



The Tuesday/Thursday Class at Lower Onslow Preschool held their closing/graduation on Thursday, June 20th. (Harrington Photo)



The Wednesday/Friday Class at Lower Onslow Preschool held their closing/graduation on Friday, June 21st. (Harrington Photo)

## Lower Onslow Pre-School Busy Month

By Joann Michelin

Well, the weather is starting to look a little more "summery". You can certainly see that in the children. It is lighter for longer and they want to be outside as long as they can. (Thus, some sleep deprivation). We have had a really busy last month. We visited the Onslow /Belmont Fire hall. The volunteers there are always very good to us and patient with our little groups of busy children.

We had a visit to the Masstown Market, again thanks for their continued support. We had Beach Week and one day we even got out the pool! And, for the first time in many years we were able to celebrate all the "Dad" figures in our lives. We were so happy to see how many took the time out of their busy days to drop by and play.

Thankfully we are lucky enough to have an amazing Playground attached to our center and we use it daily. Just reminding everyone that it is a community Playground and all are welcome to come and enjoy it. Pack a lunch, put on the sunscreen and you are set to go.

We have had our Open House and were very glad to see old and new friends. We are filling up fast so if you are looking for a part time preschool experience for your child, drop us a line. Our program is child centered and staffed with three experienced knowledgeable and caring teachers. We would welcome a visit from you to see if we are a fit for your needs.

We have been operating for almost 50 years and despite many hoops put in our path and reams of administrative changes, we are still here and going strong. WE are very proud of our center and all the little people who have come through Lower Onslow Preschool over the years.

We would like to take this time and thank all the families who have, and continue to support us. We have been lucky to have dedicated parents who have volunteered to be on our Executive and given their precious spare time

to administering, fund raising and supporting the staff.

Special thanks to Jen Welton (President) and Renee Roode (Secretary) who "graduate" with their children this year and move on to elementary. It is a sad time to say goodbye to some of our

students, but many come back to visit and do remember us when we see them outside of preschool.

**Joann Michelin is Director, Lower Onslow Preschool, 902-662-2495; loweron-slowp@gmail.com**

## Single-Parenting / Personal Development

(The Shoreline Journal is pleased to welcome Shawn MacPhee, Bible Hill, as a new monthly columnist. Shawn's monthly submissions will expand upon his interests in: family/parenting, personal development music, the arts, and fitness).

By Shawn MacPhee

It's finally summertime. Everyone is out of school and ready to spend the days in the sun and playing outside, at least my children are. Now this brings about the big question, what are you going to do this summer? Whatever the answer is for you and your family, summer is the time for vacations and family time together.

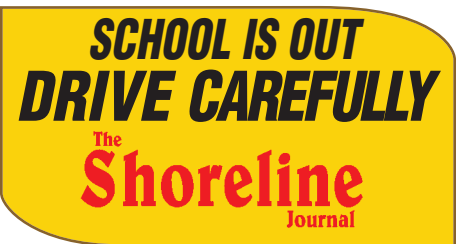
Now in my case not only am I a single father, but I am constantly dealing with depression so that leaves me with three obstacles to overcome. The first thing is work itself. It is hard to try and find the time to get away from work, depending on what you want to do and where you want to go. Secondly, the fact that being a single parent only allows for one income in which to afford all of this. Thirdly, very specific to me, that nagging feeling that the depression has left me with whatever I will do with them won't be good enough. Often causing me to overcompensate compared to what would work well enough.

Based on my work schedule, it is hard to get away during the week, so this allows mostly for weekend time to do such things. Then there is the single dad part and only having one income

making it hard to afford anything too extravagant. Out of these two alone, I found the best way to go about this is day trips. Looking and exploring my own local areas or areas within the province. This way it is a chance to get away but done more affordably.

Finally, depression to think about. The big and only thing here is to remember it is not in control, you are. I constantly must tell myself that whatever it is tell me is not true. As for the children, they won't remember where you went or how much you spent, just that you were there with them.

Shawn MacPhee welcomes your comments and can be reached at: shawn.l.macphee@gmail.com



## 2019 Wilson Family Scholarship Recipients

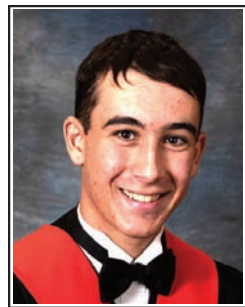
Wilson Fuel is proud to support its employees, their children and grandchildren further their post secondary education at university or community college. The Wilson Family Scholarship is awarded yearly to those who have achieved success at school or a trade and are involved with their communities through volunteering, sports or the arts.



**Haley Spencer**

Great Village Wilsons, NS

Haley is headed to Acadia where she is enrolled in kinesiology with the goal of becoming a teacher. An active community volunteer, coach and athlete, Haley was heavily involved in her village's rebuilding of the local ball field. *Haley is the recipient of the Jonathan McIntyre scholarship*



**Ethan Larkin**

Burger King, Lunenburg, NS

Fascinated with aircraft from a young age, Ethan has his sights set on becoming an Aircraft Maintenance Engineer. He's been accepted into the NSCC's Aviation Institute. An avid sailor who competes and teaches, he is also active with Sea Cadets. He's worked at Burger King for close to two years.



**Madeline McLaughlin**

Great Village Wilsons, NS

This honours with distinction high school graduate is off to Acadia this Fall where she will be studying Environmental Geoscience. Madeline works two part time jobs while maintaining a 90+ average, plus she volunteers with the local recreation centre, her school and a trail building society.



**Lauren Ellis**

Richmond ESSO, PE

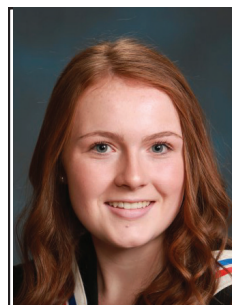
Active in hockey, softball and horseback riding, Lauren still finds time to volunteer at a local long term care facility, for a variety of sport groups and community events. This honours student has worked at ESSO for 9 months. She's enrolled at UPEI in science with the goal of working in the health care field.



**Raine Prime**

Digby ESSO, NS

Breaking down the gender barriers, Raine is enrolled in the Motor Vehicle Body Repair program at the NSCC this Fall. She's been apprenticing at a local automotive business while working part time at ESSO and volunteering with 4-H, her school and Me-To-We. She received the 2018 youth volunteer award for Digby.



**Chloe MacKay**

Sackville Wilsons, NS

Chloe is on her way to realizing her life long dream of becoming a nurse. She's been accepted in the Bachelor of Nursing program at UPEI. An honours student, Chloe is an avid athlete and active community and school volunteer. She's also helped fundraise for various charities. Chloe has worked at Wilsons for the past year.



**Benjamin Shields**

Enfield ESSO, NS

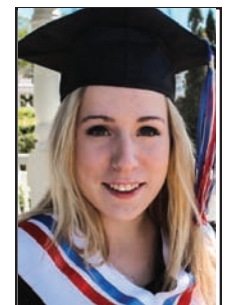
An honours student throughout high school, Benjamin is off to Saint Mary's where he's taking his Bachelor of Science Degree in Chemistry with the goal of becoming a Chemical Engineer. He plays hockey, soccer and badminton as well as volunteers for minor hockey and was on his school's Reach for the Top team. He's worked at ESSO for close to a year.



**Taylor Campbell**

Richmond ESSO, PE

Taylor wants to change people's lives for the better. That's why she's enrolled in the practical nursing program at Holland College, starting this Fall. Working part time 15-25 hours a week at ESSO for the past two years, Taylor also volunteers with her Air Cadets Squadron and with the local Youth & Elders in Action program.



**Chelsea Partridge**

Sackville ESSO, NS

Chelsea quickly rose to become Assistant Manager at Sackville ESSO and has worked there for six years. She's decided to go back to school to pursue a career in accounting, with the goal of becoming a chartered professional accountant. She's heading into her second year of the Business Administration program at NSCC.