

# Percy students have eyes opened making new recipes

EMC MAY 8/14

By John Campbell

**News - Warkworth** - What's not to like about a school assignment that's fun to do and tastes pretty good when you're done.

Grade 7/8 students at Percy Centennial Public School are finding out just how enjoyable a school nutrition program can be with the help of Pat Stuckless, a public health food worker, and the support of The Abundance Project.

"It's been really great," said Olivia Rapos last week at the end of a two-hour session in which she and several of her schoolmates made muffins and turned strawberries, raspberries and bananas into an ice cream-like dessert.

"It's actually fun, I've never really experienced anything like it at school before," added Brooke-Lynn Stinson.

"The Abundance Project is all about healthy eating," said its coordinator David Lyon. "What we're trying to do here is introduce the kids to cooking ... [and] recipes that they, hopefully, will take home and make."

Stuckless, from the Haliburton, Kawartha, Pine Ridge District Health Unit, "has been very good" at teaching the students cooking skills and having them prepare dishes that are low in fat and sugar and high in fibre, "to get them away from sugar and highly processed food," Lyon said.

The classes, which have been held every Monday afternoon in St. Paul's United Church's kitchen facilities since last fall, are not just about cooking, they're also an op-

portunity for "good socializing activity outside of the regular classroom," he said.

And since January, the students have been making muffins, cookies and other foods for Percy's breakfast program, "doing something good for their fellow students."

Grade 7/8 teacher Julianna Anderson said "it's been a great bonding experience" for her students. "Socially, it gets them to know each other in a different environment."

She's also noticed "a big change" in their measuring skills which she believes will "carry over ... when they're learning about fractions in class, which is pretty awesome."

Anderson said the students have "tried foods they never tried before," which is "opening their eyes to eating in a different way."

The class is divided into three groups, to make the classes more manageable, so each group takes classes every third week.

"They look forward to it," Anderson said.

It's also showing them they "can learn outside of school [from] people besides your teacher, which is valuable, too."

In addition to promoting healthy eating and food preparation skills, The Abundance Project encourages sustainable growing practices and it's enlisted the entire school in this effort. Every student was given seeds on Earth Day to be-

gin growing at school for eventual planting at home as part of a vegetable growing contest. Prizes will be awarded at the Warkworth Fall Fair according to grade.

"The whole idea is to get the kids involved in growing their own food and [developing] an appreciation for what it takes," Lyon said.

In the same vein, volunteers put in two raised beds, four by eight feet, in front of the school last

Saturday for the growing of vegetables. The harvest will be used in the school nutrition program when it resumes next September.

One of the teachers, Peter Brackenbury, who was instrumental in getting the school's ecology garden going, will "keep an eye on it" over the summer, with the help of a few students in Warkworth who can drop by the school to water the plants and do some weeding, Lyon said.

SATURDAY, MAY 10

TORONTO STAR  
guest books for these notices at 1-4229, deathnotices@thestar.ca Births, In Memoriam

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## DEATHS

### CHURCHILL, Mary Muriel "Darlie" (MacKenzie) -

Born May 27, 1925, in Middle River, Cape Breton Island, NS, passed away with family by her side at Trent Valley Lodge in Trenton, ON, May 6, 2014.

Muriel graduated from the Glace Bay General Hospital School of Nursing in 1946.

Soon after she moved to Toronto continuing her work in the health care profession. In 1950, she married Charles "Charlie" Malcolm Churchill.

They moved to a farm property east of Toronto in Morganston in 1969, later enjoying town life in Colborne.

Muriel retired from Cobourg General Hospital in 1990. Her 44-year nursing career included positions at Toronto General Hospital, The Hospital for Sick Children and as a Nursing Instructor in the then new Registered Nursing Assistant program.

Active in her community she was a dedicated member of Colborne Inner Wheel and was honored with the Paul Harris Fellowship Award.

Muriel was predeceased by her husband Charlie in 2005, brother Charles J D "Buddy" (Charal) in 1989 and great-granddaughter Lizzy in 2007.

Muriel is survived by her daughter Sharon (Jim) Morrow, Middle River, NS and her son Charles (Elaine), Colborne, ON; grandchildren Jason, Colborne, ON, Marcie (Mike), Castleton, ON, Erin Daniel (Michelle), Toronto, ON and Megan (Donald), Baddeck, NS; brother Maynard (Julia), Middle River, NS; sister Minerva, Bonnyville, AB; great-grandchildren Gabby, Autumn, Harcla, Isabelle and Charlie; sister-in-law Charal MacKenzie, Baddeck, NS, brother-in-law Lloyd Churchill, Baddeck, NS and sister-in-law Ellen Robinson, Georgian Bay, ON and many beloved nieces and nephews.

A celebration of life service will take place at Colborne United Church at 3 p.m. on Tuesday, May 13, 2014.

For online condolences and more details visit [www.MacCoubrey.com](http://www.MacCoubrey.com)

Obituaries

Obituaries



**CRUZ, Barbara Jean** - Peacefully at Northumberland Hills Hospital on Thursday May 8th, 2014 in her 85th year. Beloved wife of the late Alfredo Cruz. Loving mother of Laura Dingman-Schumacher (Dennis) and Christina Tower (Bill). Dear nana of Jacob and Joshua. Lovingly remembered by her parents Lloyd and Dorothy Brown, her sisters Beverly (John), Marilyn (Bob), Karen (Lynn) and brothers Larry (Shirley) and Michael (Karen). Fondly remembered by her aunts, uncles, nieces, nephews and cousins. Friends are invited to call at the **MACCOUBREY FUNERAL HOME**, 30 King St., E., Cobourg on Tuesday May 13th, from 7-9 pm. A Memorial Service will be held at the MacCoubrey Funeral Home on Wednesday May 14th, at 11 am. Cremation with interment in St. Mary's Cemetery, Grafton. If desired donations may be made to the A.L.S. Society. Condolences received at [www.MacCoubrey.com](http://www.MacCoubrey.com)

*A Loving Tribute*

NORTHUMBERLAND TODAY  
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## DOORS OPEN

# Cramahe heading to 1914

### Continued from A1

Last year's Doors Open sites were in Castleton, she added, and by the best of their reckoning, they had about 2,700 visitors.

The three Colborne sites join 17 others in Northumberland to host free Doors Open visits. Admission is free and, in most cases, sites are open both days from 10 a.m. to 4 p.m. — though, in the case of the Warkworth and Brighton sites, they are open June 7 only. These would be:

- Schoolhouse Gardens, 404 Concession Rd. 3 W., Warkworth.
- Carman Historic Site (three landmarks at 854 Carman Rd., Brighton — the restored Gothic church, the old schoolhouse and the cemetery).
- Brighton Township Hall at

Township Hall Road in Hilton.

- The Butler-Tobey House at 211 Prince Edward St., Brighton.

Otherwise, visit on either day at the remaining sites:

- Antique Machinery Centre, 5077 County Rd. 10, Canton.
- Molson Mill, 46 Molson St., Port Hope.
- Kirkpatrick's Leather Shop, 15 Cavan St., Port Hope.
- St. John's Anglican Church, 9595 Queen St., Harwood.
- Spirit of Canada Gallery, 6228 Rice Lake Scenic Dr., Harwood.
- Harwood Fish Culture Station, 6388 County Rd. 18, Harwood (hours at this site are 8:30 a.m. to 4 p.m. both days).
- Cobourg Police Services Armoury, 107 King St. W.
- Victoria Hall, 55 King St. W.,

Cobourg.

- St. Mary's Catholic Church, cemetery and manse at 103 Lyle St. S., Grafton (hours at this site are 10 a.m. to 4 p.m. Saturday and 11 a.m. to 4 p.m. Sunday).

- The Canning Factor, 130 Canning Factor Rd., Grafton.

- St. George's Anglican Church, 38 Bridge St. S., Hastings (hours at this site are 10 a.m. to 4 p.m. Saturday and 2 to 4 p.m. Sunday).

- Westben Arts Festival Theatre, 6698 County Rd. 30, Campbellford (hours at this site are 10 a.m. to 4 p.m. Saturday and 10 a.m. to 1 p.m. Sunday).

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