



Royal Canadian Legion Debert Branch #106 President Charles Borden, Jr., on behalf of the hosting Branch, welcomed Jim Whitman, District "C" Commander; Les Nash, President of Nova Scotia/Nunavat Command; Ron Throwsddale, NS/NUN Command 2nd Vice President; and Alan Fahey, Zone 10 Commander to the Annual Zone 10 Picnic on August 22nd. (Legion Photo)

Debert Legion Notes



By **Danny Martell**

Crib players please mark Wednesday, September 9th on your calendar. It is on the 9th that the Crib League for 2009/10 will kick off another season. As in other years the first couple of weeks will be for fun and familiarization. Everybody is welcome, why not get a partner and come on out and have some fun and a good laugh. Now don't forget, Sept. 9th, games start at 7:30PM.

Still haven't got a date on the darts.

The Branch (106) is now selling tickets on a beautiful plant stand, which was made and donated by Everett McCully. Tickets are \$2.00 each or 3 for \$5.00. Draw date is 22nd of Sept., 2009. Profits to help support Branch projects.

While on the subject of selling tickets. The Debert Military Museum is selling tickets on a beautiful quilt; they are going for \$2.00 each or 3 for \$5.00. The winning

ticket will be drawn on 11th of Nov., 2009. Please help support the Museum.

Congratulations are passed along to Alex Martell, Hugh McLellan, Cory Lunn and Nathaniel MacBurnie. All of these young men were presented with Bursaries, from Branch 106 on Tuesday, August 9th. Branch President Comrad Charlie Borden (JR.) was the presenting officer.

Alex Martell is hoping to obtain a degree in Engineering and he starts his quest at the NSAC here in Truro and then it is on to Halifax.

Hugh McLellan is after a degree in Athletic Training, and he is off to the University of Maine to start his goal of becoming an Athletic Trainer.

Nathaniel MacBurnie is hoping to become a Heavy Equipment Mechanic (like his dad) and will start his training at the Pictou Campus of the N.S.C.C.

Cory Lunn starts his long road of becoming a Priest at St. Francis Xavier University in Antigonish and then it is on to St. Phillips Seminary in Toronto.

Alex, Hugh, Nathaniel and Cory, good luck and much success in obtaining your goals in life.

Well, I must say it has been an excellent summer for our fishermen/fishermen in landing that big stripper (bass).

Earl Harvey tells me he

went out to his shed the other morning and lo and behold there was a beautiful bass in the 30 inch class lying on his work bench. Earl, that's one heck of a cast from your shed to the Bay!

He said he was going to BBQ a couple of two inch steaks to go along with a mess of fresh garden vegetables.

Earl did you and Leona get it all used up, before somebody came looking for it?

We have a couple of golf stories to pass along.

First, it was the annual Debert Legion Golf Tournament and the team of Gerry Dykens, Ron "Easy" Eastcott and Bobby Freeman, walking away with first place honours. Teams from Branch 26 in Truro took home 2nd and 3rd place honours.

J.P. Wood won the closest to the pin award, while Leanna Fisher (w) and Gerry Dykens (m) had the longest drives.

After the day's play it was off to the Branch for the awarding of prizes and refreshments. All had a good time.

Next on the agenda was the Seniors Tournament and wouldn't you know it, Ron "Easy" Eastcott ended up in first place, this time he teamed up with John Levine, John Lawrence and Dave MacLeod to take home top prize.

Jimmy Staples and Aubrey Gratto finished out of the money. Aubrey says he was closest to the pin.

Finally, it was "The Challenge Cup" and the team from down in the Valley, hammered the gang from West Colchester. When I asked Aubrey how it went, he said, "give me two squid, I am going fishing to try and forget about the beating!"

Of course with these three

By **Matt Pryde**

Now, I know that this may go without saying for many of us, but did you know that a recent Australian study found that teenage girls who spend more than two hours of "screen time" a day watching TV, surfing the Web or text-messaging are less likely to be physically fit! That's seems about right since the PACY data from 2005 found that grade 11 Nova Scotian teenagers spend just under six hours per day, not including school work, in front of a screen, and less than 1% of grade 11 girls actually accumulated enough physical activity for health benefits.

Six hours per day! Let's put that into perspective, shall we. In a day, there are 24 hours. Six are spent in front of a screen, and six are spent at

tournaments there is/was a few questions that were asked.

First, Harvey Adams wants to know how Ron "Easy" can play golf without Harvey there to tell him what to do?

Ron "Easy" is there any reason that you always got a pocket full of golf balls?

Jimmy Staples told me that himself and Aubrey Gratto have never been defeated, that must have been before the gang from the Valley whopped them.

Golfers, if you miss an afternoon of "The Young and the Restless" give Gerry "The Bear" Dykens a call; he is right up to date on it.

Is it true, as Jimmy Staples says, Ron "Easy" with his unique scoring system, could probably beat Tiger Woods on any given day?

Happy Birthday wishes for August are passed along to Carl Kaulback, Fred Blenkhorn, Ray Crossman, Eddie Murphy, Paul Eastcott, David Totten, Loyal Crocker, Trevor Spencer, Dave MacPhee, Shayne McCully, Elwood Rae, Harry Wilson, Ian Blackie, Linda Dykens and Angela Glen.

Happy Anniversary wishes for August are passed along to Stella and Carl Kaulback, Maureen and John Jessome, Helen and Eric McCully, Joanne and Steve Bennett, Deanna and Dan Martell, Krista and Bobby Pash.

Please say a prayer for our troops in Afghanistan and their families.

Please don't forget to thank a Veteran; it is because of their sacrifices that we are able to enjoy our freedom and our country.

'Screen Time' Linked to Poor Fitness



school. There's twelve hours gone. Then there are eight hours to sleep, so that leaves four hours left in the day.

Now, we can assume that someone in grade 11 has a part time job, so let's say they work an average of 3 hours a day. That leaves us with one hour to eat, do homework, travel to and from school and work, maybe do a chore or two, socialize and the list goes on. Do you see where I am going with this?

It should be noted that the American Academy of Pediatrics' guideline states that teens should spend less than two hours a day on screen time. That makes a lot of sense, and to dig a little deeper, there is a great deal of evidence that shows a relationship between screen time and binge eating. In other words, the more you sit around and stare at a screen, the more bad food choices you will make.

This is especially troubling for young girls who are more adept to developing extra fat and being sedentary when hanging out with their friends than a young boy, who generally has built more tolerant muscles from their teenage growth spurts. However, those growth spurts will not hold up forever, and those who sit around at a young age are considerably more likely to do the same when they get older and their metabolism is not what it used to be.

In short, get up and do something. Screen time has been linked with many more health problems other than just physical activity including vision problems, cancer, fatigue, slowed brain development and so on. If you have young kids, keep your eyes open for Live and Unplugged, a new provincial initiative aimed at getting students in grades 4, 5 and 6 away from the screen and back on their feet.

We chose that age group because the PACY study shows us that it is around grade 7 when kids start to throw their sneakers in the closet and grab the remote.

If you have any questions or comments please feel free to e-mail me at matthew.pryde@gov.ns.ca.

Matt Pryde is Fundy Active Communities Coordinator

Over 90 communities now have highspeed

Seaside High-Speed Internet, a partner in the province's Broadband for Rural Nova Scotia initiative, announced in mid-August high-speed Internet access is now available in over 90 communities in the Truro area.

This new service means they will be able to use their phone and the Internet at the same time and download information up to 25 times faster than dial-up.

Colchester County Communities Newly Served

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Ellis, Gays River, Glenholme, Graham Hill, Green Creek, Green Oaks, Greenfield, Halfway Brook, Harmony, Highland Village, Hilden, Kemptown, Kings Rest, Lanesville, Little Dyke, Londonderry Station, Lower Debert, Lower Onslow, Lower Pleasant Valley, Manganese Mines, Masstown, McCurdys Corner, McKay Siding, McKenzie Settlement, Meadowvale, Middle Stewiacke, Middleton, Mill Brook, Millbrook Indian Reserve, Montrose, New Truro Road, North River, Nuttby, Onslow, Onslow Mountain, Otter Brook, Pine Grove, Portapique, Portapique Mountain, Princeport, Ramseys, Riverside, Shelby Village, South Branch, Staples Brook, Stewiacke, Stewiacke Cross Road, Stewiacke East, Tatamagouche Mtn, Truro, Truro Indian Reserves, Upper Brookfield, Upper Economy, Upper Onslow, Upper Truro, Valley, Valley Cross Roads, Valley Station, West St. Andrews, and Wittenburg.

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