



An afternoon tea was well attended at the Debert Military Museum on Sept. 14th. Delicious goodies were for sale on a bake table and tickets were sold on a beautiful handmade quilt. (Harrington Photo)

Bass River Notes

By Joyce Starratt

The weather has been lovely lately, hasn't it? A lot of sunny days. The days are getting shorter, I don't care for that very much.

Lona Dralic is visiting her mother, Lucille Starritt. Fran May of Toronto spent a week with her brother Roy and Clara Galway at their cottage at Little Bass Beach. Freda McCormic, Dartmouth spent a few days with Barb Hood at her Little Bass Beach cottage.

I wonder how many people were watching Canada AM, Thursday, September 15th? The program was about the Bay of Fundy. Jeff was in Parrsboro drumming up votes for the Bay to be picked as one of the 7 natural wonders of the world. A

large crowd of people attended the event. (Lawrence Nicoll, landscape photographer from Parrsboro has submitted several photos of the event and are contained on page 15.)

It's too bad it hasn't shown the tide come in, filling the Cobequid Bay as far as Truro, where you can see the tidal bore. There are not many people in Nova Scotia and New Brunswick so it is unlikely the Bay of Fundy will be chosen.

Here is a little saying, which I think is good advice: "If you your lips would keep from slips of these five things beware, of whom you speak, to whom you speak and how, and when and where".

So long for now.

Chiganois Elementary Notes

A "Stand Up Against Bullying" Assembly was held in the gymnasium on Sept. 8th, with RCMP Constable Jane MacDonald as the guest speaker. Students were encouraged to wear pink that day and several classroom activities were held.

Students participated in the school's Terry Fox Run on Sept. 9th and donations were accepted for the Canadian Cancer Society.

A community member is needed for the School Advisory Council. Please call the school at 662-4420, if you would like more information or to volunteer for this position.

Mrs. Ryan-Connolly has been working on a Blog for the school library. Please visit <http://www.chiglibrary.blogs.pot.com> regularly for library updates and event postings.

Parent Orientation Night was held, along with a Scholastic Book Fair, on Thursday, Sept. 15th.

A School Assembly for students, and the Principal Lunch for August and September Birthdays, was held on Sept. 27th.

A Site Based In-Service for Chiganois Elementary staff

See our students Anti-Bullying photo-spread on page 27

will be held on Sept. 30th. No school for students on this day.

Walk-To-School Week is October 3rd to the 7th. Students and staff will be walking around the school in the morning, before classes take in. Most Chiganois Students are bussed to school so this is a way for students to actively participate in this event.

A School Advisory Council Workshop will be held at Cobequid Educational Centre, Truro on October 6th.

After school sports will begin on Tuesday, Oct. 11th from 3:30 to 4:30.

The monthly assembly for October will be held on October 25th.

No school for students on Friday, October 28th. Staff will be attending an In-Service on this day.

Getting Active After School

By Robin Norrie

Did you know that what kids do after school can affect what they do at school? Research shows that regular physical activity contributes to better performance in school, improves concentration and connectedness to school and protects against negative behaviors such as bullying.

Unfortunately, only 31% of children and youth are active enough to achieve the Canadian physical activity guidelines of 60 minutes per day. So most kids are not getting the benefits associated with regular physical activity.

What is also becoming apparent is that the time period right after school is increasingly becoming an inactive (sedentary) time for kids. This is happening for a variety of reasons; bussing, safety, childcare issues...etc. Thus kids end up spending most of the after-school time period IN DOORS!

And this is unfortunate because an active child should be getting physical activity not only at home, during school and in the community but also after-school. It is an established fact that children who play outside after school rather than spending that time indoors, have significantly greater levels of physical activity. Imagine, just from being outdoors!

So as the new school year approaches here are a few ways that we can encourage kids to get more physical activity after school.

Make time for play

Free, unstructured play is fun, but it's not frivolous! For kids, active play is actually required for optimal growth and development. Kids need time to run around, explore, build, imagine and let loose. If you cannot be there to watch your kids at play, share duties with a neighbour or encourage your child's caregiver to supervise your child and some friends as they run free, jump and move around.

Turn off the TV

We all spend way too much sedentary time in front of televisions, DVDs, video games and computers. Children and youth should be getting no more than two hours of screen time per day. Make some house rules about screen time in the after-school period and stick to them.

Bike, stroll or roll

Walk or cycle your kids to and from school, or encourage your child's caregiver or daycare to do the same. Active transportation is one of the easiest ways to get more activity into a child's day.

Get organized

Some schools, municipal recreation departments, local sport organizations, YMCA/YWCA's and Boys & Girls Clubs offer budget-friendly, after-school programs in communities across the region. Some are sport or physical-activity focused, but even at an art or music program, your child will benefit from some time to be active and get moving.

The key is to take advantage of that after-school time for both physical activity but also fun, enjoyment and time to let loose. It's all part of healthy development. As the new school year approaches, think about ways to get your kids out and active afterschool!!

Robin Norrie is Fundy Active Community Coordinator, Robin.norrie@gov.ns.ca



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