



The Debert & Area Garden recently held their 10th Anniversary Celebration. At that time, Brenda Black, President of the Garden Club presented a beautiful planter to the King George Masonic Lodge. Mr. Willett Severson, Worshipful Master of the Lodge was on hand for the presentation. Mr. Royce Totten of Debert designed and crafted the planter. (Lynn Strong Photo)



Earl and Goldie Chisholm were among the first of the residents of Debert to enjoy sitting on the new bench outside the Masonic Lodge. (Lynn Strong Photo)

Getting Places with People Power

"Anywhere is walking distance, if you've got the time."
Stephen Wright

By Robin Norrie

While you may not have the time to walk everywhere, you may be surprised how many places you can easily walk, bicycle or use some form of "people power" to get to. People power, often referred to as active transportation, refers to any form of human-powered transportation and includes walking, bicycling, using a wheelchair, pushing a stroller, running, in-line skating, roller blading or skateboarding.

People power is one of the easiest ways to add physical activity into your daily life. To figure out how to add people power into your day, first consider all your routine destinations: work, school, homes of friends or family, places to shop or do errands and places to pursue leisure activities. If you could use people power to get to these destinations at least some of the time, you would significantly increase your daily physical activity.

By upping your daily physical activity minutes towards the 30-60 minutes recommended for adults in Canada's Physical Activity Guide, you will experience all the bene-



fits of an active lifestyle, including better overall health, improved mental health and self esteem, stronger muscles and bones, better relaxation, reduced stress and more energy.

There are numerous benefits to using people power beyond just being more physically active. Those benefits include: Enhances life satisfaction and confidence; Reduces traffic congestion; Reduces air pollution; Reduces noise pollution and Develops motor skills

The key is to make small changes in your everyday that have a bigger impact than you might think. By being active while taking your trips it is easier to get into the habit of being physically active and this simple action results in all kinds of health benefits for the individual, the environment and the community. So Get Active with people power!

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It's long way up. The lighthouse at Masstown Market, in its own way, has become an icon. Rushing to complete exterior construction, before winters frigid weather, workers paint the exterior of the lighthouse, which will house a fish market. (Feetham Photo)

My Favourite Pet

Amanda and David Adams, Londonderry enjoy their brother and sister purebred Golden Retrievers. Lucy, 4 is the lighter coloured one, while Bailey, 3, is more red coloured. The Adams will be receiving a \$20.00 Gift Certificate from The Shoreline Journal and Clarence's Farm Services.



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Parrsboro Band Association Subscription Fund Raiser

Help the Parrsboro Band ASSOCIATION

The Parrsboro Band Association is conducting Phase One of a multi-year Fund Raiser to raise funds to continue with improvements to the Band Hall, and to provide additional support for the Parrsboro Town Band.

From now until December 3rd, the Parrsboro Band Association is soliciting subscriptions to the Shoreline Journal for the areas of Advocate Harbour, Port Greville, Diligent River, Southampton, Five Islands, Lower Five Islands, Town of Parrsboro and adjacent rural routes. Approximately 2,100 homes and businesses are contained within the catchment area of the Fund Raising Drive.

The Parrsboro Band Association will receive a handsome commission on all new or renewal subscriptions from these areas. The fund raiser will be held each fall, so the association will receive commissions when subscriptions are renewed each year.

With expanded readership in the above areas, editorial space will be provided in each issue for local area news and for community groups to submit notices of meetings, articles and photos about each group's activities.



Local residents who wish to volunteer to assist the Parrsboro Band Association, please call the Band Hall at 902-254-3674. Please leave a message.

For those who decide to purchase "gift subscriptions" for relatives and friends, the Shoreline Journal will send a "gift card" announcing you have purchased a "gift subscription" on their behalf. Please make cheques payable to: Parrsboro Band Association, Box 712, Parrsboro, NS B0M 1S0. For information call: 902-254-3674.

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And, thank you for supporting the

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