



Sandra Barry (right) lead the walking tour of Elizabeth Bishop's Great Village. Several events were held on Oct. 3rd, in celebration of Elizabeth Bishops connection to Great Village and Nova Scotia. Paul Zann, Rosaria Campbell, Brenda Barry and Laurie Gunn were observing the building that was once Hill's Store. The store is mentioned in Elizabeth Bishop's writing "In the Village". (Harrington Photo)

Playschool Patter



Lr Onslow Playschool's Tuesday group with Laurie Jennings on their visit to the Masstown Market.



Wednesday's group from Lower Onslow Playschool with Mr. Jack Hines as he presented poppies and flags to the children.

By Joann Michelin

Well, here we are again, the end of another month and we have been busy. We had our dress up parties with many Hannah Montanas and Spidermen. We had visits to the Masstown Market, thank you Laurie Jennings. The children all learned a lot about the grocery business. This month we are learning numbers, letters and other preschool skills.

I mentioned last month that our church is closing and we are trying to put together a proposal to keep the building and turn the upstairs into a Community center. If any one would like to offer suggestions or support you can contact me regmichelin@eastlink.ca. Until next month, the Christmas issue, remember to play each day.

Nature Notes

By Fran Spalding • 647-2837



The horrific report of a lethal attack by coyotes in Cape Breton made some people look twice when, about the same time, they saw three of them wandering through their yards on the south side of Rte. 2 in Economy. They're presumably after cats; at one farm the result of the disappearance of cats from the barn was a great increase in the rat population.

There they spread to the house and were only controlled by repeated doses of poison. One can forgive an older person for having them on his or her mind when taking a constitutional down a country lane, though they say a bolt of lightning would be more likely to get you.

There have been several reports of bears, too, but they'll soon be going into hibernation and in any case aren't looking for

trouble. These Nature Notes, though, deal mostly with pleasant though often brief encounters with non-threatening wildlife: for instance Nelda Chisholm was delighted by a visit, a brief one, from a bright male Baltimore Oriole early this month.

Over the years the Chisholms' feeders, near the shore, have attracted many vagrants on their way south. I added a new bird to my "yard list" (the list of all birds seen on or from the property); it was a female cardinal.

For some reason our shore has fewer records of this species than many places in Nova Scotia. A few days later Janet Quinn, a couple of miles eastward in Lower Economy, saw what was surely the same bird at her feeder and managed to get through-the-window photos to confirm her first sighting. It was still

By Matt Pryde

Being an expecting parent myself, I have become quite interested in the subject of prenatal and postnatal physical activity, so I thought I would do a little research and share with you what I found.

It was not too long ago that pregnant women were encouraged to "take it easy" and "keep their feet up." Attitudes have changed over the years, however, and regular physical activity during pregnancy has been shown to help an expecting mother prevent muscle and back pain, maintain a consistent weight and control stress and possible depression levels. Some specialists even believe that the baby itself can benefit through their mother's physical activity and even help to encourage the child to live a healthier lifestyle when they begin to make decisions for themselves.

A few other benefits from being physically active while

expecting include increased levels of energy, improvements in mood and body image, prevention of diabetes and back pain, easier labour and delivery, and faster recovery. Not a bad list!

It should be noted, however, that if you are interested in exercising during pregnancy it would be wise to discuss the exercise program they have in mind with their doctor before doing anything. Also, during the first three months of pregnancy someone who is already active should not try and do more, while an individual who is generally inactive should avoid increasing their activity level. Once those critical three month are over, you can begin implementing regular exercise into your day.

Consider activities where the body is supported. Swimming and cycling are good examples. These are especially good if activities like jogging and aerobics are

uncomfortable. Avoid activities which involve physical contact, danger of falling or high impact, like skiing, skating and running. In the winter time, be sure to walk on cleared sidewalks or sign up for a maternal Yoga class.

A couple of other things you should take in mind when you are pregnant include participating only at a comfortable level, and take plenty of rest breaks, drink liquids before and after each session, avoid

activity in hot or humid weather and be sensible. Take a day or two off if you are feeling more tired than normal.

Active living is important before, during and after pregnancy. Just make sure you don't try to do too much, too fast and you will find that the benefits will make life a lot easier on you as the months roll by.

Any questions or concerns? Maybe you have a suggestion for future article topics? Feel free to contact me at matthew.pryde@gov.ns.ca

Matt Pryde is Fundy Active Communities Coordinator

Debert Baptists to host H2O Marathon

The Debert Baptist Church is launching a youth initiative to reach the 13 to 18 year olds in the community. It is an H2O Marathon, and started on Saturday, November 14th set from 5 to 10 pm.

H2O is a ten part video series that explores the human thirst to belong, to understand and to love. It takes an up close

and personal look at the challenges we face in everyday life and how empty we can feel from time to time.

The marathon will present all ten episodes, mixed with some meaningful conversation. It starts with pizza at 5 o'clock and with some popcorn-n-pop added throughout the evening.

Debert Elementary School Notes

By Linda Harrington

The PTG Halloween Dance raised over \$1100. These funds will be used to help pay for year end class trips.

A Service of Remembrance was held on Nov. 10th, in the gymnasium, with Brandon Betts acting as emcee. Michaela Priest and Carlie Barnhill read a poem called "Please Wear a Poppy". Emily Wilson read the story "Mark's First Poppy". Jarod MacDonald introduced the guest speaker, Mr. Rober Collins. Mr. Collins left students with the message that Canada is by far the best country in the world and to always be proud to say you are Canadian.

Rev. Don MacQueen gave spiritual reflection on why we go to war. He reminded students that not all people are as lucky as we are and our soldiers must go to help them. All students sang the "Song of Peace", a very moving tribute for Remembrance Day.

Wreaths were laid at the front of the gymnasium on behalf of students and staff by Gabby Rushton, Ethan Totten, Mallory Priest & Alex

Weatherby. "The Last Post" was played, followed by two minutes silence and then "Reveille".

Mrs. Cox thanked invited guests and asked students to think about those around them, who may have loved ones serving in Afghanistan. She thanked the Grade Six class, for helping organize the Service of Remembrance.

Students pinned their poppies on a cross at the back of the gymnasium as they left the Service.

Term 1 ends on Nov. 27th and report cards will be sent home on Nov. 30th.

Parent/Teacher interviews will be held in the evening on Dec. 2, from 6:30 - 8 p.m. and in the afternoon on Dec. 3 from 1 - 3 p.m. There is no school for students on Dec. 3.

A Scholastic Book fair will be held on Dec. 2 and 3 during the Parent/Teacher interview times. Some classes will be participating in an Inter-generational Christmas activity at Debert Court in December.

Orders for wreaths will be taken, beginning on Friday, Nov. 20th, with a delivery date

coming to her feeder November 15th and may or may not spend the winter somewhere along our shore.

A couple of the many blue-birds reported last month were still around in early November. I hear that Carol Corbett, on whose farmstead most of them were seen, has

already put up a couple of birdhouses in anticipation of their return next year. In fact I hope to report on more plans to provide them with homes.

For now, though, a single snow hunting at Rosemarie Meredith's in Highland Village is a sign of what we can expect in the months to come.

Thank you! Thanks to all who took part in the byelection as voters, supporters, or volunteers.

Congratulations to MP Scott Armstrong and the other candidates for their hard work.



Let's keep working together toward a more vibrant community, sustainable environment, and resilient economy where no one is left behind.

Mark Austin



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

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