

Local Award Winners at NSPE 4H Day

By Linda Harrington

The following members of Glooscap Trail 4-H Club received top awards at the Nova Scotia Provincial Exhibition 4H on August 24th: Madison Rushton- Champion Exploring 4H Project; Anna MacFarlane- Champion Foods Project; Emily Prescott- Champion Scrapbooking Judge and Champion Sewing Judge; Ian MacFarlane-

Champion Sheep Project; Jessica van den Hoek- Champion Scrapbooking Competitor.

The following members of Onslow Belmont 4-H Club received top awards at the Nova Scotia Provincial Exhibition 4H on August 24th: Taylor Hoyt- Champion Crafts Judge; Katie Ferguson- Champion Craft Project; Erica Brenton- Champion Dog

Judge; Caitlin Congdon- Champion Draft Horse Member and Champion Heritage Member; Meggie MacMichael- Champion First Aid Member, Champion Bake Off Competitor and Champion Fashion Show Competitor; Thomas Harrington- Champion Woodworking Project; Brianna Crosby- Champion Crafts Competitor.



September and October Church Service Schedule

Church services for September are one service September 5th, 10am at Masstown United, one service September 12th, 10am at Debert United and then we start our winter schedule with a service every week 9am at Erskine United, Glenholme and rotating services between Masstown and Debert at 10:15am. September 19th will be in Masstown, September 26th in Debert. Sunday School will probably start up the following week, the first Sunday in October, so keep an eye out for this information in both the Church bulletin and the Truro Daily News.

Everyone is welcome to attend any and all of our services and if you have any questions about our Church you can contact Rev. Don MacQueen 662-2617.

Services for October, since I won't be putting this in our next issue of the Shoreline Journal are as follows: Every Sunday 9am Erskine United, Glenholme, 10:15am rotating services: October 3 - Masstown, October 10 - Debert, October 17 - Masstown, October 24 - Debert and October 31 - Masstown.

Workplace Physical Activity

By Robin Norrie

It's the Information Age and the nature of work and our lifestyles have changed. Most of us have traded oxen and ploughs for keyboards and headsets - and our bodies have noticed! Generally, we work and live in less-active roles with long periods of sitting in front of a computer or in a car or in meetings. All this adds up to an inactive lifestyle. We may not be getting up with the roos-

ter at dawn but we still only have 24 hours in a day and most of us still have a job and families and obligations. So how do we find the 30 minutes a day we are suppose to be active?

Well, first remember you do not have to do all 30 minutes in one session. You can break it into segments, whether its 3-10 minute sessions or 2- 15 minute sessions. Also since most of us spend a good part of our day at work, how about incorporating some physical activity into your work day! Here are some suggestions to put a workout into your workday:

Take a break. Coffee and lunch breaks are a great chance to get outside and go for a quick, brisk walk. The fresh air will do you good!!

Stairs. Taking the stairs is a great habit to get into. Avoid the elevator when you need to get around the office. Or if the weather is inclement walk up and down the stairs for 10 minutes.

Walk and Talk. You do not need to be sitting to have a productive conversation.

Conduct a "walking meeting" if possible.

Face to Face. Instead of sending an email, if possible, get up and walk over to your colleague and have a face to face conversation.

Active Commuting. Walk or Bike to work. If you live too far away, consider driving part way and walking the rest.

Take a friend. It will be more fun and you will likely continue the change IF you have someone to share it with. Find a co-worker or a friend (or a group) to take on this new active lifestyle with you.

For so many of us, our workplace is where we spend the majority of our awake time. It only makes sense that we incorporate some physical activity for a few minutes a day at work. In addition to that active employees are generally happier and more productive employees. So instead of letting exercise fall off the bottom of your lengthy to do list find a way to make it part of your work day.

Robin Norrie is Fundy Active Community Coordinator and can be reached at: robin.norrie@gov.ns.ca



Deadline for the October issue of
The Shoreline Journal is September 21

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