

Wentworth Pioneers Welcome the Wentworth Firefighters



Barbara Little and husband, Arden Little, attend a supper and information session at the Wentworth Recreation Centre. Arden Little, deputy fire chief of the Wentworth Volunteer Fire Department, was featured as speaker and demonstrator of the event sponsored by the Wentworth Pioneers, who wished to know more about these courageous firefighters. (Carol Hyslop Photo)

By Hope Bridgewater

The Wentworth Pioneers were recently fortunate in having the Wentworth Volunteer Firefighters Department at the Wentworth Recreation Centre for a potluck supper and an educational session. The Wentworth Volunteer Fire Department deserves admiration for its members give hours of volunteer time and risk their lives in order to help in events ranging from medical emergencies, rescues, accidents and all types of fires.

Earlier fire chiefs in Wentworth were Roy Patriquin, Ivan Crawford, and Vernon Sprague. Current executive members are fire chief Kevin Sprague, deputy fire chief Arden Little, assistant deputy fire chief Norman Gower, secretary Conor Scallion, bookkeeper Sonya Seymore, training officers Norman Gower and Harold Smiley. Other members are Bill Baker, Carl Black, Orland Carter, Alton Crawford, Doug

Curry, Carson Dares, Darryl Dykens, Doug Gilroy, Edison Lynds, Al McLellan, David Ogilvie, Dale Patriquin, Joe Patriquin, Glen Rushton, Jennifer Rushton, Todd Seymore, Vernon Sprague, and Jeremy Tattrie.

In the Fire Department's by-laws, it states that its "purpose is to perpetuate a program to conserve life and property from destruction by fire accident or other cause. Our first responsibility is to the Wentworth section of district #6 and, secondly, to other areas when mutual aid assistance is requested."

On the grounds of the Wentworth Rec Centre, there is a memorial site dedicated to former firefighters who have passed away. Todd and Sonya Seymore and other members volunteered their time to obtain a large granite stone, three flags on poles (a Canadian flag, a Nova Scotia flag and a firefighter's flag) and to construct two benches and a walkway.

The names carved in the granite stone are Dr. Gordon Wheellock, Willard Lynds, Hugh MacDonald, Donald Wood, Ivan Crawford, Allison Betts, Lorne Henderson, Roy Patriquin, Justin Crawford, Bernard Gower, and Ira Sprague.

After the recent potluck supper, Arden Little gave a presentation which included the display and description of a medical oxygen bottle kit, the defibrillator, and the blood pressure kit. A firefighter's bunker suit and self-contained breathing apparatus were described and demonstrated.

Arden, in answering questions from the Pioneers, told how the Wentworth firefighters plan programs with the principal at the Wentworth Consolidated Elementary School by teaching students about fire prevention, by serving them a noon meal at Christmas and by opening up the fire hall for tricks or treats at Halloween. A member thanked Arden and the firefighters present for the pleasure of their company and for their educational session with us.

The firefighters were invited to stay and play a few rounds of the Auction 45's card game with the Pioneers and one firefighter, former fire chief Vernon Sprague stayed on. The Wentworth Pioneers meet twice a month on the second and fourth Fridays, with business items and games on the second Friday and a potluck supper and games on the fourth Friday. Games available are Auction 45's, Dominoes, Crokinole, Scrabble, and Shuffle Board. Anyone aged 55+ is invited to join.

Yoga at the Wentworth Recreation Centre



Mary Purdy (third on the left, front row) teaches Yoga at the Wentworth Recreation Centre to session members (front row) Marilyn MacLean, Joanne Ferdinand, Carolyn MacAloney, Peggy Patriquin, Audrey Crew (back row) Mary Anne Jay, Suzie Ozawa and Joan Johnston. (Hope Bridgewater Photo)

By Hope Bridgewater

At 10 a.m. on Friday mornings, Yoga is taught and acted out at the Wentworth Recreation Centre. Mary Purdy is the teacher and she says the maximum number of people for her class should be 20, although in Wentworth that number has not yet been reached and there are still spaces open. Mary has been teaching wellness programs in the local area for over twenty-five years. Mary's passion is providing programs to facilitate physical, mental, emotional and spiritual well-being. She is a registered Yoga teacher and a meditation teacher.

Having gone to encyclopedias and the internet for research about Yoga, I found an article called "The Yoga Place" (free web space) which summed up the rewards of Yoga very well: "Yoga is an ancient system of techniques allowing one to maintain

one's health and well being. Yoga is universal and timeless and is as relevant today as it was when it was first developed thousands of years ago.

Some benefits of Yoga include: relieves stress and calms the mind; improves concentration and creativity; increases energy levels; improves body's suppleness; develops inner awareness; tones up the respiratory, circulatory, nervous and digestive systems; improves body posture; invigorates internal organs; keeps body healthy and hardy; helps keep a balanced outlook in the face of modern day pressure. Apart from providing a practical, scientific and holistic way of life to maintain good health and vitality, Yoga (which means 'union with self' in Sanskrit) helps purify the mind, body and spirit to help us get in touch with our true selves.

Yoga does not discriminate. Yoga is not a religion

and anyone from any spiritual inclination can still practice these techniques for its health benefits. Yoga makes us feel good and gives us control of ourselves."

Yoga was first developed in India about 5,000 years ago. It is important to know its history in order to appreciate its benefits. Up at the Wentworth Recreation Centre in 2011, the participants in the Yoga program are enthusiastic both about the teacher, Mary Purdy, her comments and her exercises. They realize the program makes them feel better physically and mentally.

Realistic reasons for this fact are stated scientifically in the above passage from "The Yoga Place." It is impressive that the executive of the Wentworth Recreation Centre had the foresight to seek out Mary Purdy and her knowledge of Yoga.

The Wentworth Pioneers (a senior club) believe in helping to keep all ages in the community, including seniors, living a healthy life-style. For this reason, the Pioneers applied for a Wellness Grant from the Pugwash and Area Community Health Board.

The classes are open to all, but the grant was to encourage seniors aged 55+ to join as well in order to promote mobility, improve balance and prevent falls. Fortunately, the Pioneers received the grant and it is now being spent as the Pioneer's contribution to both Mary Purdy and the Wentworth Recreation Centre.

Out and About with Ken

By Ken Kennedy

The month of May started off with a federal election and the PM got his majority in parliament. Somehow I don't wish to be in Stephen Harper's shoes!

Between baby-sitting in Halifax and Velma sub-teaching we do find time some weeks to do our nursing home ministry for Community Chaplain Services of Canada. On May 9th we were invited to their annual banquet in Quispamsis, NB and stayed over at the Amsterdam Inn. Not much of a rest but it was a bit of a break away.

With my back problems, long distance driving is a bit of a pain. Somewhere along the way we took time out to celebrate my 71st birthday! There's quite a few birthdays in May and I recall that Pauline McCulloch and Peggy Adams and I have birthdays around the same time.

Other birthdays I've heard about is my neighbor, Robert (Bob) Freeman, who hit the big six-0. Bob's a good neighbour and looks after things when we're away. I was paying for gas at the Masttownner Motel gas bar one day around the 9th of May and Georg, the owner, came out and placed a necklace around Agnes' necked and wished his sweetheart a happy birthday. (If I did something like that in public, Velma would have a fit!)

I see where Keith and Heather Robinson celebrated their 33rd wedding anniversary around the 10th of May. It was a bitter-sweet moment as Heather was grieving her

mother's death a year earlier.

On May 14 Velma and I took part in the wedding of Andrew and Kim King at the Debert Baptist Church. Velma was the matron of honour and I was the best man! No, I didn't forget the ring! Everything went pretty well as scheduled. Kimberly stayed over at our place the night before the wedding as she didn't want to face Andrew before the ceremony conducted by Pastor Bill Martin. Amazingly, she was only a few minutes late!

I may be fired from the Great Village Legion as I have missed so many meetings and events. We were supposed to help with the breakfast brunch on the 21st but couldn't make it because of other commitments.

No doubt you will hear all about the 90+ party elsewhere in this issue of the Shoreline Journal. I was pleased to be invited down to the Economy Rec Centre to say the grace which I ended up singing! Nobody threw

any rotten tomatoes at me so I guess it went over OK. Dorothy said I looked about 90 and pinned a corsage on me! I met Alfred Matthews and Cliff Lane on the way out. Neither one of them looked a day over 90!

As I drove by Linda Fulton's in Portauquique, I couldn't help but think of former publisher Donna Benoit, Linda and Lee's daughter, and how she would have liked to be there. I spoke with Linda by phone and she says that Donna is doing well out West but still suffers with arthritis and fibro myalgia. Jordan and the boys keep her busy no doubt!

I must take this opportunity to thank Maurice and Dorothy Rees for doing such a good job with the Shoreline Journal and for putting on such a fantastic 90 & 90+ birthday party at the Economy Rec. Centre on May 7th.

As Tom Taggart said at the microphone they financed and organized the event themselves. No doubt read all about it in this month's Shoreline.

Feature pages can be found in this issue, starting on page 25.

Historic Sites Along The Shore - A.A. HILL GENERAL STORE



The Shoreline Journal, in collaboration with the Colchester Historical Society Archives, have inaugurated an ongoing feature utilizing a combination of the digital "A. F. Church Maps" to pin point the circa 1875 location of a Colchester site of historical importance, and connect it to an archival photograph of that site, in that frame.

By Dick Akerman

The arrow pointer on map # 302, which includes the "blow up" of Great Village, pinpoints the location of the A.A. Hill General Store. Located on the Lornevale Road, just beyond the United Church, it was built in the 1850's by Hills's father in law, R.N.B. McLellan. The building has

been in nearly continuous use for commercial purposes for one hundred sixty years, as a general store, meat store, restaurant, funeral home, and today is occupied by "Instrument Concepts", owned by Mr. Mark Wood, who's firm designs and manufactures, on site, ocean acoustic sensing devices. R.N. B. McLellan, the first owner, was the grandson of Peter McLellan, one of the original settlers of Great Village. McLellan was a farmer, operated a saw and grist mill, owned sailing ships, one of which, the "R.N.B. was used to transport local farm produce and salted, barreled fish to markets in the "Boston States", returning with manufactured goods for sale in his and other local stores. This is the store mentioned in Elizabeth Bishop's "In The Village".

Be sure to see next month's 'Historic Sights' feature in the Shoreline, and if you have a suggestion for future "sights", submit it to the editor or the Archives, at 895-9530.

Dick Akerman has been compiling information on behalf of the Colchester Historical Museum Archives, which will be published as a monthly column in the Shoreline Journal.



From the archives of the COLCHESTER HISTORICAL SOCIETY

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