

# on the HORIZON

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## Welcome

Welcome to our spring/summer newsletter. This is the time of the year where we begin to look forward to the warm and relaxing days of summer; to spending time with our families, and to “recharging our batteries” after our busiest time of year. Though busy, the past few months have been satisfying ones. We have been involved with many interesting and important projects that we would like to tell you about, so please take a few minutes to catch up with us while you enjoy your summer days!

*Cari Jean Vicki*

## Rest and be thankful

– William Wadsworth

Photo by Carolyn Campbell, taken in North Devon, England



**Please note:** Throughout this newsletter, all embedded links are identified by **purple text** and underlining.

## The Horizons Team

### Executive Team

Cari Patterson  
Jean Robinson-Dexter  
Vicki Crowell

### Circle of Associates

Angela Day  
Anne Stieger  
Barbara Kaiser  
Bob Kanygin  
Carolyn Campbell  
Clare LeBlanc Northcott  
Craig Moore  
Elaine Rivers  
Joanne Hussey  
Joanne Linzey  
John Colton  
Nicole Priddle  
Paula Hutchinson

### Research Assistants

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Emily Kathan  
marie-claire macphee  
Michelle Wolf  
Penni Burrell  
Sandra Bornemann  
Susanna Steinitz  
Trudy Watts

### Administrative Assistants

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Cynthia Keizer  
Erin Wolfe  
Helen Woodward  
Shannon MacLean

### Support

Greg Tutty, Graphic Design  
Jeff VanderWal, Information Technology



## Reflection

**Rest and Be Thankful** – we look forward to this time every year. Most importantly, it's a time for rest and recreation, time with family, time outside, having fun, and taking a break from every day responsibilities. In that space, it's easy to feel grateful for our many blessings. And, we are also grateful for the wisdom we have gained from another rich year of working with communities. Sometimes the wisdom comes joyfully, and sometimes it is hard-won. There is always something to be learned. We are looking forward to our annual retreat in August, where we go away together for a couple of days to think about the bigger picture. We reflect on what we have learned from each contract and experience, and we think about how we can integrate the lessons to improve the way we work.

When Joanne and I moved into our home many years ago, we wanted to give it a name; and something told us that the place would reveal its name to us in time. A couple of years later I was in the Scottish Highlands with my friend, and we visited a mountain pass called *Rest and Be Thankful*. I knew right away that was the name of our place – it's how we feel when we are there, and how our friends and family feel when they come. Joanne heartily agreed. So I come home to *Rest and Be Thankful* every day. And now I am grateful for a month of resting and being thankful. After that I'll be ready to learn from our work.

*Each person deserves a day away in which no problems are confronted, and no solutions searched for. Each of us needs to withdraw from the cares that will not withdraw from us. – Maya Angelou*

Wishing everyone an excellent summer that gives you just what you need.

*Cari*





## Horizon's Team Profile – Kat Powell

### Meet Kat Powell

We are pleased to introduce **Kat Powell**, who recently graduated from Acadia University with a degree in Community Development. At their graduation banquet, Kat's peers recognized her outstanding leadership qualities by selecting her for the *James D. Bayer Award*. Kat joined the Horizons team for a six-week professional placement during the winter semester. Happily, Kat stayed on with us for an extra six weeks to coordinate our annual *Spring into Action Challenge*.



**Place of birth:** I was born in Montreal, Quebec. We moved to southern Ontario when I was young, and I grew up in Toronto and the town of Erin.

**Current residence:** Over the past two years, I have been living in Wolfville to complete my studies. As my studies wrap up, I do not know where my next adventures will take me, though I do know that I will return back to Ontario to meet up with friends and family as I look for work.

**Occupation:** I am looking forward to finding volunteer opportunities similar to the work I did with the *Canning Area Food Bank*; where I will be able to meet, work with, and get to know the neighbours I will have in my local community.

**Anything you would like to include about the important people in your life:** I am one that feels very lucky to have several people in my life that are important to me. I feel very lucky to come from a family with very supportive parents and siblings – 2 brothers. I am also lucky to have several friends that are like family members to me.

**Activities with Horizons:** I was assigned a project to complete from start to finish with the *Canning Area Food Bank* during my six week placement. The project was to create a procedures manual that focused on how the services are delivered, and on the different tasks, roles, and responsibilities that different volunteers hold. This project was both fun and interesting, as it involved connecting with a variety of different people to learn processes, and completing online research. I enjoyed getting to meet and work with a variety of different community members.

During my placement I was also able to assist **Horizons** with facilitating some focus groups for one contract, and helping with registration, capturing discussion, and preparing a final report for a forum. I also remained on after my placement was complete to help coordinate the annual *Spring Into Action Challenge*.

**Hobbies/things you do for fun:** I am one that has a good variety of different interests and hobbies. A key area that a lot of my hobbies relate to is the great outdoors! I love how Canada has four seasons that can be made up with a variety of different outdoor activities to enjoy. The ones I most often participate in are hiking, camping, cycling, and skiing – both Nordic and downhill. I enjoy singing in choir and participating in musicals when the timing works. Though I can

be active, I also really enjoy quieter activities such as playing board games, working on a variety of different craft projects, and meeting up with friends for a tea.

**An accomplishment you are most proud of:** One of my accomplishments I am most proud of is returning to school to complete a university degree! This I have done here in Wolfville at Acadia University!!

**A goal you have set for the future:** To make sure that I continue to learn, grow, and share as I work with different groups within the community I live in.

### A WORD FROM KAT

I noted above that my goal for the future is to continue to learn, grow, and share with the community I am living in. I feel that my six-week placement with **Horizons** provided me with the opportunity to do that a bit more here in Wolfville, Canning, and surrounding areas. I was able to learn more about how different teams work in different settings, and learned what kind of work needs to be done to assist different groups working towards different goals.

**Cari, Jean, and Vicki** welcomed me in as a true team member right from the start, including me in meetings about the different contracts they were working on, and welcoming my questions and ideas. I want to work with community members to assist them in working towards the dreams and goals they have. Learning some of the behind-the-scenes tasks that need to be done, the questions that need to be asked, and discussions that need to take place through working with the **Horizons** team has been very interesting and helpful. I am leaving this placement with some new questions, ideas, and most importantly some great friends!! Thank you Cari, Jean, and Vicki for this great placement opportunity!!

# Current Contracts



## ■ Research and Evaluation Team • Inspiring Communities • (Cari, Jean, Vicki)



Our ongoing work with [Inspiring Communities](#) continues to be an enriching learning opportunity. For the first time, we are using a [Collective Impact](#) lens to shape our evaluation approach. We have recently completed an evaluation framework and a [theory of change](#) for the initiative, as well as an activity log for tracking progress.

As part of this work, we are building our capacity and skills in [Developmental Evaluation \(DE\)](#), an approach that allows for the messiness in community work, and supports initiatives in continually adapting in response to new information and new learnings. In fact, we are co-leading a new DE community of practice with the [Community Sector Council of Nova Scotia](#).

We are also working with a terrific [provincial team](#), and terrific teams and communities in [Between the Bridges](#) (Dartmouth North), [Northside Rising](#) (North Sydney/Sydney Mines), and Digby, which is just getting started.

Our role with Inspiring Communities is now framed as Learning Director. **Cari** is leading this work, with solid behind-the-scenes support from **Jean** and **Vicki**.

## ■ Not For Profit Development Support • Inspiring Communities • (Jean)



As a separate contract with Inspiring Communities, we are supporting the initiative's transition to becoming a not for profit organization. Over the next few months, we will assist in the development of the Memorandum of Association and by-laws, in the creation of terms of reference for a new Board of Directors and key committees and teams, and in drafting policies and procedures.

## ■ Fountain of Health 2018 • Fountain of Health • (Jean, Shannon)



Our work with the [Fountain of Health](#) (FoH), a national health promotion initiative for brain health and resilience across the life span, continues on a number of fronts. We are providing a combination of project management, strategic leadership, and secretariat services to national, Atlantic and Nova Scotian initiatives. Since our last newsletter, we completed the management and reporting of the results of the FOH's SPARK grant and participated in the development of grant applications. We've created and continue to update a contact list for the Atlantic Seniors Mental Health Network (ASMHN), drafted content for a new Atlantic section in a national seniors' mental health network newsletter, and supported the updating of FoH's website and updating of its pilot app. We're creating and regularly updating a national listing of knowledge transfer opportunities for health providers working in seniors' health. We've also participated in and supported meetings of the National Leadership Team, the ASMHN, and the Nova Scotia core team.

## ■ Partnership Model • Community INC and Canadian Mental Health Association – Kings County Branch • (Cari, Penni)



Both [Community INC](#) and [CMHA Kings County Branch](#) provide supports for people who experience barriers to employment. Two years ago NS Works was formed, with the intention that anyone who needs employment supports can go to one place in their community and receive the supports they need. At that time, these two organizations formed a partnership to share responsibility for co-managing this part of their mandates. We are supporting them in reflecting on the strengths of their partnership model, and in identifying how it can be improved.

(Cont'd.)

## Current Contracts (Cont'd.)

- **Taking Flight Evaluation: Promotion and Supporting Sustainable Relationships in Mental Health & Addictions Services for Mi'kmaq in Nova Scotia**
  - Confederacy of Mainland Mi'kmaq • (Cari, Jean)



We have recently completed the data collection work and are currently completing our evaluation report for **Taking Flight**. The mandate of Taking Flight is to enhance culturally safe and relevant mental health and addictions programs and services for First Nations people in Nova Scotia. The focus of the initiative has been on building relationships among First Nations communities/organizations in Nova Scotia, the Nova Scotia Health Authority, the Nova Scotia Department of Health and Wellness, Indigenous Services Canada-First Nations Inuit Health, and the IWK Health Centre.

In our work, relationships have repeatedly been shown to break down barriers and build bridges, creating a foundation for understanding, respect, and collaboration. Taking Flight has dedicated time and resources to bringing people together and developing a shared sense of priorities, and has provided supports for partners to create solutions that improve service delivery and make a positive difference to people's lives.

- **Chronic Disease Prevention and Management Strategic Action Plan** • Atlantic Policy Congress of First Nations Chiefs • (Jean, Cari, Joanne, Penni, Sandra)



In 2016, the Atlantic Chiefs identified chronic disease as one of two health priorities to be addressed in First Nations over the next five years. We're working with a sub-committee of the **Atlantic First Nations Health Partnership's Public Health and Primary Care Committee, (PHPC)** to develop a regional *Chronic Disease Prevention and Management Strategic Action Plan*. The plan is intended to support community-based health promotion practices and programs and chronic disease management programs, build supportive environments, and share programs and services that have been shown to be successful in having an impact on chronic diseases. We've held discussions with First Nations communities' representatives, met with key Atlantic Region committees, and reviewed dozens of related strategies and frameworks. The plan has had a number of rounds of updates, each time getting stronger and emphasizing the importance of collaboratively addressing the **Indigenous Determinants of Health** in order to address the root causes of chronic disease, and to build healthy communities. The PHPC Committee is seeking approval of the *Strategic Action Plan* at the September meeting of the **Atlantic First Nations Health Partnership**.

## Summer Recipe



### Creamy Cucumber, Tomato and Onion Salad with Herbs

#### INGREDIENTS

1	Cucumber, seeded
2	Roma tomatoes, large*
1/2 cup	Red onion, diced
1/2 cup	Greek yogurt
1 tbsp	Lemon juice from 1/2 lemon
1 sm. clove	Garlic, minced
2 Tbsp	Chopped dill (1 tsp dried)
1/2 tsp	Salt
1/4 tsp	Black pepper
1/4 cup	Chopped parsley

#### METHOD

Chop cucumber and tomatoes into 1/2 inch pieces. Dice red onion fine. Place in a large salad bowl.

In a measuring cup, whisk together yogurt, lemon juice, garlic, dill and salt and pepper; Pour over vegetables. Sprinkle with parsley and gently toss to coat.

Cover bowl with plastic wrap and chill in fridge at least an hour to blend flavours.

\* You may substitute cherry tomatoes or regular tomatoes for Roma. Cut enough small tomatoes in half or seed and dice large tomatoes to equal 1 1/2 cups.

## Recently Completed Contracts



### ■ Evaluation and Report • National Aboriginal Diabetes Association • (Jean)



The *National Indigenous Diabetes Conference* was held in Halifax in April. We were asked by the [National Aboriginal Diabetes Association](#) to develop a bilingual web-based evaluation for the event. We also followed up with a number of delegates to include additional quotes/testimonials about the conference in the evaluation report, which we've recently completed.

*This was our first time working with NADA and although all our work was done electronically and by telephone, we enjoyed working with them.*

### ■ First Nations Control Models Forum • Atlantic Policy Congress of First Nations Chiefs Secretariat • (Jean, Cari, Kat)



The *First Nations Control Models Forum* was an initiative of the [Atlantic First Nations Health Partnership](#). Held March 20 in Moncton, it was intended to continue discussions on the devolution of First Nation & Inuit Health Branch programs and services to First Nation control; share experiences; highlight other devolution initiatives; and gather feedback from Atlantic First Nations to inform and guide next steps in the Atlantic Region. One of the highlights of the day was hearing from [Richard Jock](#) about the [First Nations Health Authority](#) in British Columbia, the first Indigenous health authority in Canada.

Working with the Forum Working Group, we were responsible for promoting the Forum, arranging speakers, working with the hotel where the conference was held, developing the program and registration materials, managing registration, supervising on-site conference activities and facilitating the day, and conducting an evaluation. Finally, we prepared a report that provided an overview of the Forum's purpose, presentation highlights, a summary of participant responses to the discussion questions, and the results of the Forum evaluation.

### ■ Clinical Tools and App Feasibility Study • Fountain of Health Initiative • (Jean)



Our work managing this project for [Fountain of Health](#) (FoH) is complete. We have gathered the completed tools from health care providers, as well as their input about the experience using the tools and supports to promote cognitive fitness and mental health for their patients or clients. We synthesized and analyzed the data from the study and developed the final report to the project funder. The FoH tools have a tremendous applicability for health providers, working individually with patients/clients, as well as in group settings, to support them making positive healthy changes.

To learn more about the tools and how they are being used, check out FoH's [Clinicians' Corner](#).

### ■ Supporting Primary Care Transformation • Doctors Nova Scotia • (Cari, Jean, Trudy, Craig, Susanna)



We have just completed our work with [Doctors Nova Scotia](#) to develop a tool kit to support family physicians interested in collaborative practice. The tool kit is now in design stage, and we can't wait to see the final product!

(Cont'd.)

## Recently Completed Contracts (Cont'd.)



### ■ Housing Data Analysis • Tri-County Women's Centre • (Bob, Cari)



NSHA Public Health Services contracted us through the [Tri-County Women's Centre](#) to complete an in-depth analysis of responses to the Housing Needs Assessment survey conducted across six counties in fall 2017 and winter 2018.

The purposes of the survey were to increase knowledge of affordable and supportive housing needs and issues; engage the community to better understand the local housing situation; generate reports with current data on housing needs relevant to our communities that can be used for planning, service delivery, and funding proposals; and to document the housing needs of all citizens including vulnerable populations (women leaving domestic violence, youth, seniors, LGBTQ people, persons with disabilities, people experiencing homelessness). Read the interim report [here](#).

### ■ Health Promotion and Disease Prevention Screening Brief Intervention and Referral (SBIR) in Atlantic First Nations Community Health Centres • Indigenous Services Canada – First Nations Inuit Health • (Jean, Emily, Susanna, Kat)



[SBIR](#) is an approach that service providers can use for early identification and interventions with people who have real or potential alcohol and/or substance abuse challenges; it is a key component of identifying issues early and allowing for better care planning and better referrals. It has been piloted in two collaborative practices in Halifax.

We were contracted to determine the best way to implement *SBIR* (with a target population of pregnant women) in First Nations communities in the Atlantic Region. Our work included completing a literature review on *SBIR* with Indigenous populations, conducting interviews with health staff in selected First Nation Health Centres, conducting focus groups with women in those communities, and developing a final report. The report included recommendations on the best ways to implement *SBIR* in First Nations communities in Atlantic region, and recommendations about training and ongoing support to communities.

### ■ Count Me In! Promoting Mental Wellness among Older Adults Project Coordination • Community Links • (Jean)



*Count Me In!* was an initiative of [Community Links](#). It used theatre to facilitate discussions of personal attitudes and coping skills about feelings of loneliness and isolation, and to explore strategies for improving self-image and outlook by setting realistic goals for optimal aging. We conducted a literature review and worked with [Two Planks and a Passion's Ken Schwartz](#) to develop an initial script. We then worked with three volunteer actors, including our own [Greg Tutty](#), to create the *Count Me In* story. The presentation was interwoven with discussions with the audience about the scenes in the play, and their own aging experiences. We were able to draw on *FoH* goal setting tools and resource materials to inform the discussions. Finally, we created a manual to help guide future presentations.



## Learning Opportunities & Collaborations



### Stepping Up Course Follow Up



Non-Indigenous People's Role in Truth and Reconciliation

We recently met with participants of our first offering of *Stepping Up: Non-Indigenous People's Role in Truth and Reconciliation* for a deeper reflection of the course content and to see what has stayed with people. We've revamped the course, and added two more sessions to allow us to spend more time thinking about reconciliation and the Land, and about current stories. We plan to offer the course for two groups in the fall.

Please visit our [Advancing Truth and Reconciliation Facebook](#) page for information about resources, activities, and local collaboration efforts around advancing truth and reconciliation. As well, information about structured opportunities to learn, share, and connect with Indigenous people will be posted here as they become available.

provide an opportunity for academics, policy makers, funders and other stakeholders to share perspectives on current contexts and challenges for community work, with presentations addressing and engaging locally, nationally, and internationally with a variety of key current issues.



Maynooth University, Ireland is the venue for the World Community Development Conference on June 24-27, 2018.

## Other Happenings

### Spring Into Action 2018



Our annual *Spring into Action Challenge* is over for another year. Once again, our friends, families, and colleagues joined us in April and May for the six week challenge to be physically active 30 minutes /day, five days each week, for six weeks. Every year, we are inspired by the commitment and motivation of our participants, and enjoy every second of our six weeks together! This year, 42 teams and 300 people joined us for the challenge.

Participants were encouraged to share their Spring into Action journeys through our 'theme week challenges'. Each week, participants could win an extra

prize by completing a specific challenge, such as sending us a picture or note of what inspired them to be healthy and active. "I really enjoy this challenge each year, it definitely encourages more physical activity and helps me get creative with the weekly challenges," said **Tammy** of team **Sassy Sistas**. Through these theme weeks challenges, our springers shared what inspired and motivated them, new activities that people could try, and wonderful places they love to explore, which in turn inspired others.



Team Fun2Run  
Week 2: Opportunity

Frisbee Basketball

Team Fun2Run trying some Frisbee basketball for our week two theme 'Opportunity' where Springers were encouraged to try something new.

Our grand prize winners achieved the activity goal every week of the challenge. **Debby Chipman** of team **ISD Mixed Nuts** won the individual grand prize of \$100. We understand she will be purchasing new sneakers to continue with all the walking she did during the challenge.

The team grand prize of \$150 donation to a recreation/sports initiative for youth, made in the team's name, went to **Fitness Matters**. Their grand prize donation will benefit **Camp Spectrum**, in support of their summer-long day camp for children and youth with autism. Participants of the camp will enjoy tons of activities such as basketball, swimming, boating, hiking, soccer, and more. We were pleased to make this donation on their behalf.

**Thanks to all our Springers for a terrific challenge – we are already looking forward to next year!**

### WCDC 2018



**Cari** and **Jean** are participating in the **World Community Development Conference** in Maynooth, Ireland at the end of June. It is the **International Association of Community Development's** (IACD) 65th anniversary conference (we hosted it in Wolfville in 2008), and will include a reunion of current and past IACD Board members (**Cari** served as Secretary General for several years). The theme for this year's conference is *Participation, Power and Progress: Community Development Towards 2030 – Our Analysis, Our Actions*. The conference will



# Stepping Up:

## Non-Indigenous People's Role in Truth and Reconciliation

A 12-hour course that provides an opportunity for non-Indigenous people to begin to explore their roles and responsibilities in the Truth and Reconciliation process.

The **Truth and Reconciliation Commission** invites us to talk about the relationship between Indigenous and non-Indigenous peoples in Canada. As non-Indigenous people, we might be unsure about our place in such conversations. We wonder what we can possibly do; we think we don't know enough; we fear that we might say or do the wrong thing and make matters worse.

This **six-part course** gives us a chance to talk together, to address difficult issues, to share our hopes and fears, and to learn new ways of thinking, being and acting. Anyone is welcome to take the course, and the focus is on the growth of non-Indigenous people who wish to be part of reconciliation efforts within Canada.

*The course will be offered in two concurrently running sessions for six weeks.*

One group will meet on **Tuesdays** and the other group will meet on **Thursdays**. The sessions will be from **5 -7 p.m.**, beginning **September 11th/September 13th**. All sessions take place in the *Orchards and Tides Room* at the **Kings County Municipal Complex, 87 Cornwallis Street** in Kentville.

Free parking is available and the Municipal Complex is on the bus route. Course materials and refreshments will be provided.

**There is no cost to participate in this course.**

Participants must commit to attending all six sessions, and are asked to indicate which group they choose to be in when registering.

SESSION	GROUP 1	OR	GROUP 2
<b>Session 1:</b> We are All Treaty People	Tuesday, Sept 11, 2018 (5-7 p.m.)		Thursday, Sept 13, 2018 (5-7 p.m.)
<b>Session 2:</b> Exploring a Western World View	Tuesday, Sept 18, 2018 (5-7 p.m.)		Thursday, Sept 20, 2018 (5-7 p.m.)
<b>Session 3:</b> Exploring Historical Stories	Tuesday, Sept 25, 2018 (5-7 p.m.)		Thursday, Sept 27, 2018 (5-7 p.m.)
<b>Session 4:</b> Exploring Current Stories	Tuesday, Oct 2, 2018 (5-7 p.m.)		Thursday, Oct 4, 2018 (5-7 p.m.)
<b>Session 5:</b> Engaging in Reconciliation: Having Difficult Conversations	Tuesday, Oct 9, 2018 (5-7 p.m.)		Thursday, Oct 11, 2018 (5-7 p.m.)
<b>Session 6:</b> Engaging in Reconciliation: What Are We Being Called to Do	Tuesday, Oct 16, 2018 (5-7 p.m.)		Thursday, Oct 18, 2018 (5-7 p.m.)

Seats are limited, so call now to register. For more information, please contact [admin@horizonscda.ca](mailto:admin@horizonscda.ca) or call (902) 542-0156.

*We look forward to learning together!*



## Upcoming Events (Save the Date)

Liverpool International  
Theatre Festival

**Jean** is hard at work helping the *Liverpool International Theatre Festival* prepare to once again welcome the world. The 14th biennial festival will be held October 18-21, 2018 at the historic Astor Theatre in Liverpool, and will present one-act plays and offer workshops, and entertaining networking opportunities.

Troupes from the Central African Republic, Egypt, Mexico, Nepal, Iran, China, Argentina, Wales, Peru, Bangladesh and Liverpool, Nova Scotia, have been invited to participate in this year's festival.

The plays cover a wide range of themes and styles, from a Chinese opera and a study of corruption and loss in Mexico to a Moliere classic from one of Bangladesh's top theatre companies and more personal plays about family, friendship and identity from Nepal, Iran and from Liverpool's Winds of Change Dramatic Society.

**Stage & Beyond** subscription packages are on sale now.

For more information, visit the Festival's [Website](#) or [Facebook](#) page.

## Oliver's Bench

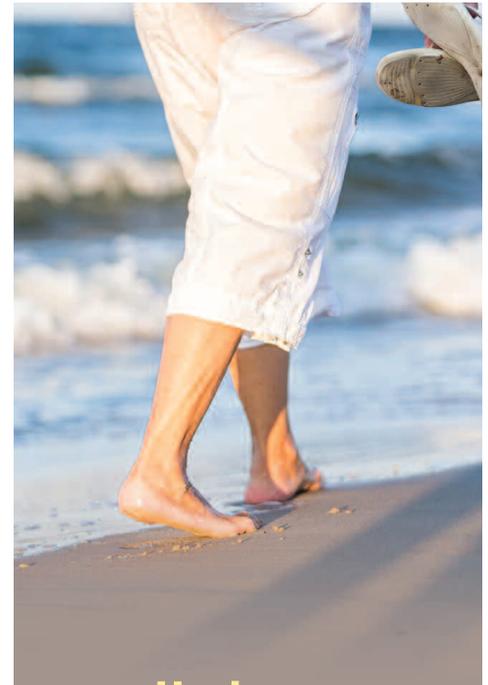


Jean in 'the booth' at the Astor Theatre, Liverpool, NS

The Winds of Change Society's entry in the Liverpool International Theatre Festival in October is a play penned by **Horizon's** very own graphic designer **Greg Tutty**. The innovative play, *Oliver's Bench*, featuring three actors and a simple set of a single bench, runs 50 minutes and is unique in that it is completely non-verbal. Greg describes the play thus: "*With this non-verbal play, the audience is invited into the park to watch and interpret the story in their own way without benefit of words. The play tells the story of Oliver, a simple, unassuming man who happily spends his days in solitude sitting on a bench in a park beside a lake. A man of routine and order, he tries his best to put up walls to protect his safe little world. However, despite his best efforts, a quirky woman manages to find her way in.*"

**Jean** has been working with **Greg** as producer of the play. Besides her producer role, she has been a stand-in actor at rehearsals, and operated the sound and lights for the play's successful debut performance on June 12th.

Look for *Oliver's Bench* as part of the LITF lineup in October.

Horizons  
Summer Holiday

We will begin our summer vacation on July 3rd and return to work on August 1st.

Happy summer everyone!



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