

Four friends get 29 Cribbage Hands

By Maurice Rees

The odds of getting a 29-hand in 4-handed cribbage is rare. Experts say the odds are 1 in 620,000. However those

odds didn't deter Beth Webb while playing a four-hander on November 11, 2010. Beth is part of a close family and friends group of recreational

crib players in the Five Islands and Economy areas. As a past-time Gerald Elliott, John Cowan, Larry Webb, Beth Webb, Heather Webb and Bob Macgregor often play a few games of cribbage.

Within a three year span four from the group have played a perfect 29-hand. Here's the sequence of their rare perfect hands:

August 14, 2007, Larry Webb while playing against his uncle Gerald Elliott, at home in Lower Five Islands. May 31st, 2009, John Cowan was playing against his broth-

er-in-law, Larry Webb, with Gerald Elliott watching at the Webb residence. May 31st also happens to be John's birthday.

November 11th, 2010, Remembrance Day, while back at the Webb's camp in Economy, Beth Webb got her 29 hand while playing a four-handed game with daughter, Heather, against brother-in-law, John Cowan (the same as above), and friend Bob MacGregor of Economy

December 12, 2010 Gerald Elliott got his 29 hand playing against nephew, Larry Webb with Larry's wife in attendance.



Of all the four hands in cribbage in the Webb household, Beth Webb topped them all, with a 29 hand, while playing a four hander against daughter, Heather; brother-in-law, John Cowan and family friend, Bob MacGregor of Economy. Experts say the odds of a 29 hand in four hander is 1 in 620,000. (Webb Photo)



Gerald Elliott was dealt 29th cribbage hand on December 12, 2010 while playing against Larry Webb, Lower Five Islands. (Webb Photo).



John Cowan was playing against Larry Webb, while Gerald Elliott watched as John got his 29 hand on May 31, 2009. It was also John's birthday. (Webb Photo).



On August 14th, 2007 while playing against his uncle Gerald Elliott, Larry Webb got is first ever 29 cribbage hand. (Webb Photo).

Laugh more, stress less

By Chris Urquhart

Humor can help reduce stress by providing a positive way of looking at problems. Humor can also help you perceive what's ridiculous or absurd in a situation. To promote humor in your life, follow these steps:

Be open to humor. Give yourself permission to laugh, even during tough times. Laughter can break that "I don't know what to say" situation and ease everyone's tension, not just yours.

Surround yourself with humor. Try hanging cartoons in your workstation or on the fridge.

Seek out humor. Look for humor in everyday situations. I get a good laugh watching the pheasants plowing through the snow! Or watch a favorite comedy DVD.

Share your humor. Tell a funny true story to a coworker or friend. A good joke shared makes everyone feel better!

Get SMART about weight-loss goals. When setting goals, think about the process and outcome. Process goals are most important because changing your habits (processes) is the 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. Another example of a SMART goal is following the Canada Food Guide - eating more fruits and vegetables - and less chocolate!

Although it is often hard to go outside in this snowy and cold weather to walk you can go to the mall and walk there, inside where it is nice and warm. There are benches if you need a short break and you may run into old friends

you haven't seen in ages.

If you can't get out because of the weather you can always walk around your house, although you will miss out on fresh air and may find some "dust bunnies" if you look too closely!

Any form of exercise is better than no exercise so make your plans today and Get SMART!

Wheels to Meals Great Village Legion

By Jim Bird

In March Wheels to Meals will be held on March 1st and 15th. March 1st will feature baked beans with biscuits and cheesecake for dessert. On March 15, during the school break the Great Village Fire Auxiliary will cater the meal. You could check with one of them for their menu.

Here's bit of background on the Wheels to Meals program in Great Village.

I don't remember the year the Wheels to Meals program was started at the Legion in Great Village. My mother, Ella Shelby, was on that original committee. She continued to come help and set the tables until she just wasn't able any more.


Soon I was working there too. I was shanghied, (yes, shanghaied. My mother said I would; forgetting to ask me) to become the full time cook when Margaret Congdon left to pursue other interests in September 2000. I soon shanghied other family

members, both my daughter Shelby, and my daughter in law, Trish, became sous chefs as time went on.

They brought their children when they were not yet in school or I did if I had the joy of babysitting them while mom worked. The day for our Christmas Dinner this past year I was very excited as a fifth generation came to help out at Wheels to meals.

In fact all generations except Mom were represented. Me, Ella's daughter, my son's wife, Trish, and her two children Becca and AJ. Two of my other granddaughters, Camryn and Ashleigh, who also brought her young son, Dawson.

It was nice to have them there to help set the tables and to have so much help in the kitchen from my family and the opportunity to play with Dawson, during breaks. Wheels to Meals is our family business so to speak. Pretty good eh?



Do you or a loved one have a chronic health condition?


Our Your Way to Wellness program may be able to help.

This free, six-week provincial program supports people living with chronic disease by helping them to manage their symptoms, set goals, improve self-confidence and develop action plans.

You can learn to take action towards a healthier life!

Next program begins March 15, 1:30 p.m.
Economy Recreation Centre

Sign up now.
Sessions begin March 15.
Contact Holly Mitchell for more information or to register.
902-893-5554 ext. 2396
holly.mitchell@cehha.nshealth.ca



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