

# Be Adventurous, Try New Foods!

WCCS Healthy Food Fair on March 20th gave students on opportunity to try new foods. (Harrington Photos)



Chloe Faulkner could not hide her dislike for sushi from classmate Carly Fielding, but at least they gave it a try.



Luca Watson and Brett Crossman give Baba Ghanoush a try for the first time.



Daniel Dodsworth-Lush, Dakota Smith and Maggie Badcock try wraps with veggie sprouts.



Like most other students, Madison Rushton, Sierra McLellan, Mike Santos and Jared Phinney (l to r), enjoyed the fruit kabob station.



Students from the Primary to Grade 2 Class are trying to decide if they want to taste humus.

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By Linda Harrington

Bass River-West Colchester Consolidated School students had the opportunity to try a variety of new foods at a Healthy Food Fair held in the gymnasium on March 20th.

"March is Nutrition Month and a perfect time to focus on healthy eating. The Food Fair encouraged students to use tracker cards to pick a variety of foods, using the Canadian Food Guide," says teacher and event organizer Sybil Flemming. "If they completed the cards, they could enter for a prize draw. There was also an opportunity to try some of the more familiar foods in a new way."

Grade 7 students assisted with the event by making tracker cards and table mark-

ers. Grade 7 to 9 students prepared sample dishes in their Family Studies class. Parents and community members served the foods to students and a group of five Grade Nine students (Ally Strachan, Michael Congdon, Grace Taylor, Lily Taylor-Stackhouse and Jason Riemersma) spent extra time after school getting the event organized.

Some students were pleasantly surprised by the foods they tasted. "This is pretty good," said Lucas Watson as he tasted Baba Ghanoush for the first time. Others were not so enthusiastic, including Chloe Faulkner, as she tried her best to take a bite of sushi. "Oh, it even smells bad," she said, trying to plug her nose and take a bite.



Grade Nine students Ally Strachan, Michael Congdon, Grace Taylor, Lily Taylor-Stackhouse and Jason Riemersma (left to right) were a big help organizing the Healthy Food Fair. They are enjoying trying cheese fondue from parent volunteer Helen McAleer.

## Andrew Yorke Memorial Fund Bursary Available

A bursary from the Andrew Yorke Memorial Fund is available to students who will be graduating from high school this year and continuing onto post secondary school. Students interested in applying are asked to submit a letter on "What education means to you!"

The students eligible to apply must live in the Five Islands to Bass River area.

Please state what program you have been accepted for and what school you will be attending.

Applications must include full name, mailing address and phone number. It is the student's responsibility to submit your letter not the schools.

Applications are to be mailed to: Carole Fisher, 2896 Hwy # 4 Glenholme NS B0M 1G0 no later than May 26, 2014.

## I Heard it at the Company Store

By Wendy Cox

Do you know what I heard....I heard that I emailed last month's article to the wrong person. Sorry about that but here is a brief outline of what was in it. I hosted a crokinole party and the big winner was Rod Faulkner....only lost the game he was partnered with me in. That will tell you how good I am at crokinole! But I love to have fun and we sure did that night with 20 plus players, lots of laughs and a great pot luck meal. One way to beat the winter blues is to spend time with

friends having fun. I see work being done on Gerald Elliott's house in Economy. He had a bad fire last month and it looks like they are fixing it up to live in again. Good to see. I also see lots of deer out along the highway; watch out for them when you are driving.

Lots of break-ins along the shore the last couple of months. Please keep an eye out for strange vehicles where they don't belong. Watch out for your neighbours place when they are not around. Report any unusual things to the RCMP.

these people need to be caught!

The month of April will hopefully bring us some warmer weather and less ice. So it's time to get out and support those local fundraisers. A few I know of are, April 12 Roast Pork Dinner-Economy, All month Spring Bulb Sale Riverside Stewards-Bass River, April 26 Turkey Burger Take-out in Bass River and I heard rumour of a games afternoon at the Economy Rec Center for April 5th....watch for posters for all of these.

Our condolences go out

to the family of Betty Creelman who passed away in March. Our "get better soon" to all who are sick and/or are in hospital.

The snow is soon going to melt and spring will hopefully be seen soon. May we all enjoy the sunshine and warmth. Those returning from their "gone south" trips will get a rude awakening when they step out of the airport just yet. I know it was -17 here this morning and that is just not right...but you know I think it won't be long before I start complaining about the blackflies and mosquitos. Gotta love the Maritimes! Until next time...have fun and play safe.

**Lawrence R. Nicoll**  
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## The Keepers Of The Cross

(The Cross We All Bare)

**The Places I've Been  
The Places I've Seen  
Are Places We Hold  
Sacred Ground I Am Told**

### Keepers of The Cross

**Not One Died In Vain  
Though All Died In Pain  
Keeping Safe Us At Home  
Our Freedom To Roam**

### Keepers of The Cross

**When One Goes To War  
For A Continent We Adore  
Not All Come Home Here  
Some Die There In Fear**

### Of Not Coming Home At All!

### Keepers of The Cross

**God Bless And Thank-you  
Thomas A. Marshall (Ex-Navy)**



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