

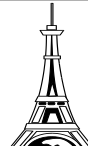
## SCHOOL IS IN WATCH FOR THE CHILDREN



Page 2

## Fundraiser Children's Wish Fund & Chrysalis House

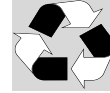
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Page

# THE CENTRE POST



## WELCOME TO CENTREVILLE

Members of the Centreville District Community Development Assoc. (CDCDA) and community members at large wish to thank Doug Brown and those who contributed their time, labour, and equipment to construct and erect the three Welcome to Centreville signs. The CDCDA provided the funding for the signs. Just think Doug, there are only two more!!

## DON'T MISS "The Big Breakfast"

Saturday, September 15th, 2007

7 – 10:30 AM at Centreville Hall  
Eggs the way you like them  
Bacon, Sausage, Hash browns with toast and jam and coffee.  
Monthly – 3rd Saturday

## CENTRE POST TEAM CHANGES

The Centreville District Community Development Assoc. and community members at large in the Centreville District wish to thank Isabel Tait for volunteering her time over the past eight months to do the newspaper's layout and assist with the editing. Isabel stepped forward to help out while a search was conducted to find a permanent layout/editing person. We also appreciated the superb literary contributions that Isabel made to the newspaper and hope that she will continue to do so. She has indicated that she is willing to assist the Centre Post in the future should the need arise.

Suzanne Gormley has been kind enough to volunteer to take on the Centre Post layout / editing duties. Suzanne and her husband Dan live on Pine Crest Dr. Suzanne is a member of the Good Neighbours Club. Suzanne's community minded spirit in taking on this position is

## COMMUNITY EVENTS

Every Mon. 6 – 7:00 PM ~ **TOPS**  
1st/3rd Thurs. ~ **Good Neighbour Club**  
3rd Mon. 2 pm, **Sheffield Mills & District Women's Institute**  
Sundays 10:15 - Worship Service  
**Canard United Church**  
[www.canardunitedchurch.org](http://www.canardunitedchurch.org)

## EDITOR'S NOTE By Isabel Tait

*The Centre Post is published four times a year:*

*September – December,  
March and June.*

*DEADLINES for news items, etc, are due by the 1st day of these months, with the Newsletter at the outlets by the 21st. It is always good to get your information in earlier than the deadline.*

"Thank you" to all the contributors for March, June and September 2007.

WELCOME to the team Suzanne Gormley. Suzanne will be setting up the newsletter from now on and will be your contact for news items etc. Terry-Lee King will still be checking for grammar and spelling and of course Mike Sweeney will do everything including the ads.

No interest was shown for a "Computer Tips Column."

If you would like something special in a column let us know.

## FOR ANNOUNCEMENTS, STORIES, ADS or INFORMATION CALL ONE OF THE FOLLOWING

Set-up of newsletter contact  
Suzanne Gormley  
E Mail –  
[dansue.gormley@ns.sympatico.ca](mailto:dansue.gormley@ns.sympatico.ca)

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

## 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!*



## MONEY TALKS

by Steve Peverill

**BAD TIMING** While chatting with an acquaintance the other day, the topic of the investment strategies came up. It wasn't long before we began to talk about market timing. He felt there must be a way to keep from losing money during market slumps and capitalise when they're growing.

It's a question that's been examined for.....ever. Although history shows that the long-term effect on an investor's portfolio has been very rewarding, the short-term ride has sometimes felt like a wooden roller coaster I was on last summer at Six Flags New England. I was thrashed around and ended up sore for a little while but after a couple of days I was back to where I was before I got on the thing.

About every three months, the North American stock markets end on a negative note. As for our own Canadian market (TSX) in 2006, there were exactly four negative months and 8 positive ones. Even considering the effect of 1/3 of a year's negative month-end performance, it was a good year for anyone who stayed invested. Imagine just how fantastic it would have been if we could have avoided even just some of the downturns.

We humans seem to be OK standing in line for our chance to ride the theme park's roller coaster, knowing we'll get banged around and maybe even pick up some sustained injuries, but we'll do almost anything to circumvent the same kind of ride with our investments.

The most oft-used method is to time the markets. Not only is there not a lot of evidence to support that market-timing works successfully, but the world's most renowned investors (you know some of them.....Warren Buffett, John Templeton and Charles Brandes) have consistently added real value to their portfolios while totally avoiding market-timing. They even tell us all the time that they don't bother to market time because they can't.

Why would they? Anything less than *perfection* runs the risk of not only being absent from down days but also absent for the dazzling days.

I know market returns have, are and will continue to be rocky, but if you had caught the performance of our own TSX from Dec. 31/95 to Dec. 31/05, your average return would have been 10.96%. That drives your \$10,000.00 investment up to \$28,324.00 in only ten years. During that time, the market was trading (open for business) for 2510 days. If you had missed only the 10 best days, that \$10,000.00 would only have been worth \$19,108.00 Wait a minute!! If you'd missed the best 40 days – only 40 days out of 2510 – your original investment would be worth noticeably less than \$10,000.00.

For those who think market -timing will work in their favour with mutual funds, read on. For 2006, Dalbar, a financial market research firm found that the average inves-

tor earned significantly less than mutual fund performance reports, as a consequence of their buying and selling behaviour. According to Dalbar, the real returns for those market-timing investors, between Jan./86 & Dec./05 averaged only 3.9%, while the S&P 500 (one of the broadest indicators of the American stock market) returned 11.9% Dalbar: "Mutual fund investors who hold their investments are more successful than those that time the market."

All this being said, there are investing principles one can adhere to that can greatly reduce risk and add real value to your portfolio, without the risk of market-timing, but remember, to be successful over the long-term, it's simply time *in* the market not *timing* the market.

To learn more about how these principles may be appropriate for you, contact an experienced financial planner or investment advisor, one who has a vested interest in your success.

May the colours of our autumn brighten your world.

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



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stevepeverill@eastlink.ca



## A SUMMER IN FRANCE FOR NOVA SCOTIA HIGH SCHOOL STUDENTS WITH NOVA LANGUAGES

GREN & GAIL JONES

We are spending the month of July in a school in the heart of the old walled city of Saint Malo. It's a seaport whose permanent pop. is nearly 55,000 with over 1300 years of history and it was here that Jacques Cartier lived. Actually, he's still here, but he's buried in the Cathedral of St. Vincent. Destroyed along with 80% of the walled city, it was rebuilt after the liberation in '44, but wasn't fully restored until 1972! We are living in a private school called "l'Institution Saint Malo." It was originally built in 1147 by the first bishop of Saint Malo. The school of today doesn't much resemble that of those early days. It has undergone important renovations, especially since 1992 and it's a very comfortable place.

We are in "le Petit Collège", a building that is the Junior High. There are rooms on three floors and most of us are on the top floor. We have a view of either the sea, the English Channel, the port, or the cathedral. My view is of the sea and I enjoy watching the ships

come and go. There are literally hundreds of sailboats of all sizes as well as fishing vessels, cargo's and the occasional liner. For those of you who remember the boat that the Garvey's of Canning kept in Halifax, it's here too! Her new name is "l'Etoile Polaire" and she is used for groups who wish to charter her and sail away!

There are several important races going on and so there are lots of interest in boats. France is well known for races that often take in sailors around the world in the most challenging conditions and St-Malo is one of those ports. Two famous races include a solo named "la Route du Rhum" and "Québec-Saint-Malo." Both of these races take place once every four years and attract huge crowds. The next edition of the transatlantic from Quebec City will take place in July '08 as part of the 400 years of Samuel de Champlain in Qubec.

A typical day for the students includes 3 hours of classes and then possibly an excursion or a cultural activity. Today, we had several students who had a tummy problem

that has been going around and others who were tired. I cancelled our 3 hour session of classes and we let them sleep. In the afternoon, they had a 3 hour sailing lesson in the target language. They were on board Hobi Cat sailboats and they were placed with young Malouin sailors who have lots of experience. Each boat had 1 monitor and 2 of our students. Today was not really a typical day, but it was a lot of fun being out on the water with their new friends. Fortunately for them, the water was quite warm as they spent a fair amount of time in the water!

Actually, every day differs in some way: tomorrow, they have classes from 4 to 7 PM. They generally take a class in language skills as well as a class in literature for which they are reading "Le Petit Prince" with Christina Roland of New Minas. Then, the third hour is a combination of culture, communication and whatever else is current.

Tomorrow, for example, we will go to le Mont Saint-Michel, one of France's greatest attraction outside the region of Paris. The population

## Harvesting Dreams

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Chrysalis  
House



## SCHOOL IN FRANCE continued

is around 80, but they get around 3 million visitors a year! Tomorrow night we'll go there it's only about 40 minutes away. It's an incredible place with 1300 years of history that relates directly to what we believe and how we live as Christians. It is also the site of a mega environmental project destined to restore the place as an island by replacing the dyke-road with a bridge, thus allowing the tides to wash away the silt that has been building for years in the bay, much like along the causeway at Windsor. It has blocked the mouth of le Couesnon, the little river that flows into the bay and it has put tremendous stress on the walls of the fortified island.

In addition, today, Anne Arsenault of Medford, who is another teacher, has a lesson planned that will teach them about bread. The students love the bread, but they will learn more about its history. "French bread" in Nova Scotia has nothing in common with the real thing here! Did you know that there are over 300 types of bread?

In addition, staff member Michel Girardot, who lives in Eastern France is with us and we are going to sample a special wine from his region as well as a cheese called Comté. It is very special and it takes 500 litres of milk to make one cheese! it is an excellent choice for making fondue! We are in residence with France's national police force, CRS. This summer, it's a brigade from the Parisian region. Although we have been living with about 45 of them for 3

weeks, and we spend time with them socially, and at meal times, we have not had an official visit: one of their constables has accepted an invitation and he will visit with the class and tell them about this important police force and its role. I've just spent 20 minutes with him to help plan for tomorrow's class. He's working the night shift and his group has returned for a break from a night patrol. They usually travel in groups of 7 or 8. (It's now 3 am!)

Our students have been involved in a major festival, les Folklores du Monde. They have carried flags of the nations and have attended shows where they surveyed attendees.

(Imagine that you're 16 and you are going to speak with total strangers in their first language!)

Thus, they have learned many things beyond what a student would learn in a typical classroom in a Nova Scotia high school. This is due to the fact that they are spending 5 weeks in France.

This experience is anything but typical! In addition, the city of St-Malo hosted the Tall Ships Race which has officially begun. It was quite exciting to be here with all the vessels in port and all of the festivities. These same ships will be in Halifax in July '07.

At the end of July, we will finish classes and go visit the Loire Valley, the Garden of France. There, beautiful chateaux and wineries and many other attractions await! They will stay in a hotel in Chinon that is over 400 years old. Not only does it

have a character all of its own, but it has over 60 jams and jellies on the table each morning! (Any reader who wishes to have a recipe from the hotel is invited to email me!) The owners have published their recipes and sell the book as a fund raiser for countries in the developing world!

Following our Loire visit, we will head for Paris. We generally spend three nights there because it is the capital of the country. With so many classic sites to see, three days are never enough! However, we also know how much our students enjoy the region where we are now - Brittany! It's the old Celtic world, full of traditions, amazing food and culture and truly great people. It's my "home away from home!!!"

-0-

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## COMMUNITY DEVELOPMENT ASSOCIATION RECEIVES MUNICIPAL GRANT



The CDCDA has Received a \$950.00 Municipal Grant to Community Organizations. The grant shall be given to the Centreville Hall Association to be used to assist paying for the graveling of the Hall's parking lot.

In the photo,  
*Madonna Spinazola, Councilor for our Community, presents the cheque to Mike Sweeney, President of the Association. Members of the Board of Directors of the Association present are, left to right, Larry Hake, Kim Foote, Merv Steadman, Doug Brown and Ross Smith. Photographer: David Briggs, Vice President of the Association.*

## ERECT A JACK-O'-LANTERN TOWER WITH TRIPLE THE GLOWING POWER.



### CRAFT MATERIALS:

Large pumpkin  
Medium pumpkin  
Small pumpkin  
Carving knife  
Large spoon  
Craft knife,  
optional Candles

Time needed: Under 1 Hour

1. First, cut the tops off. Don't make the openings too wide just yet (leave some room for error), and cut at a generous slant to provide support for the pumpkins that will be stacked above.  
2. Gut the insides with the spoon. The cleaner the pumpkin, the brighter it will burn -- but go gently on the bottom.

3. Test-fit the pumpkins. They may need to be trimmed here or there so they sit firmly and squarely in lower pumpkins.

4. Once the stack fits together properly,

start to carve faces. This involves cutting trenches that pierce just far enough into the pumpkin's skin to let candlelight glow through eerily. Use the X-Acto knife for finer details.

5. Light and stack the pumpkins from the bottom up. If any candles go out, let in more air by carving a discreet hole in back.

### Tips:

When choosing pumpkins, think snowman; a big one on the bottom with progressively smaller ones above. To avoid scorching the lid, make the top pumpkin no less than nine inches deep.

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## MAILBOX MAKEOVERS



### CRAFT MATERIALS:

Mailbox  
Scrap paper  
Craft foam  
Scissors  
Double-sided indoor/  
outdoor carpet tape  
Colored tape

Here's one dog your mail carrier won't be sorry to see. Made from craft foam cut-outs held in place with carpet tape, this fetching roadside masterpiece is water resistant, and the pieces are easy to remove whenever you're ready to try a new design. Here's how to make this friendly pooch as well as two other postal possibilities: a First Class Fish and a Pony Express mailbox.

1. To begin, make patterns for the basic features (ears, eyes, nose, etc.) by drawing them on scrap paper. Old grocery bags come in handy for this. For added dimension, consider layering shapes, as we did to create the animals' eyes and fish fins.

2. Trace your patterns onto craft foam and cut out the shapes. Secure the foam pieces to the mailbox (and each other, if you're layering them) with double-sided indoor/outdoor carpet tape.

3. Add distinguishing details to your Postal Pooch: After attaching foam ears, eyes, and a nose/mouth to the outside, open the mailbox and stick a red or pink foam tongue to the inside of the door.

4. To make a First Class Fish: Once the eyes and side fins are in place, make a paper pattern for a tail. Next, cut out a paper tracing of the back of the mailbox and then cut that shape in half vertically. Tape one of the halves to the base of the paper tail, as shown. Use this template to cut out 2 matching foam pieces. Sandwich the tail portions together, securing them with tape.

5. Then tape the 2 flaps to the back of the mailbox. Embellish the tail with a second layer in a contrasting color, if you like. For the finishing touch, trim the fish's mouth (the edge of the door) with colored tape.



## CAR NOTES

### CHECKING THE OIL IN YOUR CAR

Everyone should know how to check their vehicles motor oil. Oil is very important to a car. It needs oil in order to run. Run out of oil and you can seriously damage the engine, sometime it is not even repairable.

#### How to Check Your Oil

You should start by parking your car at a level spot. Make sure your engine is shut off. Wait for a while, to let the engine oil drain down to the oil pan. If you park your car at night on a level spot, you can check it first thing in the morning, before you start it, this will give you the best reading. Pull the engine oil dipstick. If you don't know where your engine oil dipstick is, check your owner's manual, usually the stick has a bright handle saying "engine oil. # SYMBOL \f "WP

Typographic Symbols "64 Wipe dip stick off with a clean rag or tissue. Then insert it back all the way down into its place. Now, pull the dipstick again and check the oil level. Normally it should be at "FULL" mark. If it's not, it is not a big problem yet, but it's better to top it up. Check the oil condition: If it's way too black, it's definitely time to change it. If it's slightly brown, it's O.K. If it's dark brown, but still transparent, it's still ok but it's better to change it soon. If it's white (coffee with milk colour) it means the engine coolant mixed with the engine oil because of some internal engine problem, for example, blown head gasket - have your car inspected by a mechanic.

#### How to top up the engine oil

Check your owners SYMBOL \f "WP Typographic Symbols "61 manual to find out where you add the oil. Normally there is a cap that you have to remove on the head of the engine. You should try to add the same type and brand of the engine oil as you already have in the engine. Add a little amount of the oil. Wait for a minute to let the oil drain down. Check the oil level again with the dipstick. If it's still low, add more oil, but don't overfill it. Over filling can be just as harmful as no oil.

Don't forget to put the dipstick back and close the oil filler cap. .

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## **DRAFT ONLY FOR THE CENTREVILLE AREA ADVISORY COMMITTEE (A A C)**

### **TERMS OF REFERENCE**

**Purpose:** To assist the Kings County Planning Advisory Committee (PAC) in preparing planning recommendations to Municipal Council on matters affecting the Centreville Growth Centre, as defined by the Kings County Municipal Planning Strategy. In carrying out these general duties, the Area Advisory Committee (AAC) shall have due regard for Planning Policies in the Municipal Planning Strategy and that its recommendations reflect the best interest of both the Centreville Growth Centre specifically and the Municipality of Kings generally.

**Duties:** To review and provide recommendations to the Planning Advisory Committee concerning all rezoning, development agreement, and MPS amendment applications that are specific to the Centreville Growth Centre.

Where specifically requested, to advise the Planning Advisory Committee concerning policy changes to the Municipal Planning Strategy.

Where specifically requested, to actively seek opinions of the residents of the Centreville Growth Centre regarding planning issues and policies.

**Structure:** The Centreville Area Advisory Committee shall, in addition to the District Councilor, consist of four (4) members made up of two (2) members of the Board of Directors of the Centreville District Community Development Association (CDCDA) and two (2) members appointed at large who shall be residents of the Centreville Area. It shall be the responsibility of the CDCDA to recommend membership on the Centreville Area AAC to the Planning Advisory Committee. Members to be recommended for appointment, shall be ratified at the Annual General Meeting of the CDCDA.

In accordance with Section 201 (4) of the Municipal Government Act, the PAC shall make recommendations concerning appointment of the members for the approval of Municipal Council.

The term of appointment to the Committee shall be two years for the members at large and one year for members of the Board of Directors of the CDCDA.

The Chairperson shall be appointed by the Area Advisory Committee at its first meeting and annually there-

after.

Three or more members shall constitute a quorum.  
The Committee shall meet as required.  
No remuneration shall be paid to members.

All meetings shall be open to the public with the exception of personnel matters or legal opinions discussed, or development agreements before formal application is made.

**It shall be the responsibility of the community AAC to:**

- **schedule all meeting dates in conjunction with planning staff**
- **book meeting locations**
- **carry out all meeting notification**
- **prepare and distribute minutes of all meetings**

The Committee may hold public meetings at such times and in such manner as it or Council decides.

Staff support services and project priorities referred to the Centreville Area Advisory Committee shall be at the sole discretion of the Planning Advisory Committee and the Director of Planning after considering recommendations of the Area Advisory Committee.

Approved by Council      - *(Signatures to be added*  
Amended by Council      - *when draft approved)*

***NOTICE: This Draft has as yet to be approved by the CDCDA***

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RRFB Nova Scotia also has a Community Sponsorship Program available to community organizations that want to "go green". Funding is available for events or initiatives with a focus on waste reduction, reuse, recycling and composting. Examples of potential funding opportunities are the purchase of a waste separation container, constructing of community compost bins or the creation of items from reused materials. Contact us for more information.

### Fall Cleanup is Coming

Fall Cleanup is almost here. Residents in the Centreville area are in Zone B; therefore, collection will take place on your regular collection from October 8-19. Cleanup is the time to get rid of extra garbage and large items that are not picked up on your regular collection day.

The cleanup trucks collect garbage items only. Unlike the regular curbside collection truck, the clean-up compactotruck has just one compartment and when it's emptied, its contents are landfilled. That's why yard waste and extra recycling, such as cardboard, cannot be collected during cleanup.

### There are some rules ...

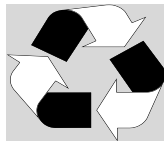
In order to make cleanup manageable and to keep it running smoothly, there are some rules. For example:

- 1 Each household and business can put out up to 20 items on cleanup day. An item is a single object, a bag or a securely tied bundle (5 loose toys = 5 items, 5 toys in a garbage bag = 1 item! Please bag and bundle everything you can).
- 2 Cleanup items can go out to roadside up to 7 days before pick-up day. In other words, please don't put items out for cleanup too soon. It looks messy and can create traffic hazards.
- 3 Some items are banned from landfill, so they will not be collected, such as:
  - o Tires
  - o Propane tanks and cylinders
  - o Recyclables
  - o Leaves and brush (you can put out two bundles of brush each **regular pickup day**)

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## MAIL BOX PONY



6. To make a **Pony Express** mailbox: Tape the eyes to the mailbox. Then fashion a bridle from colored

tape or decorative ribbon (attached with pieces of carpet tape). Tape one piece in place around the nose, then add a piece to each side, running from the noseband to the back of the mailbox. To add reins, loop a long length of ribbon around the mailbox post and tape the ends in place at the nose band.

7. For a mane and forelock, bunch together 17 three-foot lengths of polyester rope. Tie them together with another piece of rope about 4 inches from the top. Then unravel the individual lengths to create a crimped effect. Tie the bunch to the mailbox post so that the 4-inch-long portion falls atop the box and the longer portion hangs down behind it. Trim a few strands to give the mane a layered look.



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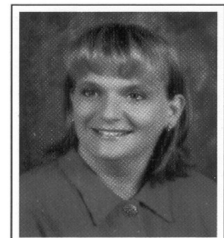


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**HOUSEHOLD TIPS:****1. Reheat Pizza**

Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. I saw this on the cooking channel and it really works.

**2. Easy Deviled Eggs**

Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done easy clean up.

**3. Expanding Frosting**

When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake /cupcakes with the same amount. You also eat less sugar and calories per serving.

**4. Reheating refrigerated bread** to warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

**5. Newspaper weeds away**

Start putting in your plants, work the nutrients in your soil. Wet newspapers put layers around the plants overlapping as you go cover with mulch and forget about weeds. Weeds will get through some gardening plastic they will not get through wet newspapers.

**6 Broken Glass**

Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.

**7. No More Mosquitoes**

Place a dryer sheet in your pocket.

It will keep the mosquitoes away.

**8. Squirrel Away!**

To keep squirrels from eating your plants sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it.

**9. Flexible vacuum**

To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

**10. Reducing Static Cling**

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and -- ta da! -- static is gone.

**11. Measuring Cups**

Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.

**12. Foggy Windshield?**

Hate foggy windshields? Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser! Works better than a cloth!

**13. Reopening envelope**

If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Viola! It unseals easily.

**14. Conditioner**

Use your hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair.

**15. Goodbye Fruit Flies**

To get rid of pesky fruit flies, take a

small glass fill it 1/2" with Apple Cider Vinegar and 2 drops of dish washing liquid, mix well. You will find those flies drawn to the cup and gone forever!

**16. Get Rid of Ants**

Put small piles of corn meal where you see ants. They eat it, take it "home", can't digest it so it kills them. It may take a week or so, especially if it rains, but it works & you don't have the worry about pets or small children being harmed!

**17. INFO ABOUT CLOTHES DRYERS**

The heating unit went out on my dryer! The gentleman that fixes things around the house for us told us that he wanted to show us something and he went over to the dryer and pulled out the lint filter. It was clean. (I always clean the lint from the filter after every load clothes.) He told us that he wanted to show us something; he took the filter over to the sink, ran hot water over it. The lint filter is made of a mesh material. WELL...the hot water just sat on top of the mesh! It didn't go through it at all! He told us that dryer sheets cause a film over that mesh, that's what burns out the heating unit. You can't SEE the film, but it's there. It's what is in the dryer sheets to make your clothes soft and static free, you know how they can feel waxy when you take them out of the box, well this stuff builds up on your clothes and on your lint screen This is also what causes dryer units to catch fire and potentially burn your house down with it! He said the best way to keep your dryer working for a very long time is to take that filter out and wash it with hot soapy water with a brush at least every six months. He said that makes the life of the dryer at least twice as long!

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## Odds &amp; Sods

By marke slipp

It was a busy summer for many around Centreville. Watching the Whitneys harvesting the potatoes in the fields across the road was enough to tire me out right there! (Then again, they do the work quite late at night.) Also interesting is to watch gleaners come in after the trucks hauled away the bounty of a night's harvest. It introduced me to the joys of fresh potatoes on the plate within an hour or so out of the field. Nothing like this treat, except perhaps the fresh corn, or yellow & green beans I got at Footes' Family Market. Okay, there was another culinary delight I got to enjoy this year—lobster, an hour out of the Bay, on Tide Force, Mark Taylor's boat, at sunset in front of Cape Split with the flood tide coming in ... it certainly gave me a new appreciation of that magnificent piece of geography!



*Cape Split and tide turning at sunset*

Speaking of which, the development of tidal power is coming closer to realization. The Department of Energy has funded the Offshore Energy Environmental Research Association (OEER), which is conducting a Strategic

Environmental Assessment (SEA) of the Bay of

F u n d y < h t t p : / / [www.offshoreenergyresearch.ca/](http://www.offshoreenergyresearch.ca/) >.

The plan is to do an assessment of the socio/environmental issues that arise in the development of the in-stream tidal power generation, which differs significantly from the barrage type power generation that takes place in Annapolis Royal. Public forums were held through August around the Bay of Fundy and in Halifax to hear public input. Few questions were answered but there was much concern displayed by most people attending these forums.

It was my good fortune to go out one day last July with Mark Taylor and his crew, who hosted Kings South MLA and Natural Resources Minister David Morse and Bruce McCullough of Maritime Tidal Corp., for a day's outing to explain the nuances of the area proposed for the demonstration unit to be installed in the spring of 2009. It is interesting to note what type of lobsters are kept and what gets thrown back: of course the undersized ones are tossed back, as are those with a limb missing (they'll regenerate new claws), but any female with eggs are tossed back as they are the ones that will perpetuate the lobster stocks and keep fishers like Mark Taylor doing what they love and being able to pass it on to the next generation, with plentiful stocks intact.



*Mark Taylor & MLA David Morse in front of Cape Blomidon, Parrsboro side.*

Mark Taylor heads up the Heavy Current Fishers Association and has petitioned the government to hear their concerns about the development of tidal power in the Minas Channel & Passage area, "the doorway to the nursery," as Mark calls it. Although Mark's group is supportive of the development in theory, they have genuine and reasonable concerns regarding the impact the turbines will have on the Bay. These concerns can be read at the OEER site noted above: click the SEA link, click on "Share your information" and go to the document that says: **"Outline of position/ concerns of the lobster fishers to be affected by tidal power development"**.



*Egg laden female lobsters*

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**ODDS & SODS BY MARKE SLIPP***Continued from page 10***A new center for Centreville!**

It was pointed out to me, by Ivan Smith of Canning, that Centreville is more than just the center of the highways and the way to the harbour. It is also the center point on the planet between the Equator and the North Pole! Some people claim the mid point is 45 degrees north. "That would be true if the Earth was a sphere, but it isn't," says Mr. Smith. "The Earth bulges at the equator due to the centripetal force generated by its spin. The true Half-way point is actually 16.2 kilometres north of the 45th parallel because the Earth is oblate, that is, it bulges at the equator and is flattened at the poles." [More information on this can be read:

<http://web.archive.org/web/20041205165006/http://www.go.ednet.ns.ca/~mag/files/midway.htm>

The actual point is around Bains Road, just north of town a kilometer or so.

Ivan has spent considerable time putting interesting information regarding Nova Scotia up on the web. <<http://www.littletechshoppe.com/ns1625/index.html>>

In amongst the various links he has put there is one directing people to various military memorials around the province. Little did I know of we have one our area. < <http://ns1763.ca/kingsco/browmntn.html> > It is up on Brow of the Mountain Road, but still within the boundaries of Centreville. It commemorates the site where in April 1953, six men died when their Lancaster crashed.

I encourage you to go to the Home Page of this site and view the links to various aspects of Nova Scotia history and interest. It is a remarkable compilation of information and one that any history buff or curiosity seeker can't pass up.

**Update: Seven Wonders of Canada***Cape Split rocks at sunset*

In my last missive for the Post I wrote about the Seven Wonders of Canada that CBC had invited Canadians to vote on. < <http://www.cbc.ca/sevenwonders/results.html>>

As it turned out, the Bay of Fundy was the 3<sup>rd</sup> most popular place voted for by over a million Canadians. Indeed, Avonport astronomer Dr. Roy Bishop once called it "the 8<sup>th</sup> Wonder of the world." Suffice it to say, many people have been awed by it. Not so with the 3 wise folks the CBC chose to overrule the democratic process they had initiated. Even the most popular spot (Sleeping Giant Provincial Park near Thunder Bay, Ontario) was rejected. #2 spot, Niagara Falls, did make it in, but the Cabot Trail, another of the voter favourites, did not make the judges cut. But Nova Scotia did

make it in, although not for what you might think. Pier 21 was deemed representative of the province, even though it was toward the bottom of the list for the million voters. Sort of feels like the way the country is run these days; a deal is only a deal as long as it works for the powers-that-be. Go figure!

- 0 -

**Ballplayer Pumpkin****CRAFT****MATERIALS:**

Pumpkin  
Carving knife  
White paper  
Acrylic paint or  
markers

Pink balloon

Baseball cap

Time needed: Under 1 Hour

1. Cut the pumpkin's top off and hollow out the shell.
2. For eyes, carve holes in the shell and tack white paper behind them.
3. Use acrylic paints and colored markers to add hair and eye black below the eyes.
4. To make the gum bubble, blow up a small pink balloon and pull the knotted end through a small hole in the pumpkin's shell. Then add a baseball cap for the finishing touch.



*Crafts brought to you by Pam Peverill*

**Food for thought:**

*"A good memory is fine—but the ability to forget is the true test of greatness."*

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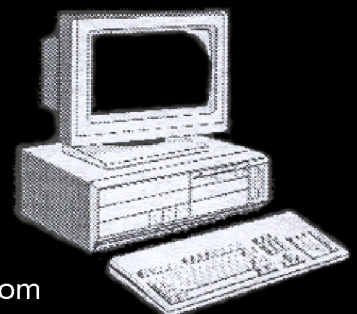
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## COMMUNITY EVENTS

### **TOPS: - Mondays 6:00 – 7:00 PM**

TOPS meet at Centreville Baptist Church on Murray Drive.

(In the nursery room)

Monday evening:

Weigh in from 6:00 to 6:30 PM with a short meeting to follow.

We are open to new members at the cost of \$30.00 yearly which includes a magazine from headquarters with "Eating Sensibly" ideas and recipes. You can drop by for one free night.

For more information contact Leader Jean Bond at 679-1284 or Madeline Sheffield at 678-7584.

### **THE GOOD NEIGHBOUR CLUB**

**(GNC)** meets the 1st and 3rd Thursdays at 7:30 PM at the Hall.

All ladies of Centreville are welcome to attend and join meetings.

**NOTICE: "Centreville Area Advisory Committee The County of Kings Municipal Council"**

approved an Area Advisory Committee for the Residential Growth Centre of Centreville on Jul 03 2007. Terms of Reference for the Committee are currently being worked on.

The committee will advise on planning and development matters in Centreville that are brought before the Municipality."

### **BLUEBERRY FEST**

Blueberry Acres and Between the Bushes Restaurant are pleased to announce our first Blueberry Fest on September 22<sup>nd</sup>, rain date September 23<sup>rd</sup>. Register your "Blueberry Stomping" team before September 14th (4 adults for \$50 OR 5 children for \$25). The winning two teams get to donate all the proceeds to the charity of their choice. Come out for some old fashion fun; join us in traditional games and contests. Indulge in Mile High Pancakes with blueberry sauce from 8 until 9:30; free will offering. Food, entertainment and festivities until 4:30. Open for regular restaurant dining. 582-1445; 582-3648

## **CENTREVILLE HALL UPDATE** *By Budd Murphy*

There is some good news and some not so good news regarding the Centreville Community Hall.

Let's dispense with the not so good news. ACOA did not see fit to support a renovation proposal that was submitted this spring. The proposal if accepted would have helped with roof repairs, siding, fascia and soffit, eaves trough and downspouts, floor refinishing and washroom changes.

Now the good news.

We have recently received notification from the Community ACCESS-Ability Program of 2/3 financing for the construction of a barrier free washroom for our hall.

A Centreville couple has made a generous donation to the Centreville Hall.

Two more grants have been applied for through the County's Community Hall Assistance Program and the Community Recreation Capital Grant Program.

Notification of the results of the two grant applications will not be known until later in the fall.

The Centreville and District Community Development Association made application for and received funds from the County to help with the cost of graveling the Hall yard.

If the above mentioned grant applications are successful then we should be able to go ahead with a number of the proposed renovations.

Our Community Hall continues to provide a venue for monthly community breakfasts and many other events for Centreville and surrounding area that allows on going maintenance and renovations to the Hall.

### **HARVESTING DREAMS ~ DINNER FUNDRAISER**

Thursday October 4<sup>th</sup>, 2007

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Please call 582-3648 Or 582-1445

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pork loin and roast chicken breast with

sauce, salad, dessert and wine, \$28.95

Silent Auction ~ Bake Table ~ 50/50 draw

~ see page 3 ad ~

nova.agri@novaagri.com

You'll find a complete menu listed on the posters to be found around the community.



### **NEW SIGNS FOR CENTREVILLE**

This one is at the corner of Sherman Belcher and Saxon Street.