

## Carling Gratto Awarded Dal Student of Year



Carling Gratto, Masstown, was recently awarded Dalhousie Faculty of Engineering Co-Op Student of the Year. She is the first female student to win this award. Congratulations, Carling! (submitted)

By Linda Harrington

Carling Gratto, Masstown, was recently awarded the Dalhousie University Faculty of Engineering Co-Op Student of the Year. She is the first female student to ever win this award.

Carling Gratto grew up in Masstown, N.S., the daughter of Donna and Todd Gratto. She completed two years of the engineering diploma program, in 2012, at the Dalhousie University's Agricultural Campus (formerly NSAC) and then transferred to the engineering co-op program at Dalhousie University, Halifax.

She will complete the three year co-op program this year, graduating in May with a Bachelor of Industrial Engineering.

Carling chose to enter the co-op program to pursue her industrial engineering degree. Industrial engineering wasn't a career Carling had always imagined but having a father who is an industrial engineer certainly helped her make the decision. The co-op program requires students to complete three

work terms. Each work term is four months long, providing students one year's worth of experience upon graduation.

To be nominated as Co-Op Student of the Year, students must have two outstanding work term performance appraisals, two outstanding work term reports, letters of support from an employer and a faculty member and demonstrate how co-op has enhanced their education.

The Dalhousie University website announced the award winners saying, "Attention to detail and exceptional organization are just two of the many traits that earned Industrial Engineering student Carling Gratto commendation during her work terms with Capital District Health Authority, LED Roadway Lighting Ltd. and Proctor & Gamble Inc."

Through the co-op program, Carling gained valuable experience and at the end of her final work term, she was offered and recently accepted an employment position with Proctor and Gamble.

## CALA Making Tracks Cycling Program being offered in Debert

By David Boehm

This spring Colchester Adult Learning Association is offering a family learning program that will create an environment where families can learn about active transportation together. CALA Making Tracks Cycling, designed by the Ecology Action Centre of Halifax, helps children and adults to understand the elements involved in making cycling as a safe, healthful, and fun activity. CALA, with support from the United Way Colchester and the North Shore Area Community Health Board, is offering this program as an afterschool learning program for parents and caregivers and children, ages 7 years and older. Debert Elementary School and Tatamagouche Elementary School are cooperating by promoting the program to their school communities and by allowing CALA to use their school facilities. Weekly sessions will provide hands-on practice of essential cycling knowledge and skills: repair and maintenance, riding techniques, road and trail safety and more.

Everyone wants our youth to be active, to be independent. There's much talk now of 'bubble-wrapped kids' and 'nature deficit'. As a society we've begun to recognize that 'risky play' and time spent outdoors and in nature are non-negotiable developmental requirements. Still, fewer than 26% of kids in Canada now walk or bike to school on their own. Seventy percent of Canadian youth spend an hour or less outdoors each day. That means only thirty percent of Canadian youth are spending a meaningful amount of time outdoors being active. We drive our kids

to school or to a play date—we think we are doing them a favour. But learning to get around safely and responsibly is part of growing up both physically and socially.

There are real and perceived barriers that prevent parents from feeling at ease letting their children roam freely: busy roads, few older siblings to keep an eye out, the possibility—however remote—of 'stranger danger'. We would like kids to enjoy the freedom many of us enjoyed when we were their age—but without the risks we took. It's not possible of course; risk is an inescapable part of life; children and youth need to encounter risks to learn and grow.

As an educator and a parent I've always felt that a child's best asset was her/his own sense of curiosity and self-preservation. It's great to remember that the kids are on our side in this. They are eager to learn about the world—including the dangers that exist. They also experience the ambivalence between wanting adventure and wanting to be safe. Once we can agree we're on the same team there's a lot we can do to prepare our youngsters for getting outside and around the community on their own.

Children and youth need the knowledge, skills, and confidence to respond reasonably to dangers that exist. As they grow, the boundaries of their world expand; they need practice using their own judgment. But judgment is not built-in. Sharing knowledge, teaching skills, and building confidence in our children is what being a parent is all about; we need to take the

time to have those experiences where this learning takes place. Sometimes too we could use some help. That help is what the CALA Making Tracks program aims to provide to families in Colchester County communities this spring.

We hope when families are learning about a healthy outdoor activity together they will be more likely to make that activity part of their everyday life. It's always fun to go cycling together—if children are not ready for the roads there are rail trails and other safe places to ride. Mountain biking and trail riding are becoming very popular as family activities.

Many of us were shown how to ride by older brothers and sisters. It might have been an older sibling who patched your leaky tube or fixed your broken chain. Parents are carrying that

load now. But riding a bike with your child is hardly a burden. The enjoyment of riding and being outdoors is a win for everyone. There are risks, but you learn about these risks together and acquire the skills and judgment to address them. Every kilometer you travel together will help your child move confidently toward responsible independence.

To learn more about CALA Making Tracks Cycling, contact David Boehm at calamaking-tracks@gmail.com, CALA offers learning opportunities for adults: literacy, math, computer skills, ALP GED prep. To learn more about CALA's Adult Learning Programs, email contactcala@gocala.ca or call 902-895-2464

David Boehm is the Family Learning Coordinator for the Colchester Adult Learning Association

## Shoreline Journal wins "Outstanding Community Engagement Award"

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"Outstanding Community Engagement" by several experienced newspaper professionals from across Canada" who served as volunteer judges".

Since the Shoreline Journal was purchased in January 2008 by Maurice and Dorothy Rees, the Shoreline Journal and staff have been recognized in several local, regional and national competitions. In 2009 it was a finalist in the Truro and District Chamber of Commerce New Small Business Award presented annually by RBC, Royal Bank, Truro, NS; a 2010 standing finalist in Best Overall Ad category of the Better Newspaper Competition for Atlantic Canada.

In 2010, Maurice Rees, publisher was presented with a Silver Quill (25 years) Service Certificate by the Canadian Community Newspapers Association. In 2011 he received an award as the "Outstanding Classified Sales Person" in Atlantic Canada for his efforts in 2010. In 2013 he was presented with the Canadian Community Newspaper Association Sold Quill Certificate and Pin for 50 years continuous service to the newspaper industry.

## Matt Minglewood at "The Hall" May 15

By Patricia Burke

Matt Minglewood will be playing Parrsboro at 8 pm May 15 as part of the The Parrsboro Band Association's next concert in the "Winter/Spring Concert Series. This event will be part of Minglewood's "Rockin the Blues" tour. This will be a great concert so go to our website for all the information on locations to get tickets.

The Hall will be a busy spot in May with 2 movies on the 6 & 20th; Open Mics on the 8th & 22nd. The 22nd will be the final open mic for the summer and will resume in Sept. On Sun. May 17th there will be "A Family Night with Hooligans Rough". There will be a canteen but no bar. Tickets are \$10 each or a family for \$20.

On Sun. May 24th there will be a Members only appreciation Wine and Cheese Party

at 7 pm. During this celebration the new dropdown screen will be unveiled in memory of Lester Wheaton. So if you have not paid your membership or would like to become a member do it before this event so you can come to the celebration.

On Saturday, May 30th the popular Annual Plant, Bake and Book & Yard Sale will return at 9 am. If you would like to donate to this event the hall will be open on Fri. 29th from 6-8 pm for drop off. We will also have tables to rent for \$10. To book a table call 902-701-8951 and leave a message.

On Sunday, May 31 at 7 pm the Annual Spring Concert for the Parrsboro Citizens Band will be held. Details are still being finalized so go to our website at [www.thehall.ca](http://www.thehall.ca) to just see what wonderful things are going on at the hall.