

NS Writer Jodi Delong Speaks at WCCS

By Linda Harrington

World Food Day was October 16th and Library Specialist Trish Rubin thought it was timely to invite writer Jodi Delong to West Colchester Consolidated School to speak to students about gardening.

"I invited Jodi Delong to the school today because she is an excellent writer and her work has inspired me to expand my own gardening," says Trish. "Friday is World Food Day and it is important to be interested in world food and local food issues."

Jodi Delong describes herself as an editor, writer, photographer, word nerd and very complusive garden-er. She is a contributing writer to Saltscapes maga-zine and she recently brought her wealth of infor-mation and story telling tal-ents to WCCS with a presen-

tation titled "The Real Dirt-Growing Your Own Garden".

Jodi enjoys "planting seeds in kid's heads" and says you never know what they might do with this informa-tion down the road. She has been gardening since the age of seven but had no idea back then she would be writ-ing about it.

"The students are at an age where they are very interested in what people have to say and I enjoy encouraging them to think about the world around them," says Jodi. "I like to plant the idea that schools could grow their own garden and then use the produce for either the community, the school itself or the food bank. Other gardens such as butterfly gardens could also be planted."

All students at WCCS had the opportunity to listen to Jodi Delong's presentation

on Oct. 13th and they went home with a great deal of helpful information.

Anna MacFarlane found out "it is a good idea to grow a garden". Amanda Crowe thinks you should not grow a vegetable unless you like it, so the produce will not go to waste.

Nadia Pace was impressed with the idea of planting a school garden and she was also pleased to discover that not all bugs are bad.

"I found out there are many unique vegetables with different shapes and colors and different kinds of gar-dens, depending on the cli-mate," says Allison Winters. "You can even grow butter-fly or nature gardens."

Jodi Delong's visit to WCCS was sponsored in part by the school and by the Writers in the Schools pro-gram through the Writer's Federation of Nova Scotia.

"This program brings Maritime writer's out to rural schools to meet face to face, pose questions to and make comments about the books they have read. This interaction would not other-wise happen due to distance and finances," says Trish Rubin.

Maybe these young 'green thumbs' will be using their new found knowledge next summer, growing fresh veg-etables and beautiful flowers throughout the Bass River area.



Carol Pash recently graduated at the top of her class from the Continuing Care Assistant program. Carol is a former resident of Glenholme. (Harrington Photo)



NS writer Jodi Delong knows all about gardening and she was happy to share her knowledge with students at WCCS on Oct. 13th. (Harrington Photo)



Grade six and seven students at WCCS gathered to listen to a pres-entation by NS writer Jodi Delong. (Harrington Photo)

Make Sure Children Exercise Regularly

By Matt Pryde

Have you ever heard of Tumblebugs? It's a great pro-gram for children ages 3-6 that helps them develop basic movement skills, bal-ance and flexibility. Tumblebugs is a 10 week pro-gram that can be implement-ed in any program that reach-es younger children. Here's the best part, 20 of the 28 preschools in the Fundy Region, as well as both the Amherst and Truro Maggie's Places, and even the NSCC Early Childhood program and the Dr Jane Norman Early Childhood Education Centre in Truro all have certified Tumblebugs Trainers in the respective organization. This means that they all have the capacity to train their staff, and in the case of The Early Childhood Centre in Truro and the NSCC, their students, on how to use the Tumblebugs program.

This is great news for Cumberland, Colchester and East Hants; because it means that the basic principles of physical activity and a healthy lifestyle are being ingrained into our children's heads from a very early age. With reinforcement at home, there is a great chance that our kids will grow up to be healthier than their parent and live longer, which is even more important because with our current physical activity rates it is looking more and more like our chil-dren will be the first genera-tion to NOT out-live our par-ents. I've said it before and I'll say it again, heart attacks in high school are not an unrealistic possibility.



It is so important to encourage our children to get outside and play. Let them jump around and run in the mall. Take them to the playground and run around with them. Lead by exam-ple, because you are your child's hero whether you know it or not. And don't stop once they hit school. Research shows that it is right around grade five that our kid's start to really take a tailspin in terms of their physical activity levels. By the time they hit grade eleven, less than 5% of Nova Scotia youth are getting enough physical activity to achieve any health benefits (30-60 minutes per day, 5 days per week).

Remember, physical activi-ty does not necessarily mean playing a registered sport. Also, the 60 minutes per day does not all need to be done at once. It can be spread out throughout the day. So, get your kids walking to school if they don't live too far away. Park your car at the far end of the Mall parking lot and walk. Take the stairs at work, and play with the kids.

Keep in mind that 20 of our 28 daycares are trained to implement Tumblebugs. As your daycare provider what they are doing to help your kids be active and learn these basic movement skills and if they aren't doing much, encourage them to do so. If they are not sure where to start, have them contact me.

Matt Pryde is Fundy Active Communities Coordinator. He can be reached at: Matthew.pryde@gov.ns.ca

Currie's Excavating Ltd.
R.R.#1, Debert
N.S. B0M 1G0

**Backhoe, Excavating,
Trucking, Septic Systems
Gravel, QP2**



Bruce Currie
Tel: 662-2412
Cell: 897-8275
Fax: 662-3756

Randy Currie
Tel: 662-3180
Cell: 899-6275

E-mail: digmud@eastlink.ca

Bass River United Baptist Church
5692, Hwy 2 - Bass River NS - B0M 1B0

Sunday Worship Service 11 a.m.
Bible Study - Mondays 10 a.m.



Gospel Coffee House
4th Saturday every month... 7 p.m.

Lic. Larry Tirrell - Pastor
Church: 902-647-2567 Home: 902-843-5941

OVERHEAD DOORS
Residential and Commercial
Repair, Replace or Install
Call us for all your overhead door requirements and repairs



Dan Wesley Installations
976 Station Road, Londonderry, NS B0M 1M0
PH: 902-668-2202, Cell: 902-899-6294
E-mail: dswesley@hotmail.com

mo's
open all year
great food & lodging
Five Islands