

## Debert Legion – New Executive Installed

By *Danny Martell*

On Tuesday, January 31st the new slate of officers and executive members for Branch 106 for 2017 were sworn in with Murray Dawson an Ross Moore doing the honours. President Bob Pash, 1st Vice President Gerald (Skip) Dawson, 2nd Vice President Charlie Moore, Secretary Olivia Putnam, Treasurer Eugene Adshade. The Executive Members are, Dave Stewart, Harold Barclay, Jim Adshade, Dave MacPhee, Paul Eastcott, Leona Harvey, Carrie Barclay, Ron Eastcott and Bruce Hillier. Immediate Past President Ron Eastcott, SGT-AT-ARMS Earl Harvey, Chaplin Don MacQueen.

The Zone delegates are Bob Pash and Eugene Adshade. Trustees are Dave MacPhee and Harold Barclay.

The Legionnaires of the year (2016) as voted on by their peers are Linda Dykens and Leona Harvey. Linda and Leona congratulations, you both deserve the honour.

To our nominating committee, namely Harold Barclay, Dave Stewart and Jim Adshade, thank you.

To our outgoing officers and executive for 2016, thank you very much for your hard work and dedication in keeping the Branch on an even keel.

To our incoming officers and executive for 2017, thank you for volunteering to serve your legion. Good decisions and good luck. To Murray and Ross, thank you for your help with the installations.

To all our members who might have forgotten to pay their dues for 2017, they are now due. To keep up your "a member in good standing", please stop in and pay your dues for 2017.

If any of our members are in need of neckties, berets, crests, legion pins, license plates, blazers and pants, contact the secretary as there are some in the office.

A look at the Debert mixed dart league standings and individual stats show Skip Dawson running along in first place with 108 points, closely followed by Hughie White with 104 points, tied for third spot with 78 points are Ronnie Eastcott and Albert George.

In ladies division, it's a log jam at the top, Dawn Hatt leads the way with 77 points, Marilyn Dykens has 75 points and Deanna Martell and Debbie Cock are tied for third with 74 points.

High start (m) Craig Fraser 152, (L) Debbie Rushton 120. High finish (M) Hughie White 126, (L) Dawn Hatt 91. High score (M) Craig Fraser 160, (L) Deanna Martell 171. Most starts (M) Ron Eastcott 77, (L) Dawn Hatt 68. Most finishes (M) Skip Dawson 60, (L) Dawn Hatt 36. Most tinkles (M) Dave MacPhee 155, (L) Debbie Buchanan 115. Least tinkles (M) Ron Eastcott 39, (L) Deanna Martell 70. (Thanks Skipper)

A look at the standings and stats for the Wednesday crib league up to the 21st of February shows Debbie Buchanan and Norm



Eastcott running along in first place with 1006 points. Holding down second spot is Marilyn Dykens and Lauchie Rector with 1089 points. Rounding out the top three is Debbie Cock and Ron Eastcott with 1181 points.

Tom Manley and Bob Pash have the most winning nights with four. Marilyn and Lauchie have the most hidden scores with six. There have been sixteen 24 hands and Dawn Hatt leads the way with three. Rumour has it that Bobby was so upset about being knocked out of first place he went south and Tom went into hiding. In a friendly game of crib held at Chase the Ace, the Bear beat the tar out of Bob Freeman. At the next table, Charlie Moore and Debbie Barclay whoomphed Harold Barclay and Norm Eastcott, my God Harold it will be back to the Minor League's for you! (Thanks Earl)

For Super Bowl Sunday, the Branch had two Pools on the go and the winners were Dave Stewart (2), Debbie Cock (2), Owen Totten (1), Gerry Dykens (1), Mike Glen (1) and Dan Martell (1). Congratulations to all the winners.

Questions to be answered, is Gerry Dykens really a social butterfly?? Is Jimmy Totten really going to try and grow a ponytail??

Happy birthday wishes for February are passed along to Audrey Gallagher, Tim Martell, Charlie Borden (Jr.), Owen Slack, Glen Balsom, Eric Barnhill, George Cooke, Kaye Rushton, Gerry Dykens, Gordon Slack, Norman Eastcott, Glen MacDorman, Sam Worthington and Debbie Barclay. Happy anniversary wishes for February are passed along to Joyce and Vernon Rushton.

Please don't forget to thank a Veteran, it is because of their sacrifices we are able to enjoy our country and our freedom. Please say a prayer for our troops who are serving in foreign countries and their families.

## Mental Health Struggles Not New

By *Rev Valerie Kingsbury*

The struggle with mental health is not a new one in our society. Many of us live with the reality of depression, anxiety, and a whole host of other diagnoses. Our daily walk takes great effort and because much of it is unseen the outside world does not always understand. While there has been progress, our illness remains very much in the shadows, supports are limited and the ones that are available are often inaccessible due to financial constraints.

Recently, a group of women coming from a variety of walks of life met to ask the question "What can we do to nurture the human spirit as we embrace our mental well being?" what resulted was a vision of providing a safe place for people to gather to share their story and support one another; and to provide opportunities for those struggling with mental ill health to find expression and support through art and music.

This vision is being birthed into reality as a group of women pool their resources. Shelley Austin is the co creator of "Lead with the Heart". A foundation

which provides financial support for mental health programming in the community. Valerie Hollingsworth is a holistic practitioner who works with energy and balance. Laurie Dobbs-White is an Addiction Education Consultant and a Student of the Institute for Shamanic Studies. Valerie Kingsbury is a Spiritual Caregiver with First United Church.

On February 22 at 7pm they

invite anyone living with mental ill-health to gather in the Hall at First United. This will be an informal gathering to explore further what might be needed. It will be an opportunity to share the journey with others and know that you do not walk alone. Then sometime in March there will be an opportunity to gather again for an evening of fun and expression through Art.

## POSTURE CHECK: Do You Stand Up Straight?

By *Christine Urqubart*

Good posture minimizes strain on your joints and muscles, which can help prevent aches and pains. So what's your good posture? When you're standing, keep your chest held high and your shoulders back and relaxed.

Try not to tilt your head forward, backward or sideways. Pull in your abdomen and buttocks. Make sure your knees are relaxed, not locked. Keep your feet parallel and your weight balanced evenly on both feet.

Funny as it sounds now but when I was a young girl – 12 or 13 years of age – my friend and I used to walk around with a book on our head to help us walk "correctly". Not sure if it worked or not but sure was hard on those books when they hit the floor!

And how many of us have heard our mothers say "sit up straight", "stop slouching"! We get bent over enough as we age, let's do our best to have good posture as long as possible.

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