

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)

## 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 word. 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. Tedford, and Sgt Kevin MacNeil.

community hall.

Chris Stannix, Pte Nathan Smith, WO Frank Mellish, Sgt Darcv Cpl. Christopher Reid, Cpl. Tom Hamilton, Cpl. Kevin Megeney

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

nition of members for their past service to the branch.Art Chisholm received a past secretary pin, Logan Spencer receive a past sergeant-atarms 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

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

Bruce Zwicker receiving a bar

for his past president 2nd

See you in September.

## **Family and Physical Activity**

By Robin Norrie

Becoming a parent is a lifechanging event, there is no question. It certainly limits the amount of time you have for yourself and alters the choices vou make about vour 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

## **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

parade on May 30th. It rained so there was actually no parade from the hall, so the members formed up downstairs and that was the extent of this year's "parade."

On the following Monday,



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)** 

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-





For all your painting projects . . . Two great brands of paint, one great downtown store!





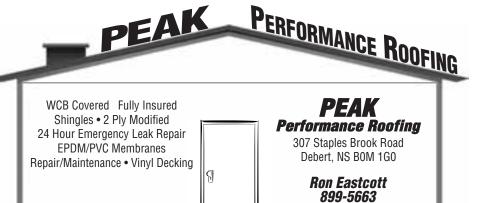


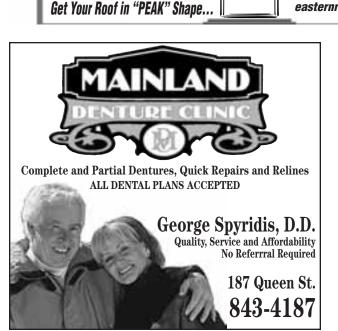
Downtown Truro's Paint & Wallpaper Centre

895-4678

897 Prince Street, Truro

easternroofer@hotmail.com







Saluting Nova Scotia Agriculture August 24th-28th, 2010 Featuring...

Fiddlefest Talent Contests Little Rays Reptiles Livestock Shows

Demolition Derby

Co-op Energy Presents Richard Zurawski The Mustang Show Scottish Games Rodeo 4-H Show Exciting Midway More Info: www.nspe.ca (902)-893-9222

Memorial Open Mares Tuesday July 27th - 7:00pm 2 yr old Pacing Fillies & 2 and 3 yr old Trotters Thursday July 29th - 7:00pm 2 yr old Pacing Colts Saturday July 31st - 7:00pm Exhibition Cup Invitational & 3 yr old Pacing Colts Sunday August 1st - 1:30pm Frank & Beth Stanfield Memorial 3 yr old Filies www.truroraceway.ca (902)897-8075

ATLANTIC GRAND CIRCUIT

Sunday July 25th - 1:30pm Erwin Andrew

A Raceway