



RON GIBB The Amherstburg Echo

Nustadia Recreation donated \$40,000 to support United Communities Credit Union Complex fundraising. From left: director of recreation and culture Dennis Lavoie, manager of parks and facilities Tony DeTommasis, Mayor Wayne Hurst, CAO Pam Malott, Nustadia project manager Ed Pavan, councillor Bob Pilon, Nustadia president Ben Sproutie, Deputy Mayor Tom Sutherland.

## Canada's kids average more than 40 hours a week in front of a screen

OMN Agency

When they get out of school, kids are heading from their desks to the couch, according to a new report from Active Healthy Kids Canada.

The quarterly report card from Active Healthy Kids Canada and its partners shows that during the after-school period from about 3 p.m. to 6 p.m., Canadian children and youth are getting an average of only 14 minutes of physical activity.

Nearly three-quarters of parents (73%) surveyed said their children's after-school activities said their kids spend their time between school and direct watching television, reading or playing video of children's games. More than half of parents (51%) said their children are likely to be sedentary to the physical active after school, and children are less likely to participate in organized sports and physical activities after school.

The chief scientist, officer of Active Healthy Kids Canada says the after-school period is an important time for children to get emotional and physical health benefits through physical activity. "Dr. Mark Tremblay said, 'Teens for over 100 years in supervised after-school programs, risky behaviors, are less likely to experience them. This speaks back, including outdoor and school lunches of anxiety, anger, fatigue and sadness. The schools and teachers are clear: need to re-establish the healthy practice of after-school physical activity in our communities.'

The amount of time children spend in front of screens was a particular concern highlighted in the report card, with youth spending an average of six hours a day in front of a computer or a TV screen on weekdays, and more than six hours a day on weekends, said more than 100 parents.

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## Nustadia donates \$40,000 towards new rec complex

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The Amherstburg Echo

AMHERSTBURG — Nustadia Recreation Inc. helped design the new United Communities Credit Union complex and now the company is contributing to it financially.

Ben Sproutie, president of Nustadia, announced Friday the company is giving \$40,000 to the Amherstburg Community Foundation. The foundation is administered by Indaba Marketing and oversees the fundraising component for the complex.

The announcement was held in the lobby of the complex.

"Nustadia is extremely proud of this facility," said Sproutie. "When you get to walk in and see the red roof, it's so different from any other building on paper. The beauty of the facility is that everyone who walks in here," Sproutie said the complex was "not 'one and only' budget," adding such projects "are not necessarily" go for budget normally. He credited the architects led by DeKor's Construction and the contractors led by North Builders for making the complex come to fruition.

Sproutie also said North Builders for making the complex come to fruition. He said the complex is a "great" to see people and business partners to create the facility and he said the complex will "re-energize the community."

CAO Pam Malott said that Nustadia's involvement with the town dates back to 2008 when the company helped with a feasibility study for a new recreation complex. The company was involved with the complex right through to completion earlier this year.

Amherstburg Community Foundation head Debi Crowther said fundraising efforts are currently at around \$1.5 million. She said she will come to the town council in May to give a full update on where things stand but said it's "very exciting" that fundraising efforts are in the "best value for its money" amongst the projects

Nustadia was involved with. He added the company doesn't often donate back to facilities that help create it, but the United Communities Credit Union Complex's accessibility features made it an exception.

"We're very, very proud and pleased to make this donation," said Sproutie.

Mayor Wayne Hurst said it was "very gratifying" to receive the donation from Nustadia. He said the donation represents that (his company) took an initial effort from an initial lot of people," said Hurst. "It's going to make a difference to the town of Amherstburg. We are very appreciative of the donation made by Nustadia Recreation."

Hurst added it was "great" to see people and business partners to create the facility and he said the complex will "re-energize the community."

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