



A jello eating contest was one of the fun events planned for kids at the Debert Fire Brigade Open House. Fire Chief Wade Jennings (right) was a good sport as he joined Andrew Totten, Jayden Lawrence, Cameron Lawrence, Zach Muise and the winner Trent Cole. (Harrington Photo)



A prospector's tent was a perfect spot to keep warm and dry, while enjoying a picnic lunch at the Lower Onslow Playschool's Fun Fair. Left to right are: Charlie MacMillan, Braedon Connolly, Jillian McMillan, Emma MacMillan, Al MacMillan and Kyle MacMillan. (Harrington Photo)



Reg Michelin shows Braeden Connolly how to cook (and then eat) bannock on a wood fired tent stove during the Lower Onslow Playschool's Fun Fair, held on June 5th. (Harrington Photo)



Tamara Totten gives Sarah Totten a unicorn tattoo at the Debert Fire Brigade Open House on June 12th. There were many events and treats for the kids, fire fighting displays and demonstrations, plus a BBQ lunch. (Harrington Photo)



Nicole Geldart was perfecting her aim for the balloon toss event at the Lower Onslow Playschool's Fun Fair, held on June 5th. (Harrington Photo)

# Build Physical Activities Into Your Daily Routine

By Robin Norrie

You never hear someone say, "Gee, I wish I hadn't gone for that walk" or "Gee I'm some sorry I did all that stretching". However, you might hear some say "Oh I should have gone to the gym today" or "I should have gone for a bike ride this morning". It's funny, we always feel GOOD when we do something active. We are rarely pleased with our selves if we skip it or don't do it at all. The key is to focus on the feel good part! Both the physical feel good feelings AND the strong sense of pride and accomplishment in doing something good for ourselves! We all know that physical activity is good for us. We've been told hundreds of times! Human beings are hard-wired to move. The science tells us that we should accumulate 60 minutes of physical activity every day to stay healthy or improve our health. And that is key. We do not have to do all 60 minutes in one session. We can accumulate it over the course of the day, doing a variety of things! Gradually building physical activities into your daily routine. Walk whenever you can - park farther away from the stores, use the stairs; Reduce inactivity for long periods, like watching TV or playing video games; Get up from the couch and stretch and bend

for a few minutes every hour; Play actively with your kids or pets; Household chores count! Mow the lawn, shovel snow, vacuum the house; Choose to walk, wheel or cycle for short trips around your neighborhood; Start with a 10 minute walk - gradually increase the time; Find out about walking and cycling paths nearby and use them; Observe a physical activity class or visit the pool to see if you want to try it; Try one class to start - you don't have to make a long-term commitment, or Do the activities you are doing now and do them more often. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up. And when it seems that the hard part is to get motivated to do or to keep doing it OR to find the time, try to focus on how good you will feel once you are done! Integrate physical activity into your daily life, where you live, where you work, where you learn and where you play, for improved overall health, well being and feeling GOOD! Get active your way, every day-for life! Robin Norrie is Fundy Active Communities Coordinator and can be reached at: Robin.norrie@gov.ns.ca

# Greenland Canskate Champion

By Deborah Mitton

Congratulations to Makenna Greenland of the Debert Skating Club as Canskate Champion of 2010. Makenna completed Canskate, attended summer school, took her first Figure Skating Test, assisted the Program Assistants, took part in Amherst Fest and performed in the year end show Wizard of Ice as Dorothy and two other programs. Makenna is moving to Ontario where we wish her all the best in her new skating club. She is the 10 yr old daughter of Leone Greeland. Her main reason for attaining this award was her dedication, energy, and



joy which she brought to the ice daily and was willing to share it with all her fellow skaters.



The brightly coloured quilts wave like flags in the breeze, inviting everyone into the Great Village Farmer's Market on opening day. The Market continues each weekend throughout the summer months. (Harrington Photo)

## June, eh

**June has arrived with summer  
Long days of heat and sun.  
Birds now nest in the tree tops  
Awaiting the birth of their young.**

**The glorious heat of summer  
With a bit of needed rain  
Leaves gardens abloom with flowers  
And beauty akin to pain.**

**June was so long awaited  
Through the foggy days of spring  
Now just enjoy and be happy  
And hear Mother Nature sing.**

**F.B.Adams**

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