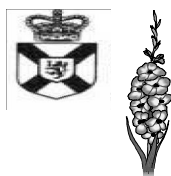




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# THE CENTRE POST

## CELEBRATE CANADA DAY JULY 1st

### CANADA WHAT A COUNTRY

*By Isabel Tait*

Fall, winter, spring and summer  
keep us forever changing  
with the times.

We see the reds and yellow  
of the autumn  
then feel the wintry blast.

We play in the drifts of snow  
and welcome spring blooms  
in rainbow hues.

Summer a time to sit and contemplate  
for soon we know that we will face  
another pile of ice and snow

My Canada, what a country.

## COMMUNITY EVENTS

Every Mon. 6-6:30 – TOPS

3rd Mon. 2 pm, *Sheffield Mills &  
District Women's Institute*

3rd Thurs. *Good Neighbour Club*

3rd Sat. *'Big Breakfast'*  
7 – 10:30 AM

*No Breakfast for July & August  
See you in September.*



## EDITOR'S NOTE

*By Isabel Tait*

Welcome to summer! The contributors have been great in getting their copy to me on time and I look forward to seeing this issue in print. Thank you to the businesses who have placed an ad; without these we wouldn't have a newsletter. When you patronize these businesses tell them you saw their ad in the Centre Post.

For those of you who missed the ending of *"Subtotal of a Successful Venture"* by Marke Slipp in the April issue, here is that final paragraph.

*"It's a long way from the cooperages and smithy shops of the 1930's to the cyber enterprise of the 21st century that is now in the warehouse. But Fraser's Subtotal business certainly adds up to a bright future!"* I apologize again for this omission.

Watch for "Topsy Garden Pots" in Centreville gardens. I know of two people who are planning to make one for their yards.

We are always looking for pictures, articles and/or crafts for our newsletter. If you have any, please get in touch with Isabel Tait, 678-9765, E mail [isabelbruce@eastlink.ca](mailto:isabelbruce@eastlink.ca) Terry-Lee King 679-0777 or Mike Sweeney at 679-2780. **Next issue deadline is September 1st**, to be on the shelf by Sept. 21st. Here's hoping you have a safe and wonderful summer.

## SOMETHING NEW?

Are you interested in a Computer Column? A resident expert is willing to answer your questions in this newsletter. Just E Mail questions to: Isabel Tait or call 678-9765 [isabelbruce@eastlink.ca](mailto:isabelbruce@eastlink.ca)

To place an advertisement call Mike Sweeney 679-2780.  
Or call Terry-Lee King 679-0777

The 'Centre Post' is printed by B & B Paper Plus, New Minas.

Check out Centreville's Web Site  
[www.centreville-kings-county.com/](http://www.centreville-kings-county.com/)

## CENTREVILLE'S 7TH ANNUAL PIG ROAST A HUGE SUCCESS

This year's Pig Roast was another record breaker with \$2560.00 gross earned from the sale of tickets and through donations. The net amount after expenses will be used for the betterment of our community; like improvements to the Community Hall.

A big thank you to all those community members who donated food and their time for this community fund raiser. Also a thank you for all those folks who supported us through the purchase of tickets.

Finally, a special thank you to John Hutton, who was kind enough to donate the pig.

*Mike Sweeney, President,  
Board of Directors CDCDA*

### Centreville District Community Development Association **BOARD OF DIRECTORS' MEETINGS**

**Where:** Centreville Hall

**When:** Fourth Thursday of the Month

**Time:** 7:00 PM

**Exceptions:** JULY, AUGUST & DECEMBER

BY NOTIFICATION – *All meetings are open to the public,  
come out to support your community development!*

Along with the federal Environment Minister, I was pleased to announce this past Saturday the federal contribution of 42.5 million dollars towards cleaner air and fewer greenhouse gas emissions.

It is very much in harmony with the priorities of our government and will help fulfill commitments made in the Spring sitting of the Legislature when I introduced the key bill of the government – the Environmental Goals and Sustainable Prosperity Act.

This bill has the ambitious goal of earning Nova Scotia international recognition by 2020 for having one of the world's cleanest and most sustainable environments. Also by that date, we aim to enjoy an economic performance that matches or exceeds the Canadian average.

Our environmental goals include reducing our greenhouse gas emissions by 10 per cent from 1990 levels. That amounts to a 35 per cent reduction from the levels projected for 2020. It's a challenging goal, but I am convinced we can achieve it.

The federal support I announced will allow the province to accelerate plans to build Nova Scotia's renewable energy portfolio and reduce harmful emissions.

Our government has five specific projects for the contribution we received and the preliminary work on them has already begun.

Firstly, we will convert the heating plants at the Capital District Health Authority to burning natural gas from Bunker C oil. This will create a market for natural gas on the Halifax peninsula that will enable suppliers to bring gas across the harbour and make it available to businesses, home-owners and the universities.

The use of this cleaner-burning fuel will reduce greenhouse gas emissions.

Secondly, pending the outcome of a strategic environmental assessment, we

will expand Nova Scotia's portfolio of renewable energy to include funding for a tidal power pilot project.

Thirdly, we are establishing the Nova Scotia Municipal Climate and Clean Air Fund. This will enable Nova Scotia municipalities to take on projects that will reduce carbon emissions. I know that our community leaders will come up with many innovative ideas, but one example is energy-efficient street lights.

Fourthly, we plan to set aside funds to conduct studies and experiments in the sequestration of CO<sub>2</sub>. This will assess the potential for carbon dioxide sequestration in saline aquifers and its use in the extraction of coal bed methane.

And finally, we are establishing the Nova Scotia Environmental Technology Fund which will encourage start-ups in the development, commercialization, and use of new technologies that reduce greenhouse gases.

The government has a great deal of work to do to develop these programs, and more detail will emerge in future announcements. But the diversity of these initiatives reinforces an important point about reducing climate change.

There is no one big solution on the horizon. Instead, we will make a difference first of all by setting a goal for ourselves. And then we will achieve that goal by changing our attitudes and behaviours in countless ways.

Nova Scotia is a leader in this regard, as evidenced by our internationally-acclaimed advances in solid waste management. And it is my intention as Minister of the Environment and Labour to continue to advance that leadership so that by 2020 we will have an internationally recognized reputation for having one of the cleanest and most sustainable environments.

- 0 -



**Constituency Office**

**Honourable Mark Parent**  
MLA for Kings North

381B Main Street, Kentville, Nova Scotia, Canada B4N 1K7  
Telephone 902 678-2730 Fax 902 678-4236

markparent@ns.aliantzinc.ca

## MARG'S GLAD GARDEN



Come visit Marg's Glad Garden at 5387 Brooklyn St., Grafton, during the month of August from noon till dusk and receive a beautiful bouquet of glads for a donation.

This registered charity has given directly to cancer patients in the local area through the recommendations of the Cancer Patient Navigator at Valley Regional Hospital. Donations may be made at any time.

Some cancer patients need help with the cost of medications, rent, mortgages, fuel, groceries, transportation for treatment, power and telephone bills. "We consider every request says Murray Salsman, I wish we could do more."

This year we have planted over 9,000 gladiolus bulbs including some newer varieties. Our web site tells our story and shows a lot of pictures taken in the garden. A special glad is the "Glad of Hope" and can be found on an enamel pin which can be purchased at any time.

Log onto [www.gladofhope.ca](http://www.gladofhope.ca)

**WANTED: U-pick Bus Operator:** Excellent opportunity for an energetic individual looking for 6 -7 weeks work during August/September. Blueberry Acres, has an opening for a dependable bus driver to provide safe transportation and an enjoyable experience for our customers. Work outdoors touring the public in our high bush blueberry operation six days a week, Tuesday through Sunday. Must have the ability to work on own with minimal supervision, and be part of a customer focused team. Valid bus license required. Wage to be negotiated.

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## **MONEY TALKS** *By Steve Peverill*

*Are you preparing to meet life's changing needs?*

As we age, our financial needs change. Thus, it helps to think of our lives in terms of distinct financial "stages"—periods of time when we need to be focusing on particular financial goals or managing wealth in a certain way.

The following are typical life stages you'll experience, describing what you should be pondering as you move through them.

### **Ages 0-20: The learning years**

This is when you're learning about money, and having your formative financial experiences. Maybe you've already passed this stage—but your children or grandchildren haven't. Make a difference to their financial futures by teaching them good financial habits and introducing them to the fundamentals of personal finance: an allowance (to teach income management), a savings account (to teach savings discipline), and an investment account (to introduce them to the capital markets).

### **Ages 21-30: Laying the foundation**

It's time to establish the foundation of your financial future. Education and job training will be your primary investments in these years. From there you'll be busy establishing a career and possibly a family as well. Time to work on the important financial goals going forward: your retirement portfolio, health, disability, critical illness and life insurance, a properly drafted will (including a Power of Attorney document and Living Will, otherwise known as a "Health-Care Directive") and maybe even a home. Although your income may be lower than in future

stages, you have time on your side. So get to work on these goals now to save costs and make a huge impact your wealth later in life.

### **Ages 31-40: A time to spend**

These are the prime spending years, when your mortgage payments, child-care, education savings and other expenses put a strain on your income. Even so, you shouldn't be suspending contributions to long-term investments or retirement savings plans. Those with growing families will also want to make sure their insurance coverage keeps up with their forever-changing circumstances.

Another challenge might be on the horizon: Your parents are probably reaching the ages of between mid 50s to early 60s. Making sure they'll be properly cared for, when they may not be able to themselves, can be of considerable expense. Make sure you discuss the topic and investigate long-term care coverage now before premiums become high or they are no longer insurable.

### **Ages 41-50: Transition to saving**

With middle age comes a shift in focus from spending to saving. Unless you have children living away at university or college, your expenses are likely lower now and the mortgage is starting to look more manageable. Your income is likely expanding and it's becoming easier to save. You need to start making substantial contributions to your retirement portfolio.

### **Ages 51-60: Pre-retirement push**

You're at the peak of your career, your mortgage is gone, and the kids have probably moved out. Now there's no ex-

cuse: it's time to put everything you can into your retirement portfolio. You'll also want to consider what you'd like to do during your retirement. A little advance planning will help make your time off a lot more enjoyable. It's also time for you to consider putting proper Long-Term care insurance on yourself. Don't wait for the kids to broach the subject. Did you remember when you should have?

### **Ages 61-70: Retirement**

You've retired. Securing a stable income will be your main objective. You'll want to study your Old Age Security benefits carefully to ensure you make the most of them, and transfer your RRSP into an RRIF or annuity by age 71. Your portfolio will most likely be a little more conservative than it was in the past, but don't take it too far—nearly everyone needs to have some equity (stock market) investments to keep up with inflation and curb unnecessary taxes. You'll also want to finalize your estate plan, and discuss your intentions with your heirs and make any adjustments to your will as you've been doing all along, right?

### **Age 70+: The Golden Years**

Congratulations—you've made it! Your day-to-day finances are likely less of an issue now, but that doesn't mean the need for financial planning has ended. You may still be healthy enough to travel and the like. Let's hope you worked hard enough on your savings over the last three decades or so. It's also time to think about the legacy you'd like to leave behind—for your family, charities and for your community as well. There may well be health issues to contend with also.

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## MONEY TALKS (Continued)



Either way, a little advance planning will ensure you enjoy the freedom you've earned.

No matter what stage you're in now and no matter what you're current financial picture is, if you want the benefits of financial health through the remaining stages, *planning* ahead and *acting* on those plans is the only sure fire way to keep from becoming and remaining financially ill.

I urge you to share this article with your children if they are of an appropriate age and always seek the advice and counsel of a qualified advisor before embarking on any financial strategy.

Please continue to look for upcoming articles to help you and yours enjoy the future more. If there's a particular topic you'd like me to comment on, feel free to e-mail me at

stevepeverill@eastlink.ca

### Have a great and safe summer.

Steve E. Peverill PFP, is an independent Professional Financial Planner, living with his family here in Centreville and practices throughout Kings, Hants and Halifax counties. - 0 -

## TOPLESS RHUBARB PIE

2 cups rhubarb  
1 cup sugar  
2 eggs  
2 tbsps butter  
1 tsp flour

Beat eggs blend in sugar and butter, add rhubarb. Stir, put into unbaked pie shell. Bake at 350 degrees. Takes about 45 minutes, or until firm in center. Delicious! and it makes its own meringue.



## CDCDA – 2006 ANNUAL GENERAL MEETING – MAY 24 2007

### DIRECTORS' REPORT FISCAL YEAR 2006/2007

1. This report is structured by subject hence will not be chronological. It covers the period April 01, 2006 to March 31, 2007

2. The following Organizations were represented either on the Board of Directors or within the Association's membership and their activities were followed by the Board. The list is not all inclusive.

- A. The Centreville Good Neighbors Club
- B. The Charles MacDonald Concrete House of Centreville Society
- C. The Centreville & District Park & Recreation Association
- D. The Centreville Baptist Church Evening Workers Auxiliary
- E. The Women's Institute
- F. The Centreville Hall Association
- G. Kings Citizens' Patrol
- H. Centreville Centre Post
- I. Centreville Secondary

Planning Strategy Committee

J. Comfort Station Committee

K. Web Site Committee

L. Welcome to Centreville Sign Committee

M. Pig Roast Committee

N. Citizens' Patrol Sign Committee

M. The Centreville District Area Advisory Committee

O. GNC Monthly Breakfast

P. Kings Transit Committee

3. The Executive elected by the Board of Directors consisted of:

Michael Sweeney	President
David Briggs	Vice President
Peggy Sheffield	Secretary
Marilyn Kennedy	Treasurer

4. The Report is by subject matter and is not in chronological order.

5. **2006 Pig Roast:** The roast was held on 13 May 2006 to raise funds for community work. The Association netted \$1473.85 after expenses.

6. **Development Plan:** The Centreville District Community Development Plan continues to be implemented with continued work on the location selection


for the remainder of Welcome to Centreville signs, Renovations to the Centreville Hall, Improvements to the Web Site, quarterly publication of the Centre Post, Comfort Station for Centreville, Centreville District Area Advisory Committee and the Centreville Secondary Planning Strategy.

7. **Web Site For Centreville:** [www.centreville-kings-county.com](http://www.centreville-kings-county.com). This is a task from the development plan. Improvements continued to be made to the site. Local businesses are now advertising on the site in support of this District effort. The site is being used to inform community members of upcoming events and displays the Centre Post and the Centreville District Community Development Plan. The site is very active.

8. **Community Hall:** The Centreville Community Hall has undergone a capital and maintenance upgrade project with funds provided by the Hall Association, Good Neighbors Club, CDCDA, NS Sports and Recreation Commission, NS Community Economic Development, NSCC/HRDC and community contribution. The cost was approximately \$36000.00. The project targeted health, fire, and safety plus the buildings structural integrity. Planning is currently underway upgrade the exterior of the building, shingle the roof, redo the hardwood floors and provide a barrier free bathroom. The Good Neighbor Club also expended \$2110.11 for new chairs and repairs to tables and chairs. The CDCDA contributed \$1000.00 to this project. In addition the Assoc has submitted a \$1000.00 grant application to the Municipality to assist in graveling the Hall's parking lot. These projects incorporate several tasks from the community development plan.

9. **Secondary Planning Strategy-Centreville:** The CDCDA is reviewing a Pedestrian and Transportation Plan for Centreville

10. **Kings Transit:** CDCDA is addressing a Kings Transit service to Centreville. Community input is essential.



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**11. Welcome to Centreville Signs:**

Design for five welcome signs are completed and one was installed in the Fall 2004 to test durability and to gather input from the community. Locations for two of the remaining four signs have been confirmed with installation planned for this Spring. This is a task from the community development plan.

**12. 2007 Pig Roast:** A Pig Roast is planned for 05 May 2007.

**13. Good Neighbor Club:** The GNC are holding monthly breakfasts to raise money for the community. They have been a huge success. The GNC celebrates its 60th anniversary in June 2007.

**14. The Centre Post:** A group of four community members, two of which are from the Association's Board of Directors, are publishing quarterly the Centre Post. Four issues of 500 copies each have been published. Local businesses, stakeholders and community members have provided outstanding support to the paper through the medium of advertising and contributions of articles. All 500 copies of each issue have been distributed.

**15. Centreville Comfort Station:** The Community submitted two funding applications to the Municipal, Provincial and Federal governments, totaling approximately \$13,600.00, to upgrade the Centreville Community Hall to be a Comfort Station. The upgrade is completed and the Hall is now equipped to act as a comfort station during a declared state of emergency. The official opening was Oct 23, 2006. The community has provided 35 volunteers to man the Station.

**16. Centreville Area Advisory Committee:** The CDCDA has submitted a letter to the Municipal Council requesting the Council to approve and set up a Centreville Area Advisory Committee. The committee would consist of community members appointed by the council. The committee would advise on planning and development matters in Centreville that have been brought before the Municipality.

**17.** This concludes the Directors' report for Fiscal Year 2006/2007

*Authentication: M. C. Sweeney, President*

If you are anything like me few things dictate how your week will progress like the weather; we need only look at the late winter to see that this is the case. I, like so many other people was shocked to wake up Sunday, April 8<sup>th</sup> – Easter Sunday – to see a massive blizzard sweeping across the front yard; well at least I think it was the front yard, I really couldn't tell; all I could see was a cloud of white. Living in the Maritimes I'm quite used to snowy winters, and even snowier springs by times, but I'm not used to having Easter Sunday affected by snow! So I, like many other people, decided the best plan was to cancel our service and to celebrate Easter Sunday a week later, grateful that Easter is a season, not just a day.

Almost two months later, I sit at my desk looking out at how different the landscape is in just eight weeks: long gone is the snow, the grass has become a luscious green, and perhaps most notably the apple blossoms have burst forth. I'm reminded of last year's Apple Blossom Festival when the rain came down in torrents – notably because I officiated at a wedding where the bridal party had a great difficulty staying dry. As I write I am anticipating a wonderfully warm and sunny Apple Blossom weekend this year – only time will tell if I am right.

We remember significant events in our lives in many different ways: we keep ticket stubs and programs, t-shirts, ball caps, and bottle caps. We also remember these events by the weather we experienced. I'm sure many of us can remember memorable camping trips or holidays south which were either helped or hindered by great or lousy weather.

I mentioned that the weather affects our week, and it most certainly does: do I walk the dog today? Do I mow the lawn? Do I paint the shed? Do I stay inside and clean? etc., etc. We seek the good weather because it ensures that we will be able to participate in those activities which we find enjoyable; yet if it were

sunny and hot all the time we need only ask a farmer whether or not this is a good thing. We are blessed with a climate which brings the sun and the rain, the warmth and the cold. We see the cycles of life all around us: the rich new life of spring and summer, the maturation of the fall, and the return to stillness in the winter. All of the aspects of nature are gifts to us, as stewards of the earth we are to treasure them, and to acknowledge that they are ours to enjoy and to share, but they are also ours to protect; to ensure that they are here for those who come after us; people and creatures alike.

As we move further into the warmth of the summer season may we be reminded of the love and joy which are ours to share; may we share old stories, and make new memories. Pax,

*Rev. Michael Gibbons  
Canard United Church*

**WINS TODAY**

The Sheffield Mills and District Women's Institute is to be congratulated for their continued involvement in many local and Provincial issues. For nearly 100 years, the Women's Institute has focused on the social and economic needs of rural Nova Scotia. In 2004, the Sheffield Mills and District Women's Institute branch began a campaign to urge government officials to remove the HST on home heating fuel. The campaign gathered momentum and with support from the Provincial Women's Institute and other organizations, the Heating Rebate is now implemented in Nova Scotia. Now the Women's Institutes are lending their support to the Buy Local program to educate the importance of supporting local producers and the economic stability of rural communities. The Women's Institute of Nova Scotia is a powerful organization that draws attention to issues that need to be addressed.

*Joan Kennedy, Sect'y*

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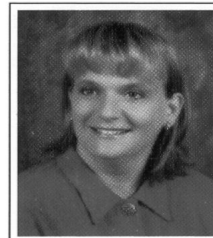


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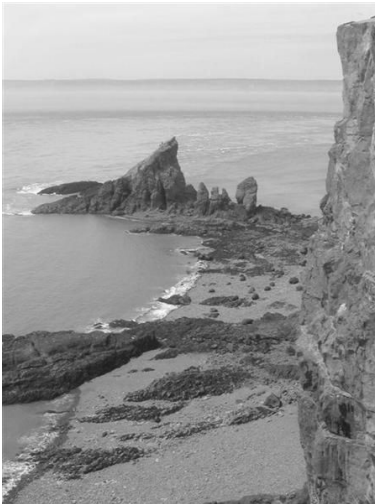
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The Bay of Fundy was selected one of the Seven Wonders Of Canada in a poll recently.\* This honour comes to our way courtesy of a CBC contest held in May when Canadians voted for their favourite places across the country. The nominees were varied: from the natural choices such as the Northern Lights or the Rocky Mountains, to peculiarities like the Canadian Museum of Civilization or the Vimy Ridge memorial (situated on soil designated as Canadian, even though in France). The 52 nominees culled from 18000 entries went from the sublime to ... well, the nutty. (Check out all the nominees at: <http://www.cbc.ca/sevenwonders/nominees.html>)



*Cape Split at low tide*

The Bay of Fundy has been a personal favourite of mine for as long as I can remember; from the tip of Cape Split, where one can watch the controlled fury of the tides, to Charlie Macdonald's Fairie Cottages at Huntington Point, or mud-sliding in the tidal banks near Porter's Point. You likely have a place that has special meaning and value to you as well, be it the whale watching at the western end of the Bay, or fossil hunting in the red sands of Blue Beach.

It staggers my imagination to realize that the amount of water coursing through the Minas Channel near Cape Split equals the output of all the rivers of the world – 14

cubic kilometers, or 14 billion tonnes of brine sloshing around four times a day in its regularly shifting tidal dance.

It has always felt like I've arrived home when I drive down Hantsport Mountain with the view of mighty Blomidon languishing in the distance and the Minas Basin with its red sand cliffs, beaches, and amazingly vast tides welcoming me back – even after a day away.

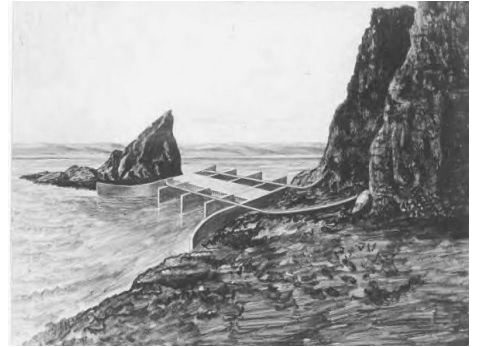


*Kathleen Slipp at the Blue Cottage in Huntington Point*

The rhythmical lure of the Bay of Fundy is one thing that keeps people coming back here decade after decade. Then there is the economy of the Bay. Besides the tourism there's still a strong fishing trade that operates here, harvesting sea foods such as lobster, haddock, mackerel and scallops – just some of the 50 varieties found in the area. Whether or not this will all be threatened by the planned development in the Minas Channel is a contentious issue amongst many.

In the early 1900s there was an idea to harness the tides, but luckily it never came to be (see drawing). In the 1970s a 20 MW tidal power station was installed in the Annapolis River causeway as a test project and it was able to successfully create some electrical power for the area. But we need much more power than that will create – and Nova Scotia Power has a mandate to supply its customers with a much larger percentage of power from clean, sustainable sources – and soon – so they are

looking at the Minas Channel, off Cape Split as its first testing area for tidal power generation.



*Tidal power at Cape Split circa 1915 from a drawing in the Acadia University archives*

In January 2007, NS Power contracted Open Hydro, an Irish energy technology company, to test a \$12 million scale turbine in the Minas Channel. That's when the scallops started to hit the proverbial fan.

Centreville residents Mark & Joanne Taylor, who fish out of Halls Harbour, are dubious of the plan. The area where NS Power plans to install the test the 1 MW turbine is in their lobster fishing grounds. Mark knows the area intimately after working it for the past 3 decades, having started with his father. "There is no such thing as 'free'," says Mark, referring to the source of the energy to be tapped. "You'll be giving up something." His concern is it might be his lobster and scallop operations.

Joanne stated in a recent interview that it will impact where fish and lobster migrate to molt and spawn and they're concerned how generators, electrical fields and cables on the ocean floor will affect them as well. This represents something in the neighbourhood of \$8-10 million annually to the fishing industry – and lots of jobs.

"You'll notice it says 'Canada's Ocean Playground' on our license plates," jokes Mr. Taylor, "not Canada's

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## The Power of Fundy & its Tides *Continued*

industrial center." Mark's natural good humour is tempered somewhat by the lack of information given to him and his fellow fishers about the project. They weren't consulted about the use of the areas they fish in. And recently a government boat mapping the floor of the channel inadvertently tore up lines and traps in their effort to get ocean floor terrain information Taylor would've happily supplied them for free. "They could've at least waited until the lobster season was over before going in there," he lamented.

The bounty of the Bay, along with its power, magic and value to Canadians are all coming together at the same time – and if we are going to change our environment significantly, we all need to have input. It's not just our own Bay of Fundy. It's officially one of the Seven Wonders of Canada.

*\*For more information on the Bay of Fundy, try these web sites:*

<http://bayoffundy.blogspot.com/>

*is an interesting blog site*

[http://www.youtube.com/watch?v=YiHP8EG\\_Wq4](http://www.youtube.com/watch?v=YiHP8EG_Wq4)

*has a short time lapse video shot by local videographer Fred Macdonald*

<http://www.concretehouse.ca/uncommon/concreteman.html>

*for info on the Faire Cottages at Huntington Point*

[http://en.wikipedia.org/wiki/Tidal\\_power](http://en.wikipedia.org/wiki/Tidal_power)

*for information on different sorts of tidal power & more*

*\*Article written prior to announcement of winners*

-0-

## OUR ENGLISH LANGUAGE Can you read these right the first time?

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum
- 9) When shot at, the dove dove into the bushes.

## SWEET AND SOUR VEGGIE STIR

### INGREDIENTS:

1 cup fresh broccoli florets  
1 medium carrot, thinly sliced  
½ a small to medium red onion, julienned  
6 large mushrooms, sliced  
1 cup shredded cabbage  
1 small zucchini, julienned  
1 Tbs. olive oil  
½ cup Country Magic® Red Pepper Spread

### DIRECTIONS:

In a large skillet or wok, stir fry the broccoli, carrot and onion in oil for 5 minutes. Add the cabbage, zucchini and mushrooms and stir fry until the vegetables are tender. Add Country Magic® Red Pepper Spread and mix until vegetables are well coated. Serve as a main dish over a bed of rice or as a side dish to your main meal. For a spicy twist try our Country Magic® Hot Red Pepper Spread.

*Note: Country Magic® Red Pepper Spread can be purchased at Between the Bushes Restaurant in Sheffield Mills or Noggins Farm and Stirlings Fruit in Greenwich.*

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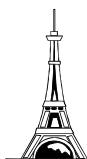
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## TRAVELS IN FRANCE

GREN & GAIL JONES

Travels in France with Nova Languages Inc., a travel company operated by Gren and Gail Jones, who live in Foleaze Park, Centreville and are dedicated to offering specialty tours for adults and students.

*Dear Readers,*

A new chapter in air travel is about to be opened from Nova Scotia to Europe! Prior to 2007, it was rather difficult to reach Paris without going to another destination which added time and cost. On Tuesday, June 12th, Zoom Airlines will open weekly service into Charles de Gaulle airport Terminal 3. This is one of Europe's nicest "large airports" with many services available including an excellent free shuttle for travel around the airport. There are 2 train stations including the RER station for suburban trains that run into the city as well as la Gare TGV which provides travelers with direct high speed rail service to most important major cities in France and beyond. Hotels are also conveniently located near the terminals.

I highly recommend this direct service for several reasons including the price of the flights, the convenience of the departure and arrival times as well as the opportunity to get away quickly to one's real destination upon arrival. Let's hope that this service will be around for years to come! This year's service runs until the end of October.

July 1st, 2006 was the 90th anniversary of the Battle of la Somme and more recently, in April, 2007, Canadians witnessed a wonderful anniversary ceremony for the re-dedication of the Vimy Ridge Monument. I felt it would be a good opportunity to take you on our two week tour through Northern and Western France. Nova Languages has been offering travelers an opportunity to visit the battlefields and gain a sense of appreciation for the Canadian contribution to the liberation movement in both world wars. This tour is offered from May 31st - June 15th annually.

Our goal is to take small groups comprised of 3 or 4 couples and we travel by van. These are brand new 9 passenger

units made by Citroën, a popular French auto manufacturer. The seats are individual, reclining seats. The vans have air conditioning and a large cargo capacity. They are ideal for our style of travel. We stay in lovely hotels that reflect the history and culture of the region. The tours are full service with the accent being on the comfort and relaxation of our guests. We do not attempt to "overload" our days with too many activities and we are flexible in our schedules. We invite you to contact us if you would like to travel to France on one of our specialty tours.

What other country in Western Europe has seen so much strife as France? Having been a part of the theater of war on three occasions including the Franco-Prussian War in the 1870s, followed by the two World Wars, France has managed to rebuild and prosper. However, these conflicts have left permanent reminders, especially with places such as Vimy Ridge, Beaumont-Hamel and the Juno Beach Centre in Normandy.

Our tour begins with a three day visit to the North where we stay in the city of Amiens, capital of the region of Picardy. It's a beautiful city with a gothic cathedral twice the size of Notre Dame de Paris. We stay in a little hotel nearby and enjoy great food and drink in nearby restaurants and cafés. We visit the floating gardens, a major attraction in the old city's marshes that are a part of the watershed of la Somme. On our first full day, we take a trip to Vimy Ridge. Not far from the beautiful town of Arras, we will spend the morning at this beautiful and peaceful place. The monument stands at the top of hill 145, the highest point on the ridge. The names of over 11,000 Canadians who were lost in the Great War are remembered here. Nearby, we will visit the new interpretive centre located at the Grange Tunnel. Young Canadians work here as guides and it is a very worthwhile visit. Along with the tunnel, it is possible to visit the trenches along the front. There are also several cemeteries on site and it is su-

prising to note how many of the fallen were unidentified.

Following this visit, we make our way to the nearby city of Arras where our group will have an opportunity to enjoy the beautiful Flemish architecture on la Grande Place. Following lunch on the main square in one of the numerous cafés, it's free time to shop or walk through this fascinating old city before returning to Amiens.

Evenings in France are made for dining! Unlike mealtimes on this side of "the pond", we often go to a restaurant around 7 or 8 o'clock and spend two or three hours at the table. Eating in France is an unforgettable experience! The food is delicious and nicely presented. To accompany the meals, we order several wines as well as mineral water. As we return to the hotel, the great cathedral is beautifully lit adding to its splendour.

The following day is an opportunity to visit two other important places which saw furious activity in the summer of 1916. Near the town of Albert on "le Circuit du Souvenir", an actual route through the battlefields of la Somme, we visit Beaumont-Hamel. It's the battlefield where much of the Royal Newfoundland Regiment perished on July 1, 1916. Like at Vimy, Canadian students act as guides for visitors and the interpretive centre offers a very important lesson about this military blunder which effectively saw 60,000 Allied combatants killed or wounded in the space of several hours on that fateful day. This is why Newfoundland and Labrador do not "celebrate" July 1st.

We then go to the town of Albert to have lunch and then visit an underground museum. It's located in a tunnel that was used to protect the townspeople during German bombardments in the second war. It's a fascinating visit that takes visitors through a tunnel that is 230 m. long. It houses an excellent collection of daily life for soldiers on both sides in the Great War.

On a personal note, I am always

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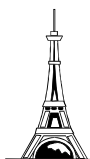
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## TRAVEL IN FRANCE

by Gren & Gail Jones

amazed at some of the differences between this region and Normandy. It's the number of cemeteries! They are literally everywhere, and in some cases one can see German, French and Commonwealth cemeteries on a landscape that today is devoted primarily to agriculture. In Normandy, there are cemeteries, but not like here in the North!

Leaving Amiens we make our way to see another aspect of our Canadian war history. Not far away, we travel to the port of Dieppe where Canadians landed on August 19th, 1942. Their great objective was to test the German coastal defences in Hitler's "Wall of the Atlantic." It was all part of Operation Todd. He was a military engineer whose task was to fortify the coastal defences of Europe from Norway to Spain. As we travel through Normandy, we will see many of the concrete structures that are still there! In fact, in some places the concrete fortifications that the Germans built were hardly dry when the largest military invasion of Europe began! Operation Overlord had its roots in the lessons learned in Dieppe and nearly 2 years later, the Allies would succeed in establishing a beach head on June 6th, 1944. Visiting Dieppe is not easy- there are several monuments as well as plaques on buildings that tell where our brave soldiers lost their lives in a raid that was destined to fail.

Those who didn't die were taken prisoner and suffered terribly. We generally stop here briefly en route to the city of Caen, a major city near the D-day landing beaches. We spend three nights in Caen, the site of not only a major battle that destroyed the city almost entirely, but also the greatest museum dedicated to the Battle of Normandy and its role in pushing Hitler's troops back across the Rhine. Le Mémorial de Caen tells the story of the war from both sides as well as the events that led up to 1939. Located beneath this formidable museum is another of equal importance- the Nobel Peace Museum! It is actually in the former HQ of the Germans. This bunker was captured by Cana-

dian troops who occupied it for several days prior to establishing their own HQ.

As the anniversary of D-day quickly approaches, the number of visitors rapidly increases. Many such visitors can be seen driving vintage vehicles or even wearing WW2 uniforms. Last spring, we were at the Juno Beach Centre on the day before the anniversary. We had a great visit, and as we prepared to leave, 4 young Canadians in full kit complete with rifles, marched in from the beach!! They role played their arrival to the hilt! Entering the Centre, they came to a halt, stood at ease and stared with mouths open wide at what they saw. My only regret is that I didn't get a photo of them! To be in Normandy on June 6th is an unforgettable experience!! There are so many groups of veterans and their families and so many ceremonies that it would be impossible to attend them all. Unlike Remembrance Day in Canada, these events take place at different times of the day.

The Juno Beach Centre's ceremony is at 3PM. Last year, I had the pleasure of meeting Mr. Garth Webb, a veteran who came ashore with the Royal Winnipeg Rifles. Garth is my hero- when he returned to Normandy for the 50th reunion in '94, he couldn't find a Canadian memorial. All he saw was... a tank that had been recovered 30 years ago from a sand

dune near where the Cross of Lorraine stands. This was where Charles de Gaulle arrived from London about 2 weeks after the invasion. The Canadian sector was chosen because it was safe. As Garth looked about, a plan started to evolve. He felt in his heart that the Canadian effort in Normandy deserved to be remembered, and a memorial was needed to those who lie in the cemeteries such as at nearby Bény-sur Mer and Bretteville (near Caen). Canadian troops fought hard and were instrumental in the liberation of Caen. It took nearly 10 years for Garth Webb and his comrades to see the dream come true! The Juno Beach Centre is a wonderful memorial that all Canadians should be very proud of! Located in Courseulles-sur-Mer, and surrounded by a lovely park right on the beach, it is a place where all Canadians with a connection to WW2 can gather. The center is not only a memorial, it is a powerful image of Canada today and serves as a means of showing the many Europeans who visit that our country is more than a place of memories and courage. Garth's intent was to show what the end of the war meant in Canada too!

Our tour continues with visits to other places of interest including Pegasus Bridge, Bayeux, and Bény-sur-Mer where many Nova Scotians are buried- members of the North NS Highlanders. We continue along to le Mont St-Michel and Saint-Malo where the Wall of

*Continued on Page 10*

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## TRAVELS IN FRANCE



the Atlantic is still very much in evidence. There, we visit an actual bunker, fully intact and full of interesting artifacts, documents and photos. It took three weeks to liberate this heavily fortified seaport and in fact it was the last coastal area to be liberated as fighting continued on the islands at the mouth of the harbour into September '44. The island of Cézembre became the most heavily bombarded site in Europe and the troops stationed there finally surrendered when there was no more food and water. At that point in the war many of their comrades were captured, dead or in full retreat.

To conclude the tour, we take a break and head for the Loire Valley to enjoy some of the chateaux and wineries. Known as the Garden of France, this area was not affected like the coastal regions. The German presence was very real and the caves were used to store weapons and fuel and the people certainly felt the effects of the Occupation.

Returning to Paris, we tend to visit sites that reflect upon another era in France's history, the Napoleonic period. A visit to 'les Invalides' is a must! Not only is this still a hospital for military veterans that was established a long, long time ago, but it is also the final resting place for Napoleon and some of his family and generals.

There are several museums as well as a beautiful chapel and the entry ticket is valid for 2 days- there is so much to see! Being in Paris for a few days is a fitting conclusion to our tour. It allows our guests to appreciate this cultural and historic center. With over 200 points of interest, it is impossible to see it all.

As a closing anecdote, near the end of the occupation in August of '44, Hitler called his general in his headquarters in Paris and asked him a very simple question: "Is Paris burning?" The general replied without hesitation that indeed the city had been totally destroyed. This was probably the biggest lie ever told during the war! In fact, the treasures that we can enjoy today were not harmed and the general was later decorated by the French for his heroic act-the fact that he did not order his troops to destroy the city will never be forgotten.

-0-

## RED SKELTON'S RECIPE FOR THE PERFECT MARRIAGE

1. Two times a week, we go to a nice restaurant, have a little beverage, good food and companionship.  
She goes on Tuesdays, I go on Fridays.
2. We also sleep in separate beds.  
Hers is in California and mine is in Texas.
3. I take my wife everywhere.....  
but she keeps finding her way back.
4. I asked my wife where she wanted to go for our anniversary. "Somewhere I haven't been in a long time!"  
she said  
So I suggested the kitchen.
5. We always hold hands.  
If I let go, she shops.
6. She has an electric blender, electric toaster and electric bread maker. She said "There are too many gadgets and no place to sit down!" ..  
So I bought her an electric chair.
7. My wife told me the car wasn't running well because  
there was water in the carburetor.  
I asked where the car was; she told me "In the lake."
8. She got a mud pack and looked great for two days, then the mud fell off.
9. She ran after the garbage truck, yelling "Am I too late for the garbage?" ....  
The driver said "No, jump in!"
10. Remember: Marriage is the number one cause of divorce.
11. I married Miss Right. I just didn't know her first name was Always.
12. I haven't spoken to my wife in 18 months. I don't like to interrupt her.
13. The last fight was my fault though.  
My wife asked "What's on the TV?"  
I said "Dust!"

Can't you just hear him say all of these?

*If you don't remember who Red Skeleton was just ask your Grandparents.*

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## THE FAMILY FARM

By Mack Frail

(Continued from April)

Some of the highlights of the annual School Meeting that were held in the Old Hall. On June 29th 1903. Clarence M. Roscoe was chairman and John E. Kinsman was Secretary. It was discussed at this meeting that the school room needed repairs, after thirty-two years of use it was about to be condemned by the School Board Inspectors. Clarence Roscoe proposed that they build a new school that would cost about \$700.00. It was decided that they repair the school suitable to pass inspection by the School Board Trustee. Andrew Neville was appointed to be in charge of the repairs. It was also approved that \$20.00 be spent to build two new out-houses.

June 27th, 1904 Annual School Meeting Mr. H. A. Newcomb was appointed as chairman and Mr. Truman Eaton as secretary. It is mentioned that \$800.00 had previously been borrowed for school repairs, from which \$788.00 had already been spent for this purpose. The repairs to the school would have been extensive considering that the estimated cost for a new school was \$700.00. It was passed that the Compulsory School Act not be enforced in the Centreville School Section.

There is not a lot, that is of interest, which was discussed at the Annual School Meetings up to and including the meeting of June 28th, 1909. There was a discussion concerning a partition being built in the Hall area and part of the Hall being used as a class room. The student enrollment would have grown considerably over the years. It is my understanding that the upstairs was condemned to be used as a school room before the new school was opened in 1921, and the downstairs was used for the school until classes were moved into the new school that is now the Centreville Community Center.

At the Annual School Meeting of 1905, Mr. J. E. Kinsman was appointed chairman and Mr. J. A. Neville as Secretary. The 1906 meeting Mr. Clarence Roscoe is appointed chairman and Mr.

Andrew Neville as Secretary. The Annual meeting of 1907, Mr. J. M. Wheaton is elected chairman and Andrew Neville stays on as Secretary. The County Grants that were given out to the Centreville School Section # 44 was for the year 1902 in the amount of \$55.55; 1903 it was \$57.56 and for 1904 the amount was \$ 86.67.

In 1905 there was five dollars paid to Miss Crane for extra teaching services and two dollars paid to Mr. George Robins for his services to teach four students for extra studies. After 1900 the school teachers were required to teach a full term.

The teacher for the school term beginning in the Fall of 1903 and ending in the Summer of 1904 was Miss. Parker and according to the records of her salary she was paid \$157.00 for the school term. Miss. Logan was the teacher for the term ending in the Summer of 1905 and she was paid \$150.00. Miss. Zelda Crow received an increase for her teaching services during the term ending in the Summer of 1906, she was paid \$250.00. If the students then were like when I went to school and her last name being Crow she would have probably considered that her services were well worth the extra increase. Miss. P. E. Parker was the teacher for the term ending in 1907, and her salary was \$225.00. For the school term ending in the beginning of the Summer of 1908 the school teacher was Gertrude McDonald and she was paid \$200.00. Miss. M. E. Mosher was the school teacher for the term ending in 1909 and she was paid \$300.00 for her services. The records for the teachers salary include that Miss. Sanford taught in the Old Hall School during the term ending in 1910 and she was paid \$200.00.

I have the names of several more teachers that taught school in Centreville before the more recent school was built in 1920, the years that they taught are not included.

This is the entire article that I submitted for the April edition of the Centre

Post. It was too long in its entirety and the editor Isabel Tait has published the article in two parts. This remaining portion is a bit shorter than the first part, allowing me to add a few more lines, but not enough space to include information concerning the Central Grange book dated 1878 and the years up to and including 1881.

The farming families in this area held their Grange meetings in the Old Hall (school). The Grange divisions were organized by the farmers in most parts of Canada before and shortly after the 1900(s). The book concerning the Centreville Literary Club 1883 and the years up to and including 1886. I find both of these books very interesting not only for the information that they provide, but also when reading through them I get a feeling of the closeness of the people in the community that were involved in these groups. It is an insight into the farming families of Centreville before the twentieth century.

They met as neighbours in the Old Centreville Hall (school) working together and sharing their knowledge about farming.

Those involved with the Centreville Literary Club worked and practiced together to put on plays, readings and singing to entertain not only those people in Centreville but also those outside the community who lived within walking distance or travel by horse, before cars were introduced have neglected to mention in the first part of the article that was published in April that the Old Hall was built in 1856, and that it was deeded to the trustees of the Centreville School system in 1970 to be used for a one room school. Some of the residents of the community have shared their information about Centreville with me, of which I am grateful for. I would appreciate receiving any additional information that anyone may have concerning Centreville.

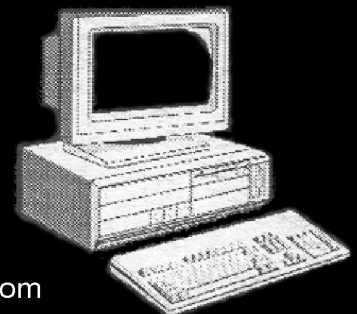
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## FROG POND By Pam Peverill



For those who like the looks of a pond, but don't have time to build a real one, this pond was painted on a flat piece of stone, or you could use concrete and make your own shape. The racoon is painted on a rock as well.

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### GOOD NEIGHBOUR CLUB

The Good Neighbour Club recently celebrated it's 60th Anniversary with an Open House on May 23rd. The Club has an active roll call of 34 ladies of all ages. We meet the 1st and 3rd Thursdays at 7:30 pm in the Hall. Our last meeting was in May and our closing is June 7th, but we hope to see you in Sept.

*Myra J. Spurr, Secretary – G.N.C.*

## COMMUNITY EVENTS

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**On June 9th, our group is holding a Chinese Auction at community Centre-Viewing 10-12. Draws at noon.** We ask for your support.

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