

Bookmobile Schedule

Wednesday, July 13: Neil's Harbour at Highland Manor (1:30 am-2 pm), White Point (2:30-2:45 pm), Smelt Brook (3-3:30 pm), Dingwall (church) (4-4:45 pm).

Thursday, July 14: Bay St. Lawrence Community Centre (11:30 am-1 pm), Cape North Community Museum (2-2:30 pm).

Wednesday, July 20: Wagmatcook Cultural Centre (10:45-11:15 am), Little Narrows (1-1:30 pm), Fire Hall (1:15-1:30 pm), Hazeldale (1:45-2:15 pm), Washabuck Community Hall (2:45-3:15 pm).

Thursday, July 21: Iona-St. Columba Church (10:30-11:30 am), Jamesville at Dunn Road (1:15-1:45 pm), MacKinnon Harbour (2-2:30 pm).

DO YOU HAVE AN ANNOUNCEMENT YOU WOULD LIKE TO SEE IN THE VICTORIA STANDARD?

ANNOUNCEMENTS SUCH AS:

Cards of Thanks

Births • Anniversaries

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ARE AVAILABLE AT THE FOLLOWING RATES:

\$20 up to 25 words, plus 10¢ for each additional word.

If a photo is involved in an announcement, the rate is as follows: \$25 up to 25 words, plus 10¢ for each additional word.

Middle River School students benefit from "Communities in Motion"

by Elyane Saul

Thanks to a grant received through the Cape Breton Regional Health Board Communities in Motion program, the children at Middle River School were introduced to a diverse variety of ways to get fit and keep fit through the "Fit to Try" program.

They started off with Yoga with instructor Faye Chipchase. Through this they were able to learn to focus on their individual bodies throughout the different poses and notice which muscles were being engaged. Learning to "breathe" through the poses was taught as an essential part of the art and its importance in everyday life in terms of well being and stress release.

Next on the list was Hip Hop. Although this did elicit groans from a few of the boys, they soon learned that it was surprisingly physically demanding and were drawn to some of the moves by their names i.e. the "coffee grinder"! They enjoyed it so much

that they performed what they had learned in the annual Spring Concert.

In Plyometrics taught by Chris Walker of North Sydney, the children were soon to discover the importance of cardiovascular

each find their own rhythm, and enjoyed the challenge and freedom of movement.

The final session introduced the children to martial arts. With Karate they learned basic kicks and punches as well as the all important "focus" required to train effectively.

At Middle River School we feel the Communities in Motion grant has helped in changing the lives of the students in the school. With such a wide range of exposure to different exercises the grant gave the chance to the children to educate their families in the joys of exercise. They are ever learning that there is 'something



Lisa Sutherland of Hunter's Mountain, who holds a Black Belt in Karate, puts the students through their paces with a basic introduction to Karate.

endurance as well as building muscle through motion for speed and quick reflexes. Emphasis was placed on the effectiveness of this style of training for a variety of sports.

In May, the students were introduced to Zumba. This exercise is a combination of dance and movement set to music. Once again many of the students were placed outside their comfort zone with some of the moves. Yet they persevered and were able to

out there for everyone' when it comes to keeping fit.

The School at Middle River is very pleased with this positive outcome and it shows just how important community funding is to the lives of rural children.

Many thanks to the CBR Health Board for providing this opportunity and we hope to facilitate more programs in the coming years.

Writers with a community-minded approach to events and activities in their own neighbourhood are invited to submit to The Victoria Standard. Call 295-1144, or submit to P.O. Box 629, Baddeck, NS B0E 1B0, or FAX at 295-1143 or E-Mail us at victoriastandard@ns.sympatico.ca.

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