



Whole Grains for a Healthy Heart

By *Chris Urquhart*

Whole grains are good sources of fiber. Better yet, nutrients found in whole grains help promote heart health. To increase the amount of whole grains in your diet, make simple substitutions:

Choose breads made from 100 percent whole grain instead of those made from refined white flour.

Select brown rice instead of white rice.

Trade sugar-sweetened cereals for whole-grain cereals, such as whole-wheat bran flakes, shredded wheat or oatmeal.

Remember, our grandparents ate oatmeal for breakfast most days and look how healthy they were!

OUT AND ABOUT WITH KEN

By *Ken Kennedy*

It's been a while since I've written anything for the Shoreline, so pardon me if I'm a little rusty. As many of you know we sold our house in Debert about three years ago and moved to an apartment here on Arthur Street in Truro.

We had lived in Debert about 40 years with 33 of them on Campbell Road. From 1979 to 1982 we lived on the base while I worked in the underground "Diefenbunker." One of my extra-curricular responsibilities was to organize and edit the "Debert Dithyramb" base newspaper. (Don't ask me where that newspaper's name came from!) Upon retirement in 1984 I did a number of jobs including working at AJ Walkers. That was an experience, let me tell you. I sure learned a lot in the few short years I worked there. The Legge's were great people.

It was during some down time in 1993 I hit upon the idea of starting a small newspaper for the Debert area and the West Colchester Free Press was born. At first it was intended to be a free publication depending upon whether we could get enough advertising support from the local businesses. It's a long story I won't go into here but the little paper was so popular that the other communities in West Colchester wanted one also. Hence the Shoreline Journal

was born. The rest is history, as they say.

Although we now live in downtown Truro, we make at least 3 trips to Debert a week, mostly to eat at one of the fine restaurants in the area, and once a week, on Sundays, to attend church to the glory of God. (More about that later.) Although it is sometimes hard to pass by Tim Hortons, we mostly eat at the Double C in Lower Debert or Petrocan Restaurant in Glenholme. The Debbie Cock's Double C is so popular that she gets Lands & Forests crews drop in by helicopter from time to time. No kidding!

I don't know if Crystal gets any helicopters drop in or not but sure gets entertainers - both local and national. A few weeks ago Crystal and her staff were surprised when popular country pop singer Gord Bamford and band from out West dropped in for lunch. They have photos to prove it as well. If you like local entertainers, then drop by on Friday evenings and listen to Eric Young of Folly Mountain pick and sing for an hour or so.

In closing, Velma and I still visit Debert Court Shannex as community chaplains and are blessed by the response of the residents when we arrive with our Bibles under our arm. We also go to preach and sing a couple of times a month.

We took Christmas off and flew up to Newmarket, On-

tario, to visit our son, Greg, and family. He now drives for Uber and is glued to his smart phone. Cindy has some children come in before and after school and baby sits one little tyke as well. With 15 year old twins into basketball and baseball, they are kept quite busy.

Getting back to Debert happenings, I have some sad news concerning the local churches. Apparently Debert United is for sale or sold as is Erskine UCC in Glenholme. The congregation of those churches now worship at Masstown United with Rev. Carolyn Rushton in the pulpit.

So my question is: WHY? Why are so many people not taking full advantage of worshipping the Lord in the houses of the Lord that your forefathers broke their back and bank accounts to erect such fine architectural structures, with a spire pointing Heaven-ward, for they and their families to enjoy the fellowship of kindred hearts?

Why not give Rev. Rushton a mild shock this Sunday by dropping by her church - just as you are?

Debert Baptist is just hanging by a spiritual thread. It was threatening to close last summer but First Baptist of Truro came to their aid by sending out not one but two preachers, for a fee, to help them out. Rev. Paul Worden and Pastor Ruth Tonn are doing the honours except that the church

opening time had to be switched to 1:00 PM. This is a good time for sleepy heads like us who arrive just in time for a wake-up coffee and cookies!

The congregation welcomes anyone - even other churches - to drop in this Sunday and sing and clap to some good contemporary worship songs on the overhead screen. If you like sports, Pastor Paul is the one to see. He knows everything to know about volleyball. In fact, he is some big Whig with the Canadian Volleyball Association and is easy to talk with.

The other Christian Worship centre is the Debert Fellowship Centre by the old Army Rec hall which is now steel roofing manufacturing business. They are structured as little differently than your ordinary church in that their preaching and music will send you through the roof! If you have a hearing problem, this is the place to go on a Sunday morning. You can sing your heart out, clap your hands, and stomp your feet with your breakfast in your hand.

I have only heard Tom King preach once and he was dynamic. I don't know why they give him a microphone because he sure doesn't need one. I didn't mean to be so long winded today, but once I got going, I couldn't stop. Hope Maurice will find enough space to get it all in.

Remember: Any fool can count the seeds in an apple; but only God can count the apples in a seed.

The **Shoreline** Journal

Deadline for the April issue is **March 19**

CULGIN CONSTRUCTION LTD.

- ✓ FILL ✓ GRAVEL ✓ ROAD CONSTRUCTION
- ✓ EXCAVATING ✓ TRUCKING ✓ DOZER
- ✓ SEPTIC TANK INSTALLATION
- ✓ NEW HOME SITE PREP

781 Belmont Road
General Delivery
Belmont, NS B0M 1C0
Tel: 662-3867
Fax: 662-2701

ROCHE ELECTRIC

RESIDENTIAL & COMMERCIAL SERVICES

902-986-0205

Colin Roche
197 East Folly Mtn Rd, Debert NS, B0M1G0
roche.electricalservices@gmail.com

COMMUNITY METAL

Roofing & Siding

QUALITY BUILT MINI BARNES

Metal Roofing & Siding
Mini Barns
Stock Trims & Accessories

www.communitymetal.com

Covering the Maritimes one Roof at a time

1541 Plains Rd, Debert • 902-662-2815