

Special Presentation for Ken Adams



Tyler Shaw presents Ken Adams with a replic of a prehistoric trackway Ken found on the cliffs of East Bay about three years ago. The presentation was made on January 8th on behalf of the many researchers, geologists & paleontologists that Ken has willing offered his assistance to over the years. (Lawrence R. Nicoll Photo)

By **Lawrence R. Nicoll** retired director/curator of the Fundy Geological Museum.

Tyler Shaw presented Ken with replica of a prehistoric trackway found in the cliffs of East Bay. Ken observed the trackway of a small prehistoric reptile or amphibian high on the cliff about three years ago while touring with his family.

Tyler Shaw is publishing a paper as part of his degree at the University of Alberta along with Dr. John Calder of the NS Department of Natural Resources, who assisted with the naming of the find after Ken. The original is approximately more than three feet long, but they didn't think Ken's house could hold a copy quite that large.

Tyler made the presentation on behalf of the many researchers, geologists & paleontologists that Ken has willing offered his assistance to over the years.

Year 2014 Comes To Wentworth

By **Hope Bridgewater**

Martha Wilson and Eleanor Sprague, organized a New Year's celebration, which might be unusual in some areas, but certainly not in Wentworth. The event involved members of 14 families whose names are most often associated with Wentworth. Family names represented were: Patriquin, DeLong, Smith, Sprague, Forbes, Bridgewater, McMaster, Fiddes, Gilroy, Wilson, Curry, Murray, Gower,

and Harnish. I do not know how many in the group were descendants of Scots, but a Scots theme stood out in two of the activities.

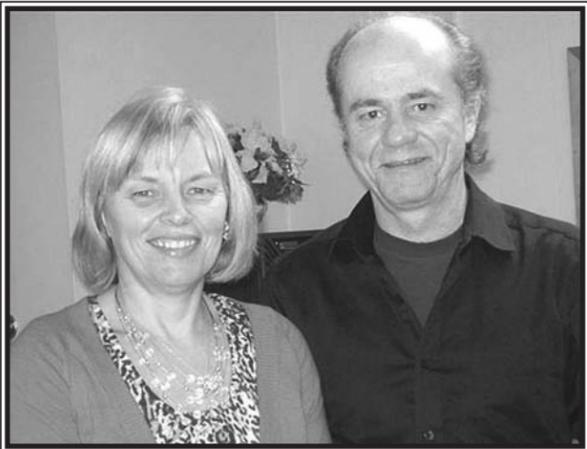
Most of the tables set up were occupied by people playing Auction 45's, a card game first called Maw which originated in Scotland where it was first seen being played in 1511 and rules being written down in 1576. The Scots King James VI made Maw popular in the 1600's and it spread from there by settlers

from Ireland, England, and Wales to the Atlantic Provinces, Quebec, and the New England States.

Another Scots theme was the singing of "Auld Lang Syne," a poem written by Robert Burns in 1788 and sung to the tune of a Scots folk song. Loosely translated, the Scots language of "Auld Lang Syne" means long, long ago or in memory of times long ago. In Scotland it was the custom to sing "Auld Lang Syne" at the stroke of midnight on New Year's Eve and from there it spread elsewhere, mostly to English-speaking countries and communities.

Two other games played were of more recent origin in the 20th century: "Sequence," a board and card game, and "King's Cribbage," a board game combining cribbage and crossword puzzle techniques.

Those attending brought food and around 10:30 p.m. the feast was laid out on a long table plus side-table and people stopped to eat and chat. Then, at midnight folks gathered in a circle to sing "Auld Lang Syne" and several gave rhythmic kicks at the end, all done in the hope of each one having a fortunate year in 2014.



Brenda and Steve Forbes from Denmark, Colchester County, attended a New Year's party in Wentworth. (Hope Bridgewater Photo)

Setting Goals Involve Process and Outcome

By **Christine Urquhart**

Here it is end of January and our thoughts turn to those New Year Resolutions! If you ask most people, their number one item is to lose weight. "Probably nothing in the world arouses more false hopes than the first four hours of a diet." - Samuel Beckett.

It is hard to lose weight especially when we can find so many excuses not to "diet" or "exercise". We need to get smart about our weight loss and set some goals. Nothing is done with a magic wand! We need a plan! Starting a fitness program? Don't get carried away.

Working out too intensely or too often boosts your chances of injury and burnout. Remember to alternate hard workouts with easier ones. And plan time between sessions for your body to rest and recover. Talk to your Doctor before starting any exercise program, even walking three times a week. Once you are ready, set those goals!

When setting goals, think about process and outcome.

Process goals are most important because changing your habits (processes) is key to success. "Exercise regularly" is an example of a process goal, while "lose 30 pounds" is an example of an outcome goal. Also, make sure your goals are SMART: specific, measurable, attainable, relevant and time-limited. An example of a SMART goal is aiming to walk for 30 minutes a day, five days a week for the next month and logging your results. You will be surprised at

your results.

First, with a "short" attainable goal you will not feel so discouraged. Secondly, you will feel better about yourself because you were able to attain this goal and so will be able to set another realistic goal and continue to improve your health and your self image.

Remember, a true diet is a change of lifestyle, not a temporary starvation technique so you can fit into those old jeans!



Debert Legion Notes

By **Danny Martell**

The Friday Night Suppers are on again after the Christmas/New Year breaks and are going full tilt. The Suppers start at 4:30PM and go to 6:30PM and a quick look at the menu looks very scrumptious for the next few weeks.

On Friday, Jan. 24th its roast pork; Friday, Jan. 31st its chicken; Friday, Feb 7th its fish (haddock); the 14th of Feb it will be roast beef and on Friday the 21st of Feb, it will be roast pork followed by roast chicken on Friday the 28th of Feb.

The last Bingo to be held here at Branch 106 will be/was on Monday, the 20th of January. To all the Bingo players who supported the Bingo Games over the years, thank you very much for your support. It is/was greatly appreciated.

On Tuesday, December 17th the Legion Crib League held their Annual Christmas Dinner and despite some very nasty weather it was a huge success.

The meal for the evening was roast turkey with all the trimmings and a nice assortment of desserts.

A very special thank you is passed along to the Harvey's, namely Leonna, Earl and Doug along with Marcia and Norm Eastcott, Debbie Buchanan and Doug Mattatall who spent a few hours in the kitchen preparing the meal then cooking and serving the same. My gosh Leona, you had some good help.

To the clean-up crew of Terry Sack, Jimmy MacKinnon, Irene Blenkhorn, Marcia Eastcott and Doug Mattatall thank you very much.

A big thank you is passed along to Terry Sack who donated a beautiful ring to the Crib League to raffle off and make some money for the League.

The standings in the Crib League as of 21st of January show the team of Jim MacKinnon/Terry Sack running along in first place with 863 points. Holding down second spot with 899 points is Debbie Cock/Ronnie Eastcott, rounding out the top three is Jo-Ann Bartlett and Irene Blenkhorn with 912 points.

There has been twenty two 24 hands and Earl Harvey leads the way with 4. There are five teams tied with Most Winning Nights with 2, and two teams are tied with Hidden Scores with 3 each. (Thanks Earl)

The (NSCA) Nova Scotia Crib Association Play-offs will be held here in Debert (Branch 106) on Saturday, 29th March at 10:00AM, sharp.

A quick look at the Friday Night Dart League shows the team of Chris McLean, Mike Hamilton and Dawn Hatt leading the league with 84 points, holding down second spot with 75 points are Ron Eastcott, Marilyn Dykens and Mike Giles, 3 points back and rounding out the top 3 in the standings are Skip Dawson, Deanna Martell and Larry Hatt with 72 points. High Start-(M)Skip Dawson 160, (L) Dawn Hatt 120; High Finish- (M)Skip Dawson and Craig Fraser 114, (L) Deanna Martell and Dawn Hatt 90; Most Starts- (M) Bill Hawker 74, (L) Deanna Martell 48; Most Finishes- (M) Craig Fisher 54, (L) Dawn Hatt 34; Most Tinkles - (M) Dave MacPhee 118, (L) Dianne Rushton 111; Least tinkles- (M) Ron Eastcott 20, (L) Dawn Hatt 42. There has been two 180's and they were shot by Dawn Hatt and Bill Hawker. (Thanks Skip)

On Saturday, January 18th the Zone 10 Provincial Dart Play-Offs where held here at Branch 106 and our teams did rather well.

In the 4 man teams our team took 2nd place. Team members were Ron Eastcott, Joe Rohback, Clayton Zinck and Craig Fraser with Skip Dawson as spare.

In the Doubles Competition, Branch 106 took home top honour thanks to the great shooting of Clayton Zinck and Craig Fraser.

In the singles, Debert was second best out of six players and for his fine performance Clayton Zinck will advance.

The next leg of the Provincial Play-Offs will be held at Branch 111 in Shubenacadie on the 15th and 16th of February. Team captains meeting at 9:30AM sharp. Good luck and good darts to all players.

From all reports the talk of the shoot was the delicious homemade turkey soup that Ron (Easy) Eastcott made, and it went very well with the hamburgers that Leora Lewis, Betty Crossman and Audrey Gallager served up. To Leora, Judy and Audrey thank you very much. There was two 50/50 draws, Judy Crossman won one and Brenda Tufts the other. A special thank you is passed along to Shelly Vincent who on very short notice ran the bar. (Thanks Skip)

Happy Birthday wishes for January are passed along to Fred MacKinnon, Greg Slack, Dave Stewart, Dave Murphy, Mike Totten, John Jessome, Bernice Kaulback and Marion McDorman.

Happy Anniversary wishes for January are passed along to Virginia (Silver Cross Mother) and Cyril Roberts, Phyllis and Harry Wilson.

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, and say a prayer for our troops who are serving in foreign countries and their families.

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