



Gerald Elliott of Economy celebrated his 80th Birthday with family and friends at the Economy Recreation Centre. Everyone was entertained with great fiddle music and enjoyed celebrating with Gerald on this very special occasion. (Dibbon Photo)

Great Village Legion Notes

By Ken Kennedy
Everything is just about shut down for the summer months with the exception of Bingo on Tuesday nights. There was a pretty good turnout for our annual church



Branch President Logan Spencer, right, looks on as Nova Scotia/Nunavut Command 2nd Vice President Ronald T. Trowsdale presented Neil Morash with a 65-year Long Service Award at the June meeting of Cobequid Branch 72 Royal Canadian Legion, Great Village. (Ken Kennedy photo)

Memorial Tree Planting at Veteran's Memorial Park

By Ken Jamieson

On August 8th the Veterans Memorial Park, Bass River will host a service to honor and remember all those who have served and continue to serve with Canada's peacekeeping missions around the world. As part of this service the executive have been asked to have in attendance representatives of the families of 9 soldiers from Nova Scotia who have lost their son while serving in Afghanistan.

Family members will plant a Royal Red Maple for each of them around the gardens. The

soldiers being being remembered are: Cpl. Paul Davis, Cpl. Chris Stannix, Pte Nathan Smith, WO Frank Mellish, Sgt Darcy Tedford, Cpl. Christopher Reid, Cpl. Tom Hamilton, Cpl. Kevin Megeney and Sgt Kevin MacNeil.

Everyone is invited to attend this special service to show those who serve and their families, we will always support them, even in grief. The military will march from the firehall at 10:30 AM with service to begin at 11 AM. A reception will follow at the community hall.

Velma and I went out to assist Art, Logan, and Neil to place new crosses, Canada flags and poppies on known veteran's graves at Mahon cemetery. The wind was a bit cool but all in all we did quite well with removing the old steel crosses and replacing them with the vinyl type. We thing we got them all. If you think we may have missed someone in the West Colchester area, please call Logan or Art ASAP.

Speaking of Neil Morash, the Command 2nd Vice President Ronald T. Trowsdale was on hand at our June meeting to present Neil with a sixty-five (65) year Long Service Award. Can you believe it? Neil is a bit of a handy-man around the legion and also visits sick and shut-in veterans in the area in his "spare time." He is also called to inspect the local army cadets parades as well.

Other awards presented that evening included recog-

nition of members for their past service to the branch. Art Chisholm received a past secretary pin, Logan Spencer receive a past sergeant-at-arms and past vice pin, Jack Hines received a past 2nd vice in absentia. (Jack is not well and is in hospital with severe diabetes complications). Dan Wesley received a past present second term bar, Ed Langille received both a 2nd vice and 1st vice bar, with Bruce Zwicker receiving a bar for his past president 2nd term work.

The financial report showed a successful cheese sale as well as a successful Sunday Brunch in May.

See you in September.

Family and Physical Activity

By Robin Norrie

Becoming a parent is a life-changing event, there is no question. It certainly limits the amount of time you have for yourself and alters the choices you make about your lifestyle. Research tells us that parents are generally less physically active than non-parents and this is especially true for mothers. Common barriers include: lack of time, lack of social support, fatigue, (exhaustion really) and obligations to child care and scheduling.

Unfortunately physically inactive parents often set patterns that lead to physically inactive families as a whole. Because it's not only what parents tell their kids but it's how they themselves live their own lives and make their own choices that sends messages to their children.

So at a hectic time in their life, when errands and diapers and preparing meals seem to fill up the day, how in the world are parents suppose to find time, not to mention motivation to live a physically active life?

Well the good news is that you do not have to reinvent your lives. There are ways to be physically active and STAY active, despite busy family lives. The key is to find ways to make it part of your daily routine. Some suggestions include:

Be a "sporty" spectator. Be physical active while you are watching or waiting for your kids in their activities. Use the

arena stairs during their hockey/ringette practice, walk laps around your child's soccer field, take a parent-child yoga or swimming class, become an assistant coach.

Replace four wheels with four legs. Walk your child to school or to other activities or to run small errands close to home.

Be active yourself. Do one thing each week, just you, to be physically active. Carving out that time for activity sends a message to kids about the importance to physical activity.

Family Physical Activity night. Have a family physical activity night once a week, where everyone does something together, like bowling or bike riding, skating, mini golf, plant and care for your own garden, have a water fight, make a snowman...etc.

Screen out screen time. Consider making one night a week a "screen-free" night where everyone in the family agrees to turn off their computers and the television and then do something else together.

Small changes can have a significant impact. You do not have to join a gym or completely rearrange your life. Just make a few small adjustments. Be creative and get input from everyone in the family. You will be surprised with the ideas you can come up with to increase physical activity for the whole family and set a pattern for life!

Robin Norrie is Fundy Active Community Coordinator and can be reached at: robin.norrie@gov.ns.ca

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