth et à l'École secondaire du Sommet à Halifax/Bedford.

Les camps se dérouleront en juillet et août 2018. Le programme du Camp de Jour est destiné aux enfants de 4 à 9 ans et le Camp en Action est offert aux jeunes de 10 à 13 ans.

Au Camp de Jour les enfants auront l'occasion de faire des sorties, de réaliser des bricolages et de participer à des activités

dynamiques. Pour chaque semaine de camp, un thème différent! Les jeunes inscrits au Camp en Action participeront à des activités plus avancées et adaptées à leur groupe d'âge, comme du rafting et du kayak.

Pour information
camp@ccgh.ca ou gestion@ccgh.ca
ou téléphonez (902) 435-3244.

SVP gardez un œil ouvert pour notre formulaire d'inscription en ligne
<http://campdejour.ccgh.ca/> ou www.ccgh.ca

Les inscriptions seront ouvertes en début mai 2018

A French summer in Halifax!

Offer your children the chance to have fun in a French day camp, the Camp de Jour and the Camp en Action, organised by the Conseil communautaire du Grand-Havre. The camps will take place at the École du Carrefour in Dartmouth and at the École secondaire du Sommet in Halifax/Bedford. The camps will be offered starting in July and August 2018. The Camp de Jour is intended for children between the ages of 4 and 9 and the Camp en Action is intended for the young pre-teenagers aged from 10 to 13 years old.

At the Camp de Jour, children will have the

chance to go on outings, make crafts and participate in dynamic activities. For each week of camp, a new theme! Youth enrolled in the Camp en Action will participate in activities adapted for their age group, such as kayaking and river rafting.

For information camp@ccgh.ca or gestion@ccgh.ca or call (902) 435-3244.

Please keep an eye out for online registration process,
<http://campdejour.ccgh.ca/> or www.ccgh.ca

Registration will be open early May 2018

Summer Camps



4 Day Camp Fees	5 Day Camp Fees
Member: \$124	Member: \$154
Non Member: \$144	Non Member: \$179

Junior Camp (Ages 5 - 8yrs) (Must have finished grade Primary)		
Date	Theme	Course Code
July 3rd-6th (4 Day)	Treasure Island	75212
July 9th-13th	Star Warriors & Jedi's	75213
July 16th-20th	Wizarding Worlds	75399
July 23rd-27th	Sports of All Sorts	75426
July 30th-August 3rd	Backward Bonanza	75428
August 7th-10th (4 Day)	Construction Kids	75430
August 13th- 17th	Adventures with H2O	75368
August 20th-24th	Spy Academy	75220
August 27th-31st	Sherlock Gnomes	75371

Senior Camp (Ages 9 - 12yrs)		
Date	Theme	Course Code
July 3rd-6th (4 Day)	Go for GLOW	75221
July 9th-13th	Star Warriors & Jedi's	75433
July 16th-20th	Around the World	75435
July 23rd-27th	Spy Academy	75244
July 30th-August 3rd	MACH 1	75378
August 7th-10th (4 Day)	Backward Bonanza	75225
August 13th- 18th	Adventures in H2O	75436
August 20th-24th	Ultimate Warrior	75228
August 27th-31st	Amazing Adventure	75439

Campers will experience a variety of sports, cooperative games, outdoor, water, adventure & leadership activities, as well, as arts and crafts!

Camp Hours: 9:00am - 4:00pm
Early Drop Off: 7:30am
Late Pick Up: 5:30pm
Pre-Order / Pay Lunch Options.
Payment Plans Available.

For a complete description of our Summer Camps, please visit our website or phone us at 902.869.4141!



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HALIFAX

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2018

8 weeks full of activities, discoveries and sports for children ages 4-13, tout en français!

Register your child in our camp de jour (ages 4 to 10) or in our camp en action (ages 10 to 13)



For more information:
www.campdejour.ccgh.ca
or by phone (902) 435-3244

-REGISTRATIONS WILL OPEN EARLY MAY 2018-



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SUMMER 2018

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(10% off siblings)
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- **See Online for Full Details.**
- **Call to Hold Your Campers Spot.**

Tennis: the ultimate family sport. Start enjoying it now!

Submitted by Daniel Nestor Tennis Centre

As you might have heard, tennis is having a real moment in Canada – and a real moment right here in Nova Scotia. Young players are enjoying the sport year round and thriving in the sport that only requires a racquet, a ball and sneakers.

If you are considering a new sport for your child or even taking it up yourself, now is a great time to do it.

While many sports offer excellent health benefits, none can compare with tennis for delivering overall physical, mental and emotional benefits over a lifetime. As a low-cost, low-impact, non-contact sport that produces fewer injuries than hockey or football, tennis is the preferred extra-curricular activity of parents encourag-

ing their children to be more active. Tennis offers youth the chance to make friends, build confidence and self-esteem, learn teamwork and develop skills they can carry forward for the rest of their lives.

Most exciting to note, plans are in place for the new Atlantic Tennis Centre at the Daniel Nestor Tennis Centre location – a brand new facility that will offer more indoor and outdoor courts and a central location for players to enjoy lessons and camps, accessible programming, seniors' events, wheelchair tennis and high performance training. The idea is to make tennis accessible for anyone who wants to get out and play and experience the joy and fun of tennis without barriers. The Atlantic Tennis Centre will be

the first facility of its kind in HRM, the province, and the Atlantic region.

According to Jack Graham, Chair of the Nova Scotia Regional Tennis Development Association, "This is a real game changer for tennis in Nova Scotia. With tennis being one of the fastest growing sports in Canada, the establishment of the Atlantic Tennis Centre is the proof that there is strong interest in the sport of tennis in Nova Scotia. It will cater to all ages and abilities to learn and participate in the game of tennis".

So whether it's a quick game with the family or a week long camp for your child to improve their skills, we hope you can make tennis part of your summer plans!



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Summer Camp Dates Offered July/August 2018 for INESS

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7 - 12 Year Olds

July 9th - 13th (5 Day Camp)
5 - 6 Year Olds
7 - 12 Year Olds

July 16th - 20th (5 Day Camp)
5 - 6 Year Olds
7 - 12 Year Olds

August 27th - 31st (5 Day Camp)
5 - 6 Year Olds
7 - 12 Year Olds

Summer Camp Guide

Camp Tidnish - Barrier Free Camping

Camp Tidnish is a residential summer camp that has been providing Nova Scotians with disabilities an incredible camping experience for over 80 years. Owned by the Rotary Club of Amherst and operated by Easter Seals Nova Scotia our camp is located on the beautiful banks of the Tidnish River just outside of Amherst, Nova Scotia.

Camp Tidnish has provided top-quality programs for over 80 years. Each year, we host hundreds of campers from

across Nova Scotia. Our programs are designed with inclusion, independence, and the personal development of our campers in mind. It is because of the generosity of groups, organizations, and Rotary Club members; we are able to offer a number of accessible programs such as canoeing, swimming in our heated indoor pool, gardening, gaga ball, trampoline, hayrides and pontoon boat trips, sports and games, as well as all of our traditional activities.

Our professional and

dedicated staff provides exceptional care and leadership. Our counselor to camper ratio is small, and our team is trained to meet the diverse medical, mobility, personal care, and nutritional needs of our campers.

Camp Tidnish also provides campers with an opportunity to forge friendships, and to enjoy the thrill of independence of being away from home! Registration fills up quickly each year, with many campers returning for summer after summer!







Register NOW!



Easter Seals
Nova Scotia

For more information or to register please contact camp director Steven McCluskey.



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



Summer Camp Guide

Summer Fun "en Français"

Submitted Canadian Parents for French, Nova Scotia

With summer just around the corner, many parents are looking for activities to maintain or enhance their child's language levels. Extracurricular activities, such as summer camps, regardless of a student's age, are a great way to achieve this. There are a wide range of activities you can do to enrich your child's French over the summer. Many aren't expensive or time consuming.

Encourage your child to use French outside of the classroom! Watch French TV and DVDs together, borrow French books

from the library, and look out for activities in French such as performers, plays, workshops and sport activities. Borrow French cookbooks from the library and make recipes, or work on your family tree in French. Play board games in French. Many activities can be done in French as a family. Let your child take the lead and show you their language skills!

Over the summer, your child will learn new skills from extracurricular activities, and integrate these skills at school in the fall. They will develop life-long relationships with their friends and

learn how to lead others. These skills will be beneficial in later life and in the workplace. No matter what extracurricular activities a student becomes involved in, the earlier the better.

Remember learning any language is a life-long experience! Just as your child's first-language skills expand with age and new experiences, the same factors affect the development of their second language. A long-term commitment will produce the best language results! Be supportive and enthusiastic. Make French a part of your child's life!

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SEA KAYAKING ADVENTURE CAMP

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

CAMP FRANTASTIQUE*

Barton, Digby County
Ages 10-14

CAMP DE LA BAIE*

Sambro Head, HRM
Ages 10-14

DAY CAMPS

Halifax and Cole Harbour
Ages 6-10

CHAPTER CAMPS






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

*All levels of French welcome.



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students entering late immersion.
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Summer Camp Guide

Come play with us this summer!



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Summer Camps from June 28 - September 5, 2018

 Mount Fitness Centre  @mountfitnesshfx



Camp Mush-a-Mush
www.campmush.ca

LUTHERAN CAMP MUSH-A-MUSH has been a place for kids and families to come since 1948. Located in Middle Cornwall, Nova Scotia, Camp Mush offers many children's camps during the summer, and also rents out its facilities from May until November.

PROGRAM	AGES	DATE	REGISTRATION COST
Beginner	5 - 8	July 1 - 4	\$90.00 + Tax
Young Camper	5 - 8	July 1 - 6	\$185.00 + Tax
Junior 1	9 - 11	July 8 - 13	\$185.00 + Tax
Intermediate	12 - 15	July 15 - 20	\$185.00 + Tax
Multi Age	10 - 14	July 22 - 27	\$185.00 + Tax
Day Camp 1	5 - 12	July 23 - 27	\$125.00/week or \$30.00/Day
Multi Age 2	7 - 14	July 29 - August 3	\$185.00 + Tax
Day Camp 2	5 - 12	July 30 - August 3	\$125.00/week or \$30.00/Day
Family	All Ages!	August 5 - 10	See Below

For family camp the Rate Per Family is \$345.00. Note that this is based on up to FOUR people.
• Each Additional person will be \$75.00 • Rate for one person will be \$207.00

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

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

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Summer Camp Guide

Preparing for Life through Traditional Overnight Camping

As parents, we work hard to ensure our children have all the skills they need to succeed and, most importantly, to be happy. But what are those skills? And how can we best help our kids develop them? Formal learning and academic success are important, but it takes more than these things to prepare kids for life. The "5Cs" are at least as important: Confidence, Competence, Connection, Character, and Contribution.

Traditional overnight camps, like Camp Kidston, focus on the 5Cs. Don't let the laughter and horseplay fool you: the experiential learning that takes place at a traditional camp can be rich, deep, and lasting. Spending time away from parents, taking on fun challenges, and sharing adventures (such as sleeping under the stars, singing in public for the first time, or jumping into a bog) help build Confidence and Competence. Being in nature and living in a small community with a shared purpose (whether building a shelter, planning an activi-

ty, or canoeing across a lake), helps build a sense of Connection with something larger than ourselves. Taking on small leadership roles with other campers (whether by teaching a new song, demonstrating a skill, or encouraging a younger camper) allows campers to recognize and value the Contributions they can offer the world. Games, activities, and crafts provide playful and creative ways for campers to gain deeper understanding of their experiences, to become more attuned to the views and experiences of others, and to develop their own values. Faith-based camps, like Kidston, can also play a unique role in helping children and youth explore what faith is and what it means to them.

As a United Church Camp, Kidston welcomes, accepts, and celebrates people from all faiths, traditions, backgrounds, and identities.

For more information, visit Kidston's website: www.CampKidston.com.

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LIFE-LONG FRIENDSHIPS • GROWING IN PERSONAL FAITH

For more information about Summer Camp and Off Season Rentals check out:
www.campkidston.com

 Arthur Kidston Memorial Camp
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SUMMER SCHOOL OF THE ARTS



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Our classes for ages 5-12 are led by local practicing artists and art educators and feature hands-on studio activities and explorations of the Gallery.



Art Gallery of Nova Scotia

ENROLL TODAY: artgalleryofnovascotia.ca

Summer School of the Arts at the Art Gallery of Nova Scotia

We are serving up inspiration & hands on art making during the Summer School of the Arts at the Art Gallery of Nova Scotia. During our art camps you can experiment with a wide range of materials, discover new creative techniques and explore Atlantic Canada's largest art collection. Sign up for "Splash, Drip and Sponge" to explore abstract painting, or combine your creative talents in "Theatre and Art". We offer half and full day classes for ages 5-12. Each class is led by a local practicing artist, who brings a wealth of talent and experience to their class. Whether you're trying your hand at "Photo Fun", "Pottery Play" or "Stitching and Quilting" you're sure to learn something new.

Registration is easy, you can purchase camps online or in person at the Art Gallery of Nova Scotia's Information Desk, or by phone with credit card payment (Visa, MasterCard, Amex) at (902) 424-5280 during regular Gallery hours. Organized lunch time supervision and extended hours are available to students attending full-day classes. You can find a full list of classes and dates on the Gallery's website artgalleryofnovascotia.ca.

Cost: \$130/week for a morning or afternoon class. Are you a Gallery Member? Don't forget Members are eligible for a 10% discount on Summer School of the Arts. Classes fill up quickly so register early to avoid disappointment.

Get ready for some hands-on fun with the Art Gallery of Nova Scotia!

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Education

Rethinking Summer Learning

Submitted by Oxford Learning

Do you remember that old saying: no more pencils, no more books, no more teachers...well, you know the rest. It's time to rethink that saying, especially the "no more books" part. Times have changed, and the thought of summer school—and summer learning—is no longer reserved for struggling students. In fact, reports show that across North America, enrolment in summer school programs is on the rise, and not just because students are performing poorly throughout the school year. Students looking to get ahead, to tackle extra credits, and get a competitive advantage are signing themselves up for summer school.

With education becoming increasingly competitive and global, students of all ages recognize that summer is the perfect time to pull ahead. Without having to balance the workload of the regular school year, they can make impressive academic gains.

Research in summer learning studies shows that 56% of students want to be involved in a summer program that "helps kids keep up with summer school-work or prepare for the next grade," which is good news, as it means that they understand the importance of summer learning.

Here are some of the other facts about summer learning:

FACT: Summer learning loss affects ALL students

School may shut down for two months, but brains need continuous stimulation in order to remain sharp. Without keeping the brain active over the summer holiday, students can need up to six weeks to return to the learning level they were at the year before. It is a misconception that summer school is only for students who have failed the previous year: summer learning is essential for all students to be prepared in September to learn new material from day one.

FACT: Summer learning loss is cumulative

After the summer, students who need several weeks to get back into their school routine and catch up to where they left off in June can fall behind and potentially never catch back up. If the problem is not fixed, they can start every school year behind and never properly be at the level needed to be successful. The summer is the perfect time to catch up and get ahead.

FACT: Math skills take the hardest hit

It is no secret that many students struggle with math. Grade nine math is the most failed subject, and studies suggest that 2.6 months of grade-level equivalency can be lost over the summer if students do not partake in some form

of learning program.

FACT: Summer learning loss is avoidable

It's not all bad news: summer learning programs allow students to focus on trouble areas and keep skills sharp in as little as 2-3 hours a week, which helps them maintain momentum, and head back to class prepared for the new school year. Knowing how to avoid summer learning loss is the first step to heading back to class confident and prepared to achieve any academic goals.

About Oxford Learning

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

For more information on summer learning, or to find out which Oxford Learning summer program is best suited for your child, contact Oxford Learning Halifax at 902-423-4484 or halifax@oxfordlearning.com or Bedford at 902-405-4116 or bedford@oxfordlearning.com

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Présentez-vous à l'école du CSAP la plus près de chez vous afin d'inscrire votre enfant à la maternelle et Grandir en français (programme pré-maternelle). Pour être admissible à la maternelle, l'enfant doit avoir atteint l'âge de 5 ans au plus tard le 31 décembre 2018 et rencontrer les critères d'admissions du CSAP.

Pour de plus amples informations

www.csap.ca

Education

Language and Literacy in Children

By Aileen Sullivan – Assistant Director, The Growing Place

Many discussions we have with children are based on what we see, hear, touch, taste and smell. Whether it is through drawings, stories, songs, or games, children learn language and literacy development daily. One of my favorite games I like to play with the children is Icky Sticky Bubble Gum. Pretending to have your hands stuck to one of your body parts and having to pull and pull until your hands come free is an exciting game to play for each of the children.

Starting at birth, children are already learning language and literacy skills from the little babbles and coos they make. As we all know, it can sometimes be frustrating when you don't know what your child wants or needs. During the infant years, at our Center we love to teach the children some sign language such as more, all done and milk to better understand what their needs/wants are. Sign language is a great lan-

guage development for our infants as it teaches them how to communicate to their teachers or parents for some of their basic needs.

Sometimes when we go for walks we don't make it too far, as the children are stopping and asking what some of the nature objects are. It is a wonderful opportunity to collect these objects and bring them back to our Center to observe and discuss what they are. During our walks we like to find raspberry bushes, pick some and bring them back for the children to taste and share what they feel like, taste like and what the texture is.

There are so many things we do daily to promote language and literacy development. All our Early Childhood Educators love to see how each child's lan-

guage grows and we love to have this opportunity to be part of this growth adventure with them.

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

The Growing Place
Early Education Centre

thegrowingplace.ca

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Gallant Learning—Ensuring Confidence, Academic Excellence, and Peace of Mind

At Gallant Learning we strive to cater to our students' individual needs and learning styles. We believe in going beyond teaching to fostering a love of education in our students. We see learning as a lifelong skill and prepare our students for their academic year and beyond.

Furthermore, we are continuously developing our teaching techniques and practices to bring our students and tutors the most up-to-date educational practices possible. In addition to being experts in their fields, our tutors are required to undergo our customized training program. Our training program ensures our tutors are effective communicators, and know how to adapt and cater to students' individual needs and learning styles. Our teaching method is centered on pinpointing where students started to fall behind, and working with them to build the strongest foundation possible. Our Math and

English Essentials learning labs refocus students' abilities to solve problems by building on foundational principles and analytical thinking; guaranteeing that our students have the power and confidence to move forward as their studies become more complex. With Gallant Learning no student is left behind.

At Gallant Learning we believe in a holistic teaching approach, and offer a wide variety of learning opportunities with experts in their field of study:

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and other standardized testing preparation courses

- Time management and organization skills
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Education

Differentiated Instruction

By Pam Streeter

Differentiated instruction utilizes instructionally intelligent strategies based on best practices that enable teachers to create different pathways to learning that responds to the needs of diverse learners. Differentiated instruction respects student's learning profiles, readiness, and interests as they develop and move along the learning continuum.

Behind the scenes: In a differentiated classroom teachers engage their students in activities to determine their learning styles, identify multiple intelligence, interests, and prior learning. Simultaneously they are teaching the students the routines and rituals of the classroom and school, while with the students developing the rules under which the class-

room will function.

Anchor activities are taught and practiced for competency which when used in the classroom will allow the teacher to work with individual or small groups of students. Assessment tools are used prior to the teaching of new content to determine prior learning; ongoing to identify the learning that is taking place to inform the teacher regarding areas that need to be revisited or to continue with the content; and at the end of content areas to assess acquisition of material.

To the observer: Students are actively engaged in learning activities in large and small groups. The teacher is working with the whole group, small groups, or individual students. Both students and teacher understand and



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For more information, please call our Founder, Pam Streeter at 832-6700. Visit our website at birchhillsacademy.com

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carry out their roles in the classroom.

Students may be working independently, in small groups (that change over activity), at learning centers, with activities that are problem-based, and/or with activities that

are project-based.

Birch Hills Academy is a private, day school that provides today's children with the educational foundation they require to prepare them for their place in an ever changing world.

The environment and curriculum is based on the fundamental philosophy that students move fluidly along a learning continuum. This movement is most effective when students actively and meaningfully engage

in their learning. A differentiated approach ensures an effective learning environment for our students.

For more information contact Pam Streeter at 832-6700 or pstreeter@bha-ns.com.

IWK Kermesse Art Show and Sale, May 17-26



Love art? Need a painting for that bare wall? Then take in the IWK Kermesse Art Show and Sale, May 17-26. There will be over 100 original paintings donated by local artists for sale (featured above is 'Big Brat' by Pat Stewart). As well, raffle tickets for several items, including a water-colour by one of our newer

artists, Steve Buckland, are available at the Biggs and Littles Gift Shop at the IWK. The proceeds from the Art Show and Sale will support the Auxiliary's contributions toward providing care and comfort to patients and families at the IWK. The Show and Sale takes place at the Chase Gallery, NS Archives Building at 6016 University

Ave. The Opening Reception is on Thursday, May 17, 7-9 pm (everyone welcome). The show continues on Friday, May 18th and then on Tuesday, May 22nd through Saturday, May 26th (Archives hours). Admission is free. Please come out and support a good cause.

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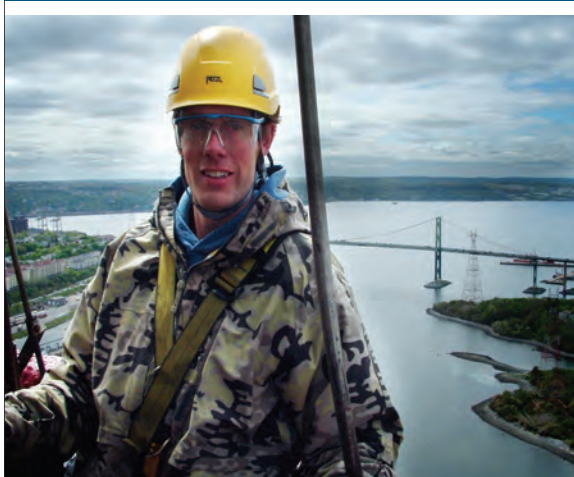
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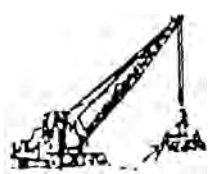
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It's Tick Season... what you need to know

Submitted by Halifax Veterinary Hospitals

Ticks are a menace when it comes to your pet and especially dogs. This is because they are vectors to serious disease whose symptoms are not conspicuous and that your dog could be suffering from a disease yet you remain in the dark. The fact that ticks are found in long grass and need no special environment does not help matters. Ticks find their host in any animals, both wild and domestic. If it is their season (any time it is above 4 C) then they become very predominant and thus we need to have an idea of how to counter them.

Ticks feed on blood of their hosts since they are parasitic. They prefer warm, moist conditions to thrive and they prefer movement. They have a preference for mammals and this puts your dog in the category of easy attack. Once a tick attaches on the hosts body it stays till it is done with the blood meal and the time period varies with the type of tick. They usually attack dogs on areas with less hair and such as folds and ears that are hidden, it is important to check your pet over every time and very thoroughly after they have been out in the grass or a wooded area.

Though not all ticks transmit diseases as is usually assumed, there is always the potential of disease with every tick. The period of time that a tick takes to transmit a disease is about 24-48 hours after its attachment and the start of its blood meal. For this reason the risks are real and it is crucial that the tick be spotted almost immediately and removed.

A tick bit may cause fever, paralysis, weaknesses and some extreme cases the dog may swell in their joints and become lame. The first step when such symptoms are noticed would be to ensure that you scrutinize the dog for any ticks twice a day and remove them manually. The deer tick is the type of tick that causes a disease known as Lyme disease. This is a menace to the family since it can be transferred to humans as well. Once the tick has been removed the tick should be kept in a bottle and then seek the services of a vet. This expert is better placed to tell what type of tick it is since he/she will take test samples. When the above mentioned symptoms are realized it indicates that your dog has contracted Lyme disease but don't panic since it is treatable.

Ticks in dogs can be kept at bay by using preventive measures. There are preventive medications both oral and topical to help kill the ticks before they can attach for a blood meal. Making a thorough full body check when your pet has been in long grass or areas known for a heavy tick population. There is also a Lyme vaccine available via your veterinarian.

For more information, www.HalifaxVeterinaryHospitalinc.com or call your regular veterinarian.

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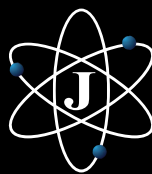
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HOME *Decor*

Tips to Giving a Room a Refresh

By Holly Gouthro, Interior Consultant, DWD Interiors

The most important thing to consider when designing a room is functionality. A room may be stunning but if it doesn't function well it will never work in your day to day life. Deciding the type, size and layout of furniture, lighting and window coverings will be the key to starting any room on the right foot, and then you can start with the décor decisions.

When choosing new décor it can often be difficult to know where to start. I find it most helpful to have a textile that you love, whether it be a rug or drapery fabric and start from there. Pulling colours from the inspirational textile will give the room a cohesive feel.

Mixing different textures and old pieces with new ones is a good way to give a space character while still being

fresh and modern, so don't worry that family heirloom piece of furniture can still work with your sleek new light fixtures.

Sticking to neutral colour can always be beautiful, but don't shy away from colour; it can brighten up a room and give it personality. If you aren't sure about how to incorporate it I suggest keeping your larger elements such as furniture and walls a neutral colour and then add pops of

colour with toss cushions, drapery and artwork. This is also helpful if you like to change your decor frequently; you can get a fresh new feel with only new toss cushions and accessories.

For more information please contact 902-422-0963, Doucet-Watt & Davis Interiors, 1203 Hollis St. Halifax, NS, B3H 2P6 holly@dwdinteriors.com www.dwdinteriors.com

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CRAFT CORNER

Making Paper Using Plants from the Garden

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

Something on my summer project list is to make paper using plants from around the garden. Paper making can be a very wet, messy process which makes this a good outdoor project.

There's a variety of ways to make paper, many of which involve caustic or possibly dangerous materials. In my effort to be both eco and kid friendly, I looked for techniques that combine plant parts with pulp made from shredded junk mail. Using the paper pulp as a binder you can mix it with different plant material such as ornamental grasses, leaves, seeds and flowers to create different colour and textures in your paper.

The key pieces of equipment you need for making paper are the mold and deckle. These can be found at most craft stores or you can make your own with two wooden frames, one slightly bigger than the

other. It's best to start out with a smaller frame until you get the hang of the process before doing a full size sheet of paper. Nail or use a staple gun to attach window screen onto the back of the larger frame, pulling the screen tight in all directions. This will be the mold and the other frame is the deckle which is used to determine the size and shape of the paper. You want the deckle to lay flat on top of the mold.

Shred your paper and soak it in water, the thicker the paper scraps the longer it will have to soak. Process the paper in a blender with enough liquid to make puree that's like runny oatmeal in texture.

Once you have your paper pulp you can mix in plant material or place plant material onto the mold. I like the process of pouring the pulp onto the mold and spreading it around, this way I can experiment more



with the plant material.

Once the mold has a nice even layer of pulp you can start the drying process. Start removing the excess water using a dry sponge, then gently remove the deckle and turn the mold over so the paper is lying on a dry towel. Continue to remove water from the paper until the mold lifts away easily.

To take this project further you can make enough paper to create a notebook or a journal to keep track of all your summer adventures.

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Value Village— Helping The World

Submitted by Value Village

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