

"Go For It!" - Mitch Dorge tells CCJHS Students



Mitch Dorge (right), former drummer with Crash Test Dummies, poses with RCMP Cst. Jane MacDonald and CCJHS students Carrie Blair and Devin Desjardins (left to right) prior to his presentation in the school gymnasium on May 12th. (Harrington Photo)

By Linda Harrington

Students at Central Colchester Junior High listened intently to a thought provoking presentation by Mitch Dorge on May 12th, former drummer for the band Crash Test Dummies. He delivered his message, of making positive life choices, using humor and real life experiences as illustrations rather than simply preaching a moral message.

Mitch Dorge, has travelled the world, mingled with celebrities and won prestigious awards but on this day his focus was on what he says is of the utmost importance. "Happy kids equals a happy world and I want kids growing up in a happy world. It takes a lot of my energy to put on this presentation and I wouldn't be doing it if wasn't worth it. These kids are worth it!"

RCMP Cst. Jane MacDonald, the School Resource Officer and Cst. Pascale Bergeron were responsible for bringing Dorge to area schools includ-

ing South Colchester Academy, Brookfield Elementary, Red Cliff, Bible Hill Junior High, Tatamagouche Elementary along with CCJHS. The RCMP officers were impressed when they heard him speak at a Crime Prevention Symposium and felt it was important to bring his message to the students. The Co-operators Insurance sponsors his speaking engagements.

Mitch, a self-described extrovert, wasted no time going out into the audience of CCJHS students and their teachers encouraging everyone to participate in his improvised band. Once the upbeat lap drumming performance was finished, he thanked those who gave 100% saying, "The energy created here was the combination of those who gave everything and those who chose to give nothing. If everyone gave 100% all the time, we could change the world."

Cst. MacDonald was impressed with how Mitch



Mitch Dorge convinces Cameron Allaby to play a rope instrument in an improvised band, giving fellow students a good laugh. Mitch is a former drummer with Crash Test Dummies and he was at CCJHS to talk to students recently. (Harrington Photo)

was able to get the students thinking without actually lecturing. "He presents a platform for them to think about the results of making positive choices and helps them to believe they are capable of doing whatever they chose. We have been getting lots of positive feedback from students who have already heard his presentation in other schools and they were especially captivated when he tells the story about 19 year old Jacqui."

Mitch made his way through the audience with photos of Jacqueline Saburido as he told the story of how she, along with a car load of her friends, was hit by a drunk driver. Two friends were killed and Jacqui was burned over 60% of her body when the car caught fire. She lost her hair, ears, nose, lips, left eyelid and much of her vision.

CCJHS student Cole Thomas thought Jacqui's story made the message very clear. "Somebody else can really mess up your life. You need to make good choices and not be

the 'somebody' who could cause something like what happened to Jacqui. I would never want to do that," he says.

Mitch Dorge, who has been playing drums since he was six, told students, "I can say drugs and alcohol are a waste of time but you will have to make that choice. There is no greater high than doing what you love." He asked students to think about ways they can make positive changes in their community and to let him know, on his website, if they have any ideas.

Cameron Allaby was impressed by how Mitch has made a career out of doing what he enjoys, "It would be awesome to do something you love every day," says Cameron.

Mitch says he is "one of the happiest and luckiest guys you will ever meet" and he left the CCJHS students with one final thought, "Whatever you want to do, go after it, with everything you have...Go For It."



CCJHS student Cole Thomas became a ninja warrior with some helpful coaching from Mitch Dorge, former drummer with Crash Test Dummies. Mitch encouraged audience participation as he talked to students about his life experiences and how they can make good choices in their own lives. (Harrington Photo)



Instructor Kathy Simpson-Giles assists Matt Laing and Blake Otterson as they learn the proper technique for performing CPR. All grade nine students at CCJHS received Saint John Ambulance CPR certification during the week of May 16th to 20th. (Harrington Photo)

Clifton 4-H Club News



A welcome sign put up by The Clifton Federation of Agriculture on Old Barns Road recognizes the Clifton 4-H club. (Marla McNutt Photo)

By Marla McNutt

The Clifton 4-H Club had their general meeting on May 3rd with a presentation on judging skills by Katherine Rutherford. Judging is a mandatory requirement for members in 4-H where they will judge each of their projects. Judging took place on Wednesday, May 25th.

A thank you note was sent to the Club from Catherine

Burrows and Global Brigades for the donations that were sent to the Honduras. They were able to take over 90 (50 lb) bags of these greatly needed supplies to give out in the country.

Next general meeting is on Tuesday, June 7th. Reminders also of the July 1st deadline for the 2012 4-H theme contest.

Marla McNutt is club reporter for the Clifton 4-H Club.

Spread the news
of your Community

Parrsboro Old Home Week JULY 13-16

Preparations are now underway for Old Home Week July 13th to the 16th in Parrsboro. On Wednesday, July 13th the Parade will begin from the

High School on King Street at 6:30 p.m. Anyone wishing to enter a float or compete in the parade please contact Gerry Boutilier at 348-2008.

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