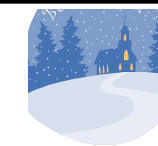




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THE CENTRE POST



Memories of Christmas By Marc Potvin



I will celebrate my 47th Christmas this year. I find it amazing that none of them have been the same. Some were filled with fun and laughter while others were more subdued. There were some Christmases I wasn't too sure how I should feel, especially when I was a teenager. As a parent I have watched my children's glee as we all prepared for the celebration of that special day.

Perhaps my favourite part of Christmas is trimming the tree. The reason is simple. I love the stories held by each ornament. If you were to come to my house in a few weeks, you would see a tree with a mishmash of different ornaments. Some are hand made by young hands. Others are crafted by people of experience. Some of the ornaments were given as gifts by special people while others were purchased in places that hold special meaning for our family.

Each year, as we open the Christmas boxes, I am transported back in time. As each family member chooses ornaments to hang, I often hear the words, "Do you remember when?"

Memories are a wonderful gift. I think they are given to us to make us aware of the importance and the worth of life - our own life, and the lives of those around us.

I believe that is the point of Christmas - that our lives are worth a lot. They are worth enough to God that He took personal interest in us. He sent His light in our midst so that we could find our way through life.

This Christmas, may you make many new memories, remembering the gift of life that God himself has given to you and to those you love.

"In Him was life, and that life was the light of all people. The light shines in the darkness, and the darkness has not overcome it." Gospel of St. John 1: 4



Marc Potvin
 Senior Pastor
 Centreville Baptist Church
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EDITOR'S NOTE

By Suzanne Trudeau Gormley



Phew! I can't believe I actually got this newsletter done! Hi! I'm the new kid on the block (6 yrs. and counting. I'm another one of those Ontario transplants) and now I can finally get on with the business of Christmas. I'm sure my husband thinks a Yeti has moved in to our computer room! Thanks to all newsletter members, passed and present, for your help and support. A HUGE thank you to my husband for all his support, technical help and patience. I couldn't have done it without him(XOX). I'd love to chat some more but... So "Have yourselves a Merry little Christmas" and a safe, healthy New Year! Joyeux Noël!

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.

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

Set-up of newsletter, contact:

Suzanne Trudeau Gormley at 678-7769
 E-mail: centrepstlady@hotmail.com

To place an **advertisement**, call:
 Mike Sweeney at 679-2780.
 Or call Terry-Lee King at 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

♦ **MONEY TALKS****- The Spousal RRSP.....when???***by Steve*

Since the feds changed the rules on splitting of pension income between partners/spouses, a lot of people have wondered if they should start or continue to make deposits into spousal RRSPs or not. Let's look at some scenarios where these new rules may benefit you.

For 2007 and onward, any Canadian resident who is receiving income qualifying for the pension income tax credit, can shift up to 50% of it to their spouse or common-law partner, provided that individual is also a Canadian resident.

If that "splitting" resident is under the age of 65, that income must be received only from a registered pension plan (a defined benefit or defined contribution pension plan). If they are 65 or older, it can *also* come from RRIF and/or LIF withdrawals as well as annuity payments.

Even though these new rules can provide tax savings for partners or spouses unable, so far, to have equal incomes during retirement, relying solely on them for future planning could be a mistake. If the couple used a spousal RRSP, during the income earning years, to create equal retirement funds (taking into account any pension income that will be received), they'll enjoy far more tax-planning flexibility down the road.

Where the higher income earner has no employer pension there's no chance to split income with the spouse/partner until age 65. Let's say that Jim is that higher earner with Joan as his spouse. If he retires before 65, he won't be allowed to allocate any of his income to her until he's 65, even if he converts his RRSP to a RRIF or an annuity.

Since the RRSP maturity age is now 71 (again), he'll have to mature his RRSP at least 6 years early, just to achieve a split. If either or both of them both retire before 71, spousal RRSPs would make it possible to draw equally from their plans before the pension splitting provisions begin. It could also keep some of their RRSP holdings intact and tax-deferred longer.....until age 71.

Where one spouse is planning an extended leave from the workplace, setting up a spousal RRSP in that spouse's name, could ensure they'll have enough income afterwards: as in the case of mom or dad taking time off after childbirth.

They might also consider contributing to an RRSP in their own name, to add to *their* possible income.

Where the RRSP Home Buyer's Plan &/or the Lifelong Learning Plan will be used in the near future, a spousal RRSP can make sure each partner will have a larger to purchase that home or pay for one of their post-secondary schooling.

Where one spouse or partner becomes disabled and can no longer continue to work, as in the case of Jack & Jill, where she has an income twice that of his but neither have a pension. Let's say Jack suffers from severe depression and must leave his work. If his disability policy doesn't cover depression or is inadequate, he may end up having to draw on his RRSP. A spousal RRSP provides additional capital to replace his income and help maintain the family's lifestyle.

In summary, a spousal RRSP can add enough savings for drawing on in a variety of situations. In a perfect world, adequate, far-less taxable non-registered funds would be available instead.

Just because these new pension splitting rules could be helpful for future days, never rely on them solely. Always consult a qualified financial advisor to help make your future as financially bright as possible.

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.

Community Events



Every Monday, 6 - 7 p.m.—**TOPS**

1st/3rd Thurs.—**Good Neighbour Club**

Big Breakfast
Monthly—3rd Saturday

3rd Monday, 2p.m., **Sheffield Mills & District Women's Institute**

Sundays, 10:15—**Worship**

Service
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Story from the Family Farm

By Mack Frail



Christmas is not quite the same as it was when I was a boy growing up on our family farm in Centreville. The excitement is there and it is still a very special occa-

sion but Christmas has become more commercialized with people spending a lot more money. It is the simplicity back then compared to the more elaborate Christmas of today that I remember the most. We did not have the big shopping malls that we now have. A lot of the items for Christmas were purchased from the Timothy Eaton or Simpsons' mail order department in Ontario. There was some anxiety when the order had not arrived as Christmas drew near.

Going from Centreville to Kentville on the train to do Christmas shopping has special memories for me. Kentville was a busy shopping centre in those days, and the stores were decorated for Christmas.

The old general store in Centreville was also decorated and very busy when it served a large area and carried a wide range of merchandise. The store became the Ruren Thorpe store in 1873. Ruben's son William took over the store in 1920. There have been seven proprietors since the store began, and it is now Wards General Store. I can recall when I was a boy there was a room in the back of the store

that was used to display toys. I would look at these toys wishing that I would receive some of them for Christmas gifts. I can not recall that I was disappointed when these more expensive items were not under our tree on Christmas morning. My parents were an average family living in those difficult years during the 1930(s) and 1940(s) they worked hard to bring up eight children on their small family farm.

The Christmas tree was cut from our wood lot by the older boys and set up and decorated usually the day before Christmas. Most of the decorations were made by us children. There were no artificial trees back then. A lot of the gifts that we received were clothing and we were pleased to get the new warm clothes. I can remember the lumberman's rubbers that most children wore in those days, and the smell of the new leather mittens. There were gifts that were made by my mother such as



knitted stockings and mittens. My father made sleds, rocking horses, doll houses and such items for Christmas. We were anxious on Christmas day to go outside and try out some of

these gifts. I can recall the baking that my mother did in preparation for Christmas as an enjoyable time. She would allow her children to help her in some small way so that we were a part of preparing for the celebration.

A few weeks before Christmas, the children in the Centreville School began practicing for the Christmas concert. There were certain days when all of the children would go from the school that is now the Centreville Community Centre to the Hall School on the corner of 221west and 359 hwy. This old build-

ing that was so much a part of Centreville was torn down in 1997. The practice as well as the concert was held in this building. The concert was held in the evening a few days before Christmas. Every seat in the hall would be filled and there would be people standing to enjoy these popular events. Names were drawn by the children in the school and gifts were exchanged. The teacher purchased a gift for each child in her classroom, usually a bag of candy and an orange. The children would be anxiously waiting for the arrival of Santa Claus to pass out the gifts from under the Christmas tree. It was Vern Manson who played the part of Santa Claus for many years and he was well suited for the part, not only because he had the natural physique but he was very jovial and he loved the children. After being Santa for so many years some of the children were beginning to hear who it was dressed in the Santa Claus suit. At one Christmas concert when playing Santa Claus Vern held his small daughter Betty in his arms and she exclaimed "It's daddy, I can smell him".

There were some people who liked to reveal their secret to those near to them in the hall in rather a loud whisper they could be heard saying "It's Vern Manson" as if they were the only ones who knew who it was. But who was it at the Christmas concert in 1947 that entered the hall with a Ho-Ho-Ho? The people in the hall knew that it was not Vern Manson that was dressed in the Santa Claus suit, because he was walking about the hall and made himself visible for everyone to see. Santa appeared just as plump and jovial as other years, while passing out gifts from under the Christmas tree.

(cont'd on page

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Story from the Family Farm

(continued from page 3)



There was a lot of murmuring and puzzled looks among both the children and the adults. I am sure those children who had previous doubts were convinced that evening that Santa Claus was for real.



After all of these years, it has been a mystery to me concerning what it was that Betty could smell on her dad that evening at the Centreville Hall, and who it was that was dressed in the Santa Claus suit. My thanks go to Vern's two oldest daughters Verna (Manson) Hood who resides in Halifax and Pauline (Manson) Harris who resides in Centreville. These two ladies that I have known when we were all kids together and growing up in Centreville, have filled me in on a lot of important information that has been kept from me all of these years. It was Old Spice after shave lotion when it first came on the market that their sister Betty was so fond of smelling on her dad and was so easily able to identify him. They have also informed me that it was their mother Lois Manson's father Clarence Keddy that had stood in for their father on that Christmas concert night so many years ago. It was Vern Manson's way of having a bit of fun, teaching people to keep some things to themselves and giving Santa Claus back to the little children. I remember all of these people that I have mentioned as good people who have lived in the community of Centreville.



THE CHRISTMAS VIOLIN by Isabel Tait



For Christmas in the year Julie turned nine she wanted a violin. She didn't like piano lessons, a violin would be so much simpler. It was the only thing that she had ever really wanted. Julie asked my mother and Dad for one and they said we'd see. Listening to "Don Messer" on the radio made her want to play just like him. Her Dad said "you don't want a violin you want a fiddle", he was just joking but Julie was serious.

Christmas morning Julie and her two brothers and younger sister awoke and went downstairs to their stockings, which were hung on the back of a dining room chair, near the fireplace. Each checked out the stockings and opened any gifts that were on the chair, then headed upstairs to their parent's bedroom. Julie held back taking time to peek through the keyhole on the parlor door at the Christmas tree. Near the top of the tree was a long brown stick with buttons on it. She held her breath, the violin she thought. Excitedly she ran to join my brothers and sister, never letting on that she had peeked. They dumped the stockings on the bed. Their Dad always made a big fuss about all the candy, fruit and toys that Santa had sent.

Next, Dad and the boys got dressed and went to do the farm chores. Mother and the girls had to make breakfast and get the Christmas dinner started. No presents would be opened until the chores and breakfast were completed. Finally, Dad opened the parlor door and they went in.

Everyone found a seat around the tree. Mother sat on the floor and passed out the presents. Her Dad reached up and plucked the fiddle from the top of the tree.

It was a not a violin, it was a ukulele. Julie choked back tears and tried not to show her disappointment. When everyone had opened their presents Julie took out the little music book and tried to play. Her mother told Julie they couldn't afford a violin and she hoped Julie would enjoy the ukulele.

Julie's little sister wanted to try playing the ukulele but Julie told her she might break the strings. And if she did her cat would be skinned for catgut to restring it. Her sister went away crying she loved her kitten. Julie was miserable, she was disappointed about the violin and sorry she had been so mean to her sister, who she really loved and she knew she had taken out her disappointment on her.

Julie did learn to play the ukulele and she let her little sister play too. She never did get a violin or a fiddle but her sister's cat lived to old age!



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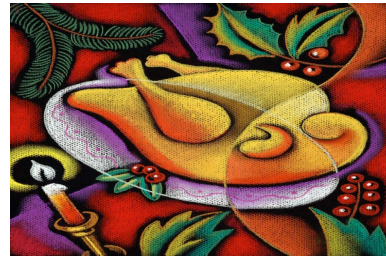
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Turkey Chutney Salad - submitted by Kelly RM Ells, Between the Bushes Restaurant

(fyi Country Magic Cranberry Apple Chutney can be purchased at Between the Bushes Restaurant)

A new twist for your turkey leftovers from the Holidays!

2 cups cooked, cubed turkey
3/4 cup diced celery
3 green onions, thinly sliced
1/2 cup Country Magic© Cranberry-Apple Chutney
1/3 cup low fat mayonnaise
1/4 cup chopped walnuts (optional)
salt and pepper, to taste



Mix well, chill and ENJOY! Great served on a bed of greens, or as a filling



December 3rd saw the first Centreville Annual Christmas Tree Lighting, and, if the inaugural event is anything to go by, it will be the first of many. We live in a magnificent corner of the world, and one of the few dangers is that it can be easy to lose appreciation for the community spirit that can be found here,

COMMUNITY CHRISTMAS TREE LIGHTING CEREMONY BY DEBRA RIIDLEY

and which was in such evidence leading up to this occasion. This spirit could be seen in the carol singing led by the Baptist Church Youth Group, with Minnie Sheffield, one of Centreville's most respected residents, turning on the lights, and story telling provided for the younger members. We saw the Christmas tree itself, and the lights, generously donated, with refreshments kindly provided by local residents, members of the Good Neighbour Club and CDCDA.

We are also grateful to a dedicated few, who put up the tree in near blizzard conditions, and despite the weather on the night, there was a fantastic turnout, for which everybody that attended also deserves thanks. Hopefully, everyone who passes by will enjoy seeing our community tree alight throughout the festive period. Sincere thanks to everyone who gave their time to make this such a special occasion. Centreville is truly a wonderful community in which to live.



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Purpose of CAAC

To assist the Kings County Planning Advisory Committee (PAC) in preparing planning recommendations to Municipal Council on matters affecting the **Centreville Growth Center**, as defined by the Kings County Municipal Planning Strategy (MPS).

Duties of CAAC

To review and provide recommendations to the PAC concerning all rezoning, development agreements, and MPS amendment applications that are specific to the **Centreville Growth Center**.

Where specifically requested, to advise the PAC concerning policy changes to the MPS.

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

Structure of CAAC

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 either residents or stakeholders of the **Centreville Growth Center**.

Contact

Interested applicants wishing to submit their names or requiring more details on the Terms of Reference of the CAAC are asked to please contact Mike Sweeney, President of the CDCDA Board of Directors, at 678-2780 or by E Mail at : miglen.sweeney@ns.sympatico.ca.



**The Christmas
Eve Service** will be
at 6:30 p.m. on Mon-
day, December 24 at
the Centreville Baptist
Church.

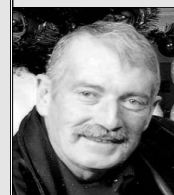
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Pictures of Centreville District and Surrounding Area

Did you know that the Centreville Website has an email address you may send pictures to? If you have pictures you want to share with others you can send them to centrevillepictures@centreville-kings-county.com

Pictures of interest could be Old Historical, Nature, Business or People, whatever you think others would be interested in.

The pictures sent will be put on the Centreville website: www.centreville-kings-county.com.



MISSING

This is Owen Donald Stillman who went missing Aug.23/07 from Kentville, N.S..

Owen is 61, 140 lbs, 5'9", blue eyes.

If you think you might have seen Owen, **please call your local police or family at 902-680-1228.**

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Municipal Councillors Corner..... Madonna Spinazola, District #3 Councillor



I would like to share with you this provocative quote from Mattesich and Monsey (1996):

"People live in communities. But the real importance of "living in community" is that people - and groups of people - develop the ways and means to care for each other, to nurture the talents and leadership that enhance the quality of community life, and to tackle the problems that threaten the community and the opportunities which can help it. When people do these things, communities become healthy; when they do not, communities deteriorate. Communities that have the ways and means to undertake challenges demonstrate "capacity". Without capacity, communities are merely collections of individuals acting without concern for the common good; they are without the necessary ingredients required to develop a healthier community. Communities without capacity really are not communities in any meaningful sense, but have given way to negative conditions like apathy, poverty or ineptitude"

I have just arrived home tonight from the "Gath'ring Winter Fuel" at the Fundy View Community Centre in Hall's Harbour. What a wonderful celebration of community and what can be achieved when everyone works together. Several community members erected and decorated our community wharf Christmas tree, all ready to be lit right after the supper. Christmas Carols were sung and everyone had a great evening; what a wonderful lead in to December.

This is the time of year when family and friends take the time to share memories and gatherings. Communities are an extension of our families and we are so fortunate here in Kings County to be surrounded with strong, environmentally conscious, close knit communities with capacity. It takes work & commitment to sustain our communities; volunteers and community leaders just seem to know when someone or something needs to be done; we have learned the real importance of living in community.

Centreville is blessed with a great environment, terrific golf course, wonderful church, small businesses, a farm market, great recreational assets and much more, all contributing to an experience of a special quality of life. The Centreville & District Community Development Association has succeeded with another first in Kings County; the establishment of the CDCDA Planning Advisory Committee. This committee will assist the Municipal Planning department when requests for rezoning etc is about to take place. The members of the CDCDA are not only volunteering to help those organizations within the community but share a long term vision of Centreville. **Congratulations to all of you for a job well done!**

I chose to become a Municipal Councillor in 1994 to represent and serve District #3. We have accomplished much over the years - look around your community - witness what volunteers achieve. Drive most any evening by the Centreville Community Centre, it is always a buzz of activities, these things just don't happen....someone organizes and plans each event and that someone is one of your community volunteers. Centreville is one of the fastest growing communities in Kings County and if you haven't yet volunteered, this may just be the right time to start. By volunteering just a little of your time in the community brings to you the opportunity to meet your neighbors, learn something new, share your expertise and you know you might even have a little fun. What more is there?

The role of a Municipal Council, I believe, is to work with community groups to achieve their collective goals. I believe that to do this, a Councillor must get better participation from the community; make sure that there is effective communication between the council and the community. A Municipal Councillor is directly elected to represent and serve the people in a specific district. The district Councillor should make sure that the interests of the people in the ward are represented as properly as possible. The Municipal Councillor should be in touch with the issues in the area, understand the key problems and monitor development and service delivery. In committees, caucus and council meetings, the Municipal Councillor should act as an informed unbiased spokesperson for the people. A Municipal Councillor is the direct link between the council and the voters. He/she makes sure that voters are consulted and kept informed about council decisions, development and budget plans that affect them. During my earlier years on Council, one of my main priorities was to assist communities build capacity so that they would have the resources necessary to sustain their community uniqueness. Facilitating and working with the volunteers in Centreville to form a CDA was in fact an incredible experience. It never ceases to amaze me at the power people and communities have when they work together to achieve a common goal.

Elections for Municipal Council will take place again in October 2008. We will need new volunteers and community leaders to take Kings County into the future, preserving and protecting that which is important to our way of life. Please take the time to think about this important role and how you can participate within your own community to help Kings County remain one of the best places to live.

Thank you for the wonderful opportunity to represent your concerns, issues and ideas at the Council table. I want to wish each and every one of you the very best holiday ever...May you and yours rejoice in the spirit of Christmas all year round....Merry Christmas and a happy & healthy New Year.

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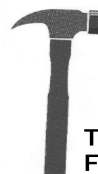
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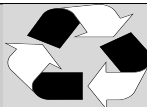
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Out of the Dark and into the Clear

Submitted by Denise Young



On April 1st, 2008 Valley residents and businesses will be required to put garbage in clear bags and recyclables in blue bags. The goal is to increase recycling and composting and decrease what ends up in landfill. Clear garbage bags make it easier and safer for waste collectors and inspectors to see what's in the garbage.

Increased recycling and composting

In 2000 the Valley and other Regions across Nova Scotia saw a sharp increase in waste diversion, meaning more materials were being recycled and composted than ever before. However, since then many Regions including the Valley have seen a steady increase in the amount of waste going to landfill. In an effort to reverse the trend, many municipalities in the province have switched to clear bags for garbage. Nova Scotia Environment and Labour has been tracking the results and across the board, recycling and composting increased and waste going to landfill decreased with the introduction of clear bag programs. Valley Waste hopes clear bags will have the same effect here.

Privacy and the "ick" factor

Since news of the program hit the streets Valley Waste has been gauging the reaction from residents. "The vast majority of people we talk to on the hotline are in favour of the new program", explains Shirley Pearl, Hotline Operator at Valley Waste, "they feel clear bags create a level playing field by making it difficult for people to ignore recycling and composting rules." Pearl goes on to say that the main issues people seem to have are with the idea of loss of privacy and the "ickiness" of seeing everything in a person's garbage. To help reduce those concerns the Valley Waste program allows for one dark garbage bag per collection for personal items. Another option is to use garbage cans to store garbage bags.

The clear bag program begins on April 1, 2008. There will be a three month grace period to allow people to make the needed adjustments. Beginning July 1st clear bags will be enforced, meaning garbage can be rejected if

more than one bag per collection is dark.

*To address privacy concerns
one dark/black garbage bag is
permitted per collection.*

A few seasonal reminders:

Holiday Collection schedule: There is no collection on Christmas Day (alternate pick-up is Sat, Dec 22) or Boxing Day (alternate pick-up is Sat, Dec 29). **Collection goes ahead as usual on New Year's Day.** Always have items at roadside between 6-8am.



Christmas Tree disposal.

There is no special collection for Christmas trees. You can cut your tree into four foot lengths, bundle it, and set it out for regular collection. Please remember however that the compartment on the truck is small, so tight and neat bundles are a must. Perhaps a better alternative is to drop off your tree free of charge at the Management Centre in Kentville. Trees will be accepted free throughout the month of January.

2008 Waste Management Calendar. Calendars will be delivered via Canada Post in late December.



The calendars are delivered as "unaddressed airmail", so if you don't normally accept flyers, you may not get one. Most Post Offices are happy to keep a few calendars on-hand, so check with them if you haven't received yours. The calendar provides important information about collection and other waste management issues.

If you have questions about the waste management program please contact Valley Waste:

Tel: 679-1325 or visit www.vworm.com.



Spice up your Holidays

To make this cinnamon stick topiary, select a 5" diameter and a 6" diameter flowerpot for the base. Weathered flowerpots look best; if you don't have old ones, create your own aged pots by lightly sponging small amounts of dark green and metallic gold paint along the pot rims. Glue vertical rows of cinnamon sticks to the sides of the pots, trimming the sticks to fit just under the rims.



Fill each pot with florist's foam, and glue it to the inside bottom of the pot. Glue the base of the top pot to the florist's foam in the bottom pot. To create the tree, glue moss to a 10' tall plastic foam cone; glue the cone into the top pot. To make the star decorations, tie groups of three short cinnamon sticks together with raffia and glue them to the sides of the tree. Fill any gaps in the pots with moss. Complete the topiary by gluing a cinnamon stick star to the top of the moss covered cone.



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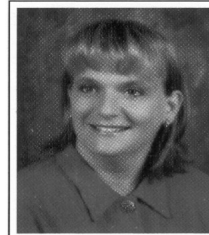


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**Markets in France and in NS GREN & GAIL JONES**

The Christmas season brings friends and family together. Given the great appreciation for food over the holidays, I thought that readers would enjoy an article about the markets in France. If you visit Paris there are apparently seventy-two markets in the streets of that beautiful city! Some are very famous, including one near Notre-dame cathedral that sells birds on Sundays!! At Christmas time, the idea of markets becomes even more interesting! I have noticed that on CBC Newsworld they have been showing scenes of European cities beautifully decorated. They were also showing some of the markets that are created specially for the Christmas season.

Since the Foote family opened their year round produce market in Centreville, people have been able to buy a great variety of fresh produce every day! In France, people tend to shop for food on a daily basis and this is especially important for their bread. They value the availability of good quality fresh food as well as the idea of supporting local producers.

Speaking of bread, there are over 300 types of bread made in France and we tend to only think of the baguette style as you can buy imitations here. The ones that are sold locally may look like "French bread", but they do not taste the same! If you are in Halifax doing your shopping, drop in to Julien's pastry shop in the Hydrostone Market- originally from France, his bread and pastries are excellent! It's best to get there in the morning if you want to enjoy a "pain chocolat" or a croissant.

If you like to shop in an open air market, the one in Wolfville on Saturdays is wonderful! Imagine what it would be like if major towns and villages in Kings County had their own market day year

round. Picture a Tuesday in Centreville with vendors selling a tremendous variety of foods and other staples such as wine, bread, cheese, house wares, clothing and specially prepared meals that have been created on site that very day. Imagine people coming from neighbouring communities with their bags, baskets and trollies. Imagine too, the amount of traffic as people tried to find the nearest parking spot!! An ideal location for my imaginary market would be on the premises of the former Centreville Dodge property because it's paved. If Centreville was set up like a typical European village, there would be a square called "les Halles" which would be the centre of the market. I've seen some in France that are 600 years old! They are covered markets that are open on each side. Occasionally, they are built of wood, but the more classic style is of glass with iron supports. When it's not market day, they make a nice paid parking area and the local pigeons usually live there too, rent free... Unfortunately, our weather would be too harsh for a weekly market, but we can continue to count on the Foote's! In Wolfville, the market is fortunate to have winter hours in the Student Union Building.

I was reflecting about a day when Gail and I were escorting a group in the town of Amboise in the Loire Valley two summers ago. On the square in front of the chateau there were at least 20 stalls as well as a wine fair going on beneath the chateau. Having just visited Leonardo da Vinci's home, le Clos Lucé, we were spending some free time there so that everyone could experience an authentic market. The selection of food was typical of any place in France and we could hear the sellers calling out their prices as they competed with their neighbours. Along with all the food, there were plenty of other possibilities. Since it's difficult to do a lot of shopping for food when you're on the road,

it's certainly more practical to shop for other items that will actually fit in your suitcase and make great gifts. We stopped at a stall where a young couple was making jewelry - We bought a few items and had a great chat with them.

The following spring, I was in another Loire Valley town, Chinon, and it was market day. We were going to visit a chateau and a winery, but before we headed out, everyone wanted to see the market which fills a large square near the river as well as a street that leads to a much smaller square. I gave my group an hour to browse and basically hang out with the locals who, while making their purchases, were meeting friends and making plans to stop for a drink in one of the many cafés along the street. I took a walk through the market, heading away from the produce section and into the area where there were stalls selling clothing and crafts. I noticed one of our couples speaking with a vendor whom I recognized from Amboise. He remembered me and we chatted briefly. I was quite surprised to see him in Chinon, as it's a good hour from Amboise. He explained that the majority of the merchants did the same type of route that he did, spending a morning in a different town each day. We talked about the challenges that face the merchants as they travel from one market to the next, many in specially made vehicles that are quickly converted to the actual stalls. They are merchants who sell fresh food such as seafood, meat, poultry, and dairy products. They usually arrive very early and begin serving customers at 7. Many of the café and restaurant owners are up early, as they too like to serve fresh food from the markets.

I then met Laurent, the patron of the little hotel where we stay. He was carrying a rather large basket and was busy finding the right ingredients for some of the jams and jellies that they make for their hotel. They pride themselves on having an amazing assortment for their guests. Imagine having

(continued on p. 10)

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Markets in France and in NS

(continued from p. 9)

a jelly cupboard in your dining room with up to 64 different types, all made by the patron and his wife!! They even have a book of their recipes which they sell- it contains not only photos and recipes, (written in French & translated), but also a variety of other great information about the hotel and the charities in developing nations that the sales of the book support. I would be happy to share these recipes with Post readers! Send me an email and I'll send you one!

novalang@ns.sympatico.ca) Book one of our tours for next spring and we'll take you to Chinon where we'll have breakfast in a beautiful 'Hotel de Charme' that has the most eclectic collection of jams and jellies we've ever tasted. Then we'll head for the market!



Sustainable Power Surges Ahead

By Marke Slipp

Living in the Valley one can sometimes feel a bit removed from all the goings-on in the rest of the world. Of course we aren't, and it's good to see innovations taking place in our community that can impact the larger world in a positive way. Sort of: 'Think Globally, Act Locally, Impact Everywhere'. The Pink T-shirt initiative rebuking the bullies, which some high school students at Central Kings undertook, showed some real guts, creativity & leadership. Congratulations to them!

There are also some creative innovations being undertaken by our provincial government these days. (Gee, did I really write that?) Yes, many whinge about the failings of government, but it is only fair to point out

some of the positive work underway as well. The *Environmental Goals & Sustainable Prosperity Act* is one of those initiatives. Another is the *Renewed Energy Strategy and Climate Change Action Plan*, both available through the government's web site. Both of these initiatives are efforts to constructively deal with what is deemed to be one of the major issues facing this generation.

As it stands, Nova Scotia's main source of electricity is from coal-fired generators. In order to have cheap, sulphur-reduced coal Emera (Nova Scotia Power's parent company) imports it from Columbia to power its generators. <http://tinyurl.com/2ql8xc> Coal contributes heavily to Greenhouse Gases (GHGs) that are driving the extreme climate changes, as recently cited by the Nobel Prize winners, Al Gore and the UN's International Panel on Climate Change. But it is cheap, on a purely purchase-price basis, at the moment.

Tidal power in the Bay of Fundy is being looked at as one part in an integrated port-



folio that addresses Nova Scotians' energy requirements in a sustainable approach (tidal, wind, biomass, hydro). As mentioned last issue, there is a Strategic Environmental Assessment regarding tidal power taking place for the NS Department of Energy (DoE). <http://www.offshoreenergyresearch.ca/> Stakeholder input is ongoing. And everything is happening quite quickly. There will be a final report issued next April. The public will have an opportunity to respond to it and the DoE will decide what direction they intend to move. It's certainly important that everyone who loves the maritime culture and environment gives consideration to this. DoE has also simultaneously issued a request for proposals to set up instream tidal

power demonstration projects in the Bay by the Spring 2009, as well as proposals to build a testing facility to monitor these test generators, "if, where and when" tidal power development is deemed a positive direction to move in.

<http://www.gov.ns.ca/energy/AbsPage.aspx?id=1346&siteid=1&lang=1> >

Another idea, from a company in New Brunswick, proposes "tidal lagoon" development in the Minas Basin. The structure, not a part of the above proposals, is anticipated to be about 4 kilometres in diameter. It is essentially a crater-shaped lagoon that has turbines in the exterior walls that will generate some 300 MW of electricity on both the flood and ebb tides. This is as much as all of the proposed 1MW instream tidal power turbines put together. (300 MW provides enough energy to power about 100,000 homes.) <http://www.tidalelectric.com/technology.html>

Nova Scotia has set challenging goals: 20% of all our electrical power to be generated by renewable sources by 2013; GHGs reduced 10% below 1990 levels by 2020. All this and yet, at the same time, maintaining a provincial economy that is equal to, or better, than the Canadian average. Whew! This is going to impact all of us in significant ways. And not just in the pocketbook. It is going to challenge the way we live, work and entertain ourselves—our 'lifestyle footprint'.

One way to harmonize, or make it easier to deal with all this, is to increase the *efficiency* part of the 3 R's: Reduce, Reuse, & Recycle. Efficient, environmental-considerate house construction or renovations will reduce the use of oil &/or electricity to heat your home; reduced consumption of imported goods can help reduce the amount of fuel in transporting goods. The latter also harmonizes nicely with the Buy Local campaign. We might also consider lifting the moratorium on uranium exploration. And investigate what we do with all the off-peak electrical power that's generated by tidal or wind power. Perhaps there's an opportunity for hydrogen development. It's good to see there is a comprehensive plan being worked on. We all need to be involved with it.

If you would like to contribute your own ideas on energy efficiency or developments, please send your suggestions to me at: markeslipp@cs.com

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Integrated Community Sustainability Plan (ICSP)
- Community and Stakeholder Input *(Submitted by Marke Slipp)*

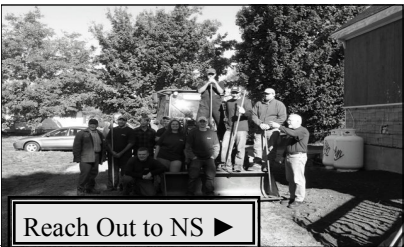
Dear stakeholder,

The Annapolis Valley is one of the first regions in Canada to have created a shared sustainability vision, linking the principles of Environmental Stewardship, Economic Opportunity, Social Responsibility, Fiscal Responsibility, and Good Governance. We are now in the process of discovering how to get there and we are asking for your input. The municipalities in the Annapolis Valley have retained Jacques Whitford consultants to prepare a joint Background Study on sustainability issues, as part of the Federal requirement for an Integrated Community Sustainability Plan (ICSP), to be eligible for 'green municipal' funding. The following survey is part of this Background Study and we hope you will take the time to complete it.

Please complete the survey at:
[http:// www.solutions.ca/AnnapolisValleySurvey/](http://www.solutions.ca/AnnapolisValleySurvey/).

Sincerely,

ERIN BEAUDIN, MAES
 Executive Director
 Kings Community Economic Development Agency
 35 Webster Street
 Kentville, Nova Scotia B4N 1H4
 Phone: (902) 678-1340
 Fax: (902) 678-2324
 Cell: (902) 670-9686
www.kingsced.ns.ca



Reach Out to Nova Scotia — In Centreville, Kings County
 Submitted by Budd Murphy

On October 17, 2007, the Nova Scotia Community College pursued an initiative – Reach Out to Nova Scotia - to say Thank You to Nova Scotians. The Thank You was in response to the \$123,000,000 the Nova Scotia Government invested in the College. The Thank You took on many forms some of which placed students and faculty in various communities around the province to carry out deeds that benefited those communities.

In Centreville, the Heavy Duty Equipment-Truck and Transport Repair classes picked up garbage at the Centreville and District Park, placed and graded topsoil at the Centreville Community Hall and picked up apples to raise money for a monetary donation to the Community Hall.

Supporters of the local initiative included:

1st year HD – T&T students and faculty: Merrill Levy

2nd year HD – T&T students and faculty: Budd Murphy

*Ted Davison – supplied top soil

*Murray Manzer – supplied and operated the tractor to help place the top soil

*Doug Brown - helped to acquire the top soil and worked with students to place the soil.

Valley Ford – Through Mervin Steadman, coffee was provided for the workers

*Stephen Stirling – facilitated the picking up of apples

The Centreville Hall Association provided hotdogs and pop for lunch.

Workers that helped out with lunch included:

*Pauline Harris, Minnie Sheffield, Ada MacDuff, Sandra Bartlett, Kay Rideout and Pat Murphy

A huge **thank you** goes out to the Heavy Duty Equipment-Truck & Transport Repair students of the Kingstec Campus of the Nova Scotia Community College.

Further to the Reach Out news, the Hall Association has taken receipt of partial funding for the barrier free washroom from Community ACCESS-ability (\$2,087.91 with the same amount to follow up to a maximum

of \$4,175.82), partial funding from the Community Hall Assistance Program (\$2,775.00) and notification of funding approval from the Community Recreation Capital Grant Program.

With the above listed grants, hall projects to be undertaken this fall and winter will include chimney fascia and soffit replacement, installation of gutters and downspouts, floor refinishing and new siding on the front of the building.

The Centreville Hall Association and the Centreville Good Neighbour Club are contributing approximately \$14,000 to the projects.

As of this writing, work is completed on the Hall's chimney and replacement of the roof shingles is underway.

Centreville Good Neighbour Club Report

Submitted by Gail Salmon

I have been asked to write a little bit about the Centreville Good Neighbour Club and give a thumbnail summary of what we have been doing lately.

The CGNC celebrated its 60th anniversary this year. We celebrated the occasion with a lovely dinner catered by the Ladies Auxiliary group of the Baptist Church. It's amazing how long this Club has existed and continues to donate to various societies and canvasses for many charities in the community.

As most of you know, our biggest fundraiser has been our Big Breakfasts which usually run the third Saturday of the month. These allow us to feed the community as well as raise funds for the Hall refurbishing. Thanks to these funds, many improvements have been done to the Hall in the last few years. The GNC has been working with the Centreville Hall Association to make necessary improvements.

Our annual Fuel Supper is also organized by members of the GNC and aided by almost everyone in Centreville through donations and working at the supper. This turkey supper provides the finances to heat the Hall.

December 6 will mark the last event of 2007 with a Christmas Candlelight Tea complete with baked goods and white elephant tables. Afterwards, the ladies of the GNC will have a Christmas celebration with gift exchanges and games.

Oh yes, we do take time to socialize and have fun! Anyone who would like to join is more than welcome to do so in January. Have a great holiday season, from all of the Good Neighbour Club members!

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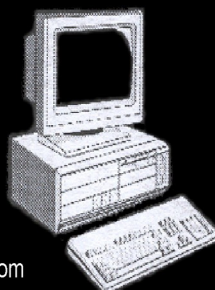
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COMMUNITY EVENTS

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 the Club.

NEW STOVES FOR CENTREVILLE HALL



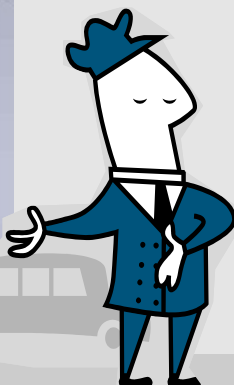
NEW SIGNS FOR CENTREVILLE



Thanks to the Cashins and their merry band of helpers for the super idea of dressing up the sign and for all their hard work.

It would be great if our other welcome signs were adopted by community members. What an attraction!!

VALLEY FORD WELCOMES MERV IN STEADMAN TO THEIR SALES TEAM



CONGRATULATIONS MERV!

ACADIA LIFELONG LEARNING CENTRE (ALL)

The ALL Centre provides courses, seminars, outings and special events for adults 50+ in environmental science, fine arts, writing, and more.

ALL membership benefits include free Acadia credit course audits and access to the Vaughan Memorial Library; reduced course and special event fees; and free seminars, lectures and readings. The annual membership fee is \$20.

The ALL Centre now has a new phone information option. For course updates, cancellations, room changes and ALL announcements call 902-585-1434 or 1-800-565-6568, at the prompt press 1. This is a recorded message that will be changed daily. If you want to join ALL or sign up for a course call the same number but press 4 at the prompt to speak to a client service specialist. When you call our office our voice message will guide you through these options. Or you can simply email all@acadiu.ca. We will continue to update our membership through our web site all.acadiu.ca and via emails.



Big Breakfast Fundraisers

By Ada Macduff
Breakfast Coordinator



The Centreville Good Neighbour Club would like to

thank everyone who participated in our Big Breakfast fundraisers this year. As well, we would also like to thank everyone in the community for their continued support.

Seasons Greetings and see you in the New Year!

UPCOMING EVENTS

The Centreville District Community Development Association (CDCDA) will hold its **8th ANNUAL PIG ROAST**



MAY 2, 2008

(SEE OUR MARCH ISSUE FOR MORE INFORMATION)