

CCJHS Sports Awards Winners

By Linda Harrington

The following awards were presented on June 9th at the Central Colchester Junior High Sports Awards Night.

Boys Soccer: MVP- Stephen Zegray; MIP- Jake Joudrey; Rookie- Mathew Sandeson; Coaches Award- Austin Wheeler.

Girls Soccer: MVP-Brooke Densmore; MIP- Olivia Putnam; Rookie- Katie Upham; Coaches Award- Danielle Rath.

Cross Country: Jr. MVP-

Brennan Beal; Int. MVP-Olivia MacPhee; Jr. Rookie- Max Budgey; Int. Rookie- Emma Gogan; Jr. Coaches Award- Coleman Porter; Int. Coaches Award- Morgan George.

Golf: MVP- Devin Atkinson. **Boy's Volleyball:** MVP- Tristan Clarke; MIP- Josh Weatherby; Rookie- Mathew Sandeson; Coaches Award- Cody Reid.

Girl's Volleyball: MVP-Madison Munro; MIP- Maddy Putnam; Rookie-Sarah Nowell; Coaches Award- Kristen MacPhee.



Two outstanding athletes sharing the title of CCJHS Female Athlete of the Year for 2011 were Madison Munro (centre) and Brooke Densmore (right). CCJHS Male Athlete of the Year was awarded to Stephen Zegray. (Harrington Photo)



NSSAF Celebration of Sports Awards were presented at the CCJHS Sports Awards night, held on June 9th, to Brooke Densmore, Coach Jody Upham and Stephen Zegray (left to right). (Harrington Photo)



CCJHS Sports Awards night was held on June 9th. Cleaning up the Girls Basketball Awards were: (l to r) Brooke Densmore - MVP, Madison Munro - MVP, Katie Upham - Rookie, Laura Brenton - MIP and Emma Gogan - Coaches Award. (Harrington Photo)



CCJHS Curling Awards were presented to the following: Madison Forbes - Coaches Award, Kayla Fancy - Rookie, Molly Nelson - MIP and Jessie Patriquin - MVP. (Harrington Photo)

Boys Varsity Basketball: MVP- Stephen Zegray; MIP-Brandon Betts; Rookie- Isaac Upham; Coaches Award- Jason Blackwood.

Girl's Varsity Basketball: MVP- Brooke Densmore and Madison Munro; MIP-Laura Brenton; Rookie-Katie Upham; Coaches Award- Emma Gogan.

Curling: MVP-Jessie Patriquin; MIP-Molly Nelson; Rookie-Kayla Fancy; Coaches Award- Madison Forbes.

Wrestling: MVP- Luke Ferguson; Rookie- Max Budgey.

Track & Field: MVP- Kelly Canton, Riley Jennings, Madison Munro, Austin Wheeler; MIP- Cassidy Gallagher; Coaches Award- Brooke Densmore.

Badminton: Int. MVP- Cassandra Dash; Jr. MVP-Josh Gamblin; MIP- Max Budgey; Rookie- Matthew Sandeson; Coaches Award- Graedon Smith.

NSSAF Good Sport Award: Male- Cody Reid; Female-

Madison Munro.

Celebration of Sport Award: Male- Stephen Zegray; Female- Brooke Densmore; Coach- Jody Upham.

Male Athlete of the Year was awarded to Stephen Zegray and **Female Athlete of the Year** went to Brooke Densmore and Madison Munro.



Max Budgey (left) received the CCJHS Rookie of the Year Wrestling trophy, while Luke Ferguson was awarded the MVP trophy. (Harrington Photo)

Should I Be More Active?

By Robin Norrie

None of us needs to be told that physical activity is good for us. Just like eating right and drinking enough water. We all KNOW what is needed to live a healthy lifestyle; it's just that for some reason, not all of us carry it out.

I am sure we are all aware that physical activity has a wide range of benefits from reduced stress levels to preventing chronic diseases. It combats cholesterol, boosts our hearts and makes us happier and more energetic. But beyond the obvious physical and emotional benefits a growing body of evidence suggests that getting active can also "build the brain".

Physical activity can induce a natural happiness and reduce stress levels and aggression and it has also been linked to improved memory and intelligence. Though it may not make someone "smarter", physical activity can provide the foundation to optimize the brain's ability to learn. So there is yet another benefit!

Physical activity boosts the flow of blood to the part of the brain that is responsible for memory and learning, promoting the production of new brain cells.

So now the question is

how much physical activity do you need in a day? For children and youth its 60 minutes a day, at least to achieve health benefits, according to CSEP. For adults is 150 minutes a week and it can be accumulated in 10 min bouts spread out throughout the day.

If you're not sure if you are active enough, a great way to start is to get a pedometer to count your steps. (They are available for free from the Heart & Stroke Association of NS or from any public library). If you walk 10,000 steps or more per day, then you are getting enough activity for health benefits. Don't forget that those 10,000 steps are based on light to moderate paced walking. If you are doing something a little more vigorous, then less steps are okay. When you consider whether or not you want to begin a more active lifestyle, think of it this way. Would you go a day without brushing your teeth or washing your hands? You do those things to contribute to your health. Why would physical activity be any different?

Take advantage of the summer, get active & build your brain!

Robin Norrie is Fundy Active Communities Coordinator and can be contacted at: Robin.Norrie@gov.ns.ca

Debert Military Museum ATTENDANCE PLUMMETS

By Sue Taylor

The Debert Military Museum is at a record low for visitors this season so far with only just over 260 visitors since its open at the end of May 2011.

Low visitors also make for low donations which is one avenue that the museum uses to raise operating funds for the upkeep of the museum. Although the museum does fundraising activities throughout the year this area of funding is very beneficial and helps with the overall running of the museum.

It appears, in speaking with other tourist attractions throughout the Fundy shore that we are not alone and that they too are suffering from low visitors this year.

Many things seem to be contributing to the lack of tourists the weather and the price of gas seem to be the most reasons for lack of tourists. People are just not travelling, the cost of gas, food, and everything else is on the rise which is causing a spiral effect and putting many not-for-profit groups in jeopardy to maintain their operations.

This is causing a concern for the museum board as the expenses this year have raised considerable for extra maintenance on the building due insurance. Insurance requirements resulted in having to install fire extinguishers, fix eaves troughs, windows etc all within a very short timeframe. This has put a strain on museum funds.

The Debert Military Museum is open Tuesday to Sunday until the end of August and weekends in September for the season. The Board of Directors is hoping to see an increase in visitors. Our next museum event will be Aug 9th where we will celebrate Peacekeepers day with a tribute to the 157 men and women who lost their lives in Afghanistan. The museum is located in Debert NS at 35 Acadia Drive at the former CFS Debert.

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