

Come and try Tai Chi

The Canadian Tai Chi Academy (CTCA) is holding an open house on Sept. 4 and 6, from 10-11 a.m. at Oak Bank United Church for those who may be interested in learning more about Tai Chi or taking a four-month introductory course.

Tai Chi is an ancient form of exercise comprised of a series of flowing movements designed to improve physical and mental activities. Improved balance adds strength no matter what physical challenges you may endure.

The body loves these movements

and responds in kind, especially involving old or troublesome injuries or maladies. The moment you start to practice, your grounding starts to improve, enjoyment of activity is increased and internal focus and external awareness is improved.

CTCA instructors are all trained volunteers with experience. The Canadian Tai Chi Academy is a registered charity and not affiliated with any religious organizations.

For more information go to www.canadiantaichiacademy.org



File photo

Tai Chi is designed to improve physical and mental activities, balance and strength.



Photo by Greg Puhacz

Brian Bush (left), Carol Bush and Darlene Witzke were some of the 350 attendees at the Beausejour Collegiate Institute reunion.

Blast From the Past a welcome gathering

By Edna Barrie

The recent 'Blast from the Past' Beausejour Collegiate Institute (BCI) reunion brought over 350 former students and staff to the Brokenhead River Community Hall for a day of visiting, reliving the 1960s and 70s while listening to music reminiscent of the era.

On the floor were two cars of the era where many gathered like teenagers waiting to go out on a cruise around town and a Fun Shot Photo Booth where friends gathered to take a pictures.

During the day, film clips of musical

legends like the Beatles, Elvis Presley, and the Rolling Stones played on a big screen.

Many Canadians emerged and became famous in the 60s and 70s like Lorne Greene, Bobby Orr, William Shatner and our own Edward Schreyer – high school teacher turned politician who went on to be the Premier of Manitoba and Governor General of Canada.

Many businesses in and around Beausejour sponsored the event by donating auction prizes. Members of the Pioneer Village Museum provided meals for those who remained all day and danced the night away with the Ravin Band.

Province bans cell phone use in school

By Tony Zerucha

The back-to-school shopping list for many Manitoba students no longer includes cellphones after the Province of Manitoba banned their use on Aug. 15.

The ban is complete during school hours for students from Kindergarten through Grade 8, including lunches and breaks. Students in Grades 9 through 12 cannot use their phones during class times unless directed to for educational purposes by teachers. There are exceptions for students with medical concerns and diverse learning needs.

"We want young people to be able to focus in class so they can learn more and feel confident," Education and Early Childhood Learning Minister Nello Altomare said. "We know cellphones can be a real distraction for students. Studies show it can take up to 20 minutes for a child to refocus on what they were learning once distracted."

"These provincial guidelines will give teachers the tools they need to keep students focused and ensure class time is spent on learning. Plus, we will take safety and medical concerns into account so all risks are minimized."

Superintendent Trevor Reid said Sunrise School Division was making preparations for its own ban, even if the Province of Manitoba failed to act.

"The direction provided by the province is not a surprise, as Manitoba is the ninth province to move in this direction," Reid said. "Manitoba's direction is very consistent with what is happening in other



Photo by edweek.org

Students in Grades 9 through 12 cannot use their phones during class times unless directed to for educational purposes by teachers.

provinces across the country. Generally speaking, policies restricting the use of cellphones in classrooms have been well-received by parents."

Reid said Sunrise trustees heard from many parents this past spring who were asking Sunrise to take action. At a June meeting, the trustees discussed cellphones in classrooms and prospective policies like the Hanover School Division and the Division Scolaire Franco Manitobaine.

Does timing on the eve of a new school year give Sunrise School Division enough time to prepare?

"The timing of the announcement will make it a bit of a challenge, but Sunrise will have a new policy for schools to follow by the first day of school for students," Reid said.

The School District of Whiteshell and Sunrise Teachers' Association did not reply to requests for comment.

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