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THE CENTRE POST



SANTA COMES EARLY FOR THE CENTREVILLE PARK ASSOCIATION

By Mark & Shelley Wagner



Seen here from left to right, some of the Centreville Park Association members with Dick Killam: Darrell Spurr, Budd Murphy, Nicole Saunders, Marg Kaizer, Mark Wagner (accepting the cheque on behalf of the CPA), George Graves and Suzanne Trudeau Gormley

On December 10th, 2009 a cheque was received from Dick Killam, on behalf of the Municipality of the County of Kings, in the amount of \$7,366.40. The grant was approved for the Community Park Development Program, which is intended for the much needed improvements to our park. Once upgrades are completed to the park and all receipts submitted, we are eligible for another 20% for further upgrades. We will be submitting another application for assistance under the Park Development Program for next year to further complete more improvements to the park. We will be discussing which projects we will be completing at our next park meeting. On behalf of the Park Committee we would like to thank Dick Killam and the Municipality of the County of Kings for helping to keep our park alive. Also, a big thank you to all the Centreville Park Association members.

EDITOR'S NOTE

By Suzanne Trudeau Gormley
(a.k.a. Centre Post Lady)



Merry Christmas and a Happy New Year from yours truly, the Centre Post Lady! I'll see you in March 2010. Be well.

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 our current contributors and I encourage anyone in the community to submit your ideas, recipes, crafts, etc. for our March issue.

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!

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**.



An Update from your MLA

By Jim Morton, MLA
Kings North



It is really possible that we're in the midst of the holidays? Much has happened since my last note in September.

Anne Harris, Kings North Constituency Assistant, has put the final touches on our Community Office (we're easy to find in Kentville's Centre Square), a space made so much more interesting with pictures created by members of the Evangeline Artists Coop. Every day the office is abuzz with calls and visits from folks concerned about issues that range from the tragedy of homelessness to exciting business ideas to frustrations with damaged roads. Outside the office I've stayed in touch with constituents at breakfasts and suppers, on doorsteps and in meetings throughout our riding. It's rewarding to know that people are reaching out to offer interesting ideas or to ask for help when it's needed.

I've also spent my first session in the 'House'. It is an honour to represent you in the Nova Scotia Legislature and I'm proud of our government's early success in making life better for families. We sat for 35 days and passed 30 bills this fall, legislation that covered many of our government's priorities including:

- Creating an independent administrator to cut electricity use
- Increasing penalties for impaired drivers
- Creating a level playing field for political fundraising
- Protecting employees from losing their jobs during a public emergency
- Entrenching a ban on the exploration and mining of uranium

Additionally our government fulfilled several key commitments, such as:

- Maximizing jobs from federal infrastructure funds
- An independent review of the provinces finances
- A new home construction rebate program
- Cutting 8% HST off basic home electricity
- Strengthening business competitiveness through a 10% manufacturing and processing tax credit
- Hiring a provincial advisor to help improve access to emergency health care

Closer to home, I'm pleased to have introduced a local bill that finally moved ownership of the Canning Library building to the Canning Library and Heritage Society. I'm also delighted that funding for the Evangeline Child Care Centre will result in a new facility and more spaces so important to local families. And readers of The Centre Post might be interested in knowing that I described Centreville as a great place to live and grow when I made a reply to the Speech from the Throne in late September.

Now our government has turned its attention to our troubled provincial finances. We've inherited more expenses than our projected revenue can cover and this structural challenge must be addressed. I'll be looking forward to hearing about the values and principles you hope will guide us as we pursue our commitment to live within our means.

In the meantime, Happy Holidays! My wife Donna McGrath joins me and Constituency Assistant Anne Harris in wishing each of you the joy of this special season and a safe, prosperous New Year.



*Working with you
to make life better*

Jim Morton MLA
MEMBER OF THE LEGISLATIVE
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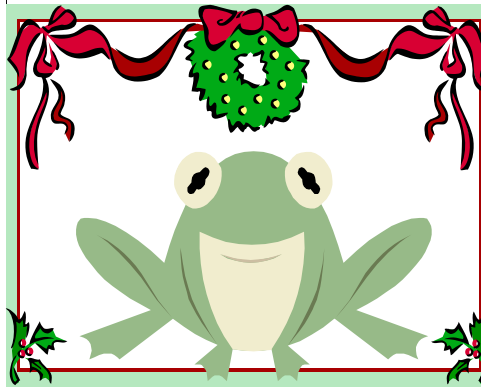


Story from the Family Farm

The community of Centreville is situated approximately within the centre of the area referred to as the township of Cornwallis. The south Cornwallis district boundary is the Cornwallis River and the north boundary is the Bay of Fundy shore. Centreville is centrally situated between these two locations. The town of Berwick is within the township of Cornwallis. The township of Aylesford begins on the west Berwick boundary. The easterly Cornwallis boundary is the Minas Basin shore. Centreville's location between these two points is nearer to the Minas Basin than it is to Berwick.

Because the community is located approximately in the centre of the township of Cornwallis the early New England Planter settlers gave it the name Centre - Town. Before the arrival of the New England Planter settlers the area was described as a bustling French Acadian village. The French Acadian road that passed through Centreville and the many roads leading into the village from practically every direction were a benefit for the community. With the arrival of the New England Planters the community became a business and shopping area. In the beginning the roads were rough trails cleared through the forests by the French Acadian settlers. Although the trails were only suitable for walking and travelling with oxen or on horseback, they were a means of travel to certain destinations. The name Centre-Town was changed to Centre-Village and the name remained in use until the mid 1800,s.

During the early period before 1860 the governing body for the township of Cornwallis held their council meeting in the Cent-Village town hall. The town hall was conveniently situated in the centre of the village. It was during the period after 1850 that the name Centre-Village was changed to Centreville. The name Centre-Village is used in 1856 as a description in the Record of Deeds at the Municipal Buildings in Kentville.



Centreville is a watershed with meadow lands, brooks, ponds and swamp areas. During the mid 1800,s clay was extracted in the community and was used to supply the Centreville clay brick manufacturers. The large holes from extracting the clay formed more ponds. The man made ponds added to the natural wet areas in Centreville provided a wonderful haven for frogs. Beginning in the early spring the evenings and nights were a loud chorus from frogs of every description. It was

suggested by at least one resident of the community that the name Centre-Village should be changed to Frog-Village. If the name change had of taken place at that time instead of being Centreville the community would now be Frogville. The name Frog-Village may have received more consideration and have been approved and accepted if the residents had know that Nova Scotia would eventually have three communities named Centreville. I have searched through the list of place names for Nova Scotia and I have not found even one Frog-Village or Frogville. Considering that Nova Scotia has places named Crow's Nest, Eagle Head, Mushaboom, Moose Head, Ecum Secum, Cow Bay and many more such place names why not the name Frogville for a community with a large population of frogs?

I can recall walking the roads and streets of Centreville when I was a young boy. Many of my walks in the community were in the spring and summer evenings during the period when Centreville was a quiet community of a few hundred residents. There was a lot less traffic then to disturb the sounds from the community. The wonderful sounds from the frogs and the sounds of the community are among my many treasured memories of Centreville. It is my serious opinion that the community of Centreville has an appropriate name.

Jeffery Best

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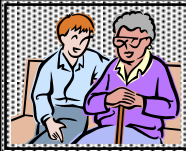
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The Gift of Self

By Marc Potvin

The Canadian Blood Service has a very catchy motto: *It's in you to give*. Those few words say a lot, both literally and figuratively. We all have blood within us and we can all spare some to make a real difference in another person's life. But it is our decision whether we want to give or not. (I know that some of us want to give but are unable because of health or other reasons.) Even more, giving blood does not cost us anything. It is a free gift, except perhaps for a bit of discomfort while we give. Yes, blood, it's in us to give.

I think the same is true, perhaps even truer, concerning life. With apologies to the Canadian Blood Service, *Life is in us to give*. Take a moment to grasp the depth of those words. Imagine how our lives would be impoverished by not being able to see, touch or converse with another human being. Imagine there being no one to tell our story to and no one to tell us their story. And imagine not being able to share our emotions with someone else. How lonely this would be.

In a recent magazine article, Lynn Chmelnitsky Moors mentions that giving is something deeply rooted in us. All cultures, religions and societies value the act of generosity that selfless giving is. Yet, it seems that in our part of the world, we tend to give more out of pressure and habit than anything else. Indeed, how many of us have agonized over what to give to a friend or family member at Christmas or other special occasions?

All of us have the ability to give something that is worth so much yet cost so

little. That something is ourselves. Indeed, it does not cost anything to smile. It cost very little to call someone on the telephone and perhaps a little more to send a letter by post or electronically. There is still something magical in receiving a real paper letter! And what is the cost of dropping by a friend for a chat? All these things are worth a lot more than gifts given because we feel we are obligated to give.

The gift of ourselves – our time, our undivided attention, our physical presence – has the power to impart life to another person. It tells them they are worth it, they are valued, they are loved, they are not alone and they have not been forgotten.

We always look for the perfect present to give. Why not give a bit of yourself? *Life is in you to give!*

"The only gift is a portion of thyself."
Ralph Waldo Emerson.

The church's website address is
www.centrevillebaptist.ca



Centreville's Loss Is Heaven's Gain

By Suzanne Trudeau Gormley



Our community has lost a very fine lady. Hilda Leora Reece passed away peacefully on December 15, 2009, at the age of 93.

She was very much loved, as was attested by the many friends and family members who were at her funeral service on an extremely cold December 18 afternoon.

I met Hilda through the Good Neighbour Club and I marveled at the fact that she had been a member since 1947. Being new to the community, I didn't know very many people and when I asked if I could visit her, she welcomed me wholeheartedly. She had a way of making all my worries go away and be happy in the moment. I will always remember our visits very fondly.

We shared wonderful moments and I enjoyed her reminisces such as when she worked at Ward's General Store but when a travelling salesman told her of a better job opportunity, she moved to Berwick where she eventually met her husband. She told me of her experiences living on Hwy 221 and how going to the doctor's in Kentville was a day long affair by horse and going to school by train to Kentville. Of course our visits would always include an ice cream bar or something equally as delicious and sweet! That is why I had to smile when her grandson recounted at the funeral service how she would give her grandchildren peppermints, "one for each cheek". Her granddaughter brought tears to my eyes as she led us into prayer. Hilda was always so proud of her family and I'm sure she was extremely proud of them at the service.

We were all so fortunate to have her in our lives.

I can see you smiling now Hilda, as you lead God's choir in sublime melodies.



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Cheesy Butternut Gratin

- 1 butternut squash, about 2 lb/1 kg
- ½ tsp each salt and pepper
- 1 cup shredded cheddar cheese
- ¾ cup milk
- ½ cup EggCreations, Cheese and Chive (well shaken)
- ¼ cup grated parmesan cheese, divided
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- ¼ cup finely chopped walnuts
- ½ cup fresh whole wheat bread crumbs
- 2 tbsp chopped fresh parsley
- 1 tbsp butter, melted



Preheat oven to 400°. Halve squash; scoop out seeds and fibers. Sprinkle with salt and pepper. Place, cut side down on a buttered, rimmed baking sheet. Bake for 40 minutes or until tender. Let cool slightly. Scrape flesh into food processor. Reduce the oven temperature to 350°.

Pulse the squash until smooth. Add the cheddar, milk, eggs, half of the parmesan, lemon juice and garlic to the squash. Blend until smooth. Scrape into a greased 8 in square baking dish. Toss the walnuts with the remaining cheese, breadcrumbs, parsley and butter. Sprinkle over the squash mixture.

Bake at 350° for 20 minutes; or until golden.

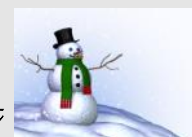
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From the Staff of Between the Bushes Restaurant





THINK GLOBALLY - EAT LOCALLY

By Marke Slipp

Did you know Canadians import more than 53% of the vegetables we consume? And almost all of our fruit? It's hard to realize, living in agriculturally fertile and abundant communities like we have here in the Valley. But the fact is, most Canadians live in cities and buy food or most of their food from large supermarkets. The concept of [Buying Local](#) means buying from the closest supermarket.

Right here in Centreville, we are fortunate to have outlets like Footes Farm Market and [Elmridge Farms](#) (on Bains Road) supply us with fresh veggies and fruit in season at a reasonable price. We can even purchase local eggs, chickens, beef and pork that have been raised in our community. We can even enjoy the occasional lobster or scallop feed courtesy of the efforts of local fishers like those from [Halls Harbour](#). On Thursdays there is often fresh-as-you-get, low cost haddock coming right off the boats in Digby and brought to our local farm market. Now that's fresh—and local! [Farmers' Markets](#) around our province, whether selling food, crafts, or what-have-you, help keep our best resources (people and money) here as well. They also reduce the amount of CO₂ used in moving our food-stuffs around.

I recently watched an online video titled [Eat Real Eat Local](#). The information presented about our food was startling, for example, for every apple we export from Canada, we import another five. But how about this: for each pear that leaves Canada we import seven hundred (yes, you read right, 700)! In 2007, in Nova Scotia alone, there were only half the blueberries produced as there was in 2003. When you see what appear to be successful operations like [Mac Berry Farms](#) or [Blueberry Acres](#), you wonder how much longer can this pattern continue? Our small family farms are struggling to survive while our grocery dollars end up in distant lands. It seems we, as Nova Scotians, as Canadians, need to make different choices than we have been making.

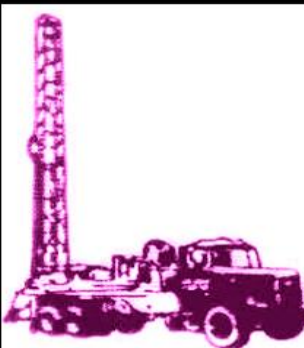
In the past half century, in southern Ontario where there is some of the most fertile farmland in Canada, over half the prime farmland was paved over by the expansion of Toronto's satellite communities. I was informed Ontario imports far more produce than they export . . . \$4 billion more! (This is cukes, tomatoes, lettuce, berries, apples, corn, onions and so on.) In a 15-year period all food imports in Canada went up by 160%, while the population only grew by 15%. And in the past 40 years our total national red meat imports have gone up 600%! And that's just the monetary aspect of the food chain.

Then there's the "fresh food" aspect. It was estimated that the distance a large percentage of our food travels is between 2400 to 4500 kms. Our large grocery stores give us "fresh food" that is coming in from places as far away as California, Chile, Argentina, Mexico, China or New Zealand . . . and it's often been traveling for weeks before arriving. The produce is often picked green and ripened in transit. Hardly "fresh"!

One of the new terms I came upon in researching this article was "locavores", defining people who eat only local foods. This is sometimes defined as the [Hundred Mile Diet](#). It can be a challenging way to eat, especially in the winter, and you do a large way to your local community.

There is also the [Slow Food Movement](#) happening across the country; eating real foods, grown locally, without chemical help (herbicides, pesticides, or genetically modified). Recently there was a film festival in Wolfville that covered many aspects of this Slow Food idea. I was able to take in a few of the films and was concerned with the information in films like [FOOD INC](#) or [END OF THE LINE](#). As the world gets larger and larger, there is less and less fish in the oceans to feed us due to overfishing of the stocks. We all know about the moratorium on the Atlantic Cod, but there are many other species being threatened as well. Some of this is addressed through aquaculture, but there are side effects to this that have their own problems, as we are now being informed. And the factory farms that grow the various critters we eat are becoming more and more corporatized and thus, less humane, more laden with pharmaceuticals, and far less healthy in the process.

(continued on P. 11)



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Good Neighbour Club Report



Since the last newsletter, we have had three very successful Big Breakfasts. The Big Breakfast's will resume on January 16, 2010.

The three tables and two extensions, which went missing last Spring, are being replaced to the tune of \$618.73 + shipping. (This represents the approximate amount raised by the Club and community members' hard work at 1 breakfast. The money raised goes towards upgrading and/or fixing the Hall.)

At our November 5th meeting, we had special guests for our entertainment and enlightenment. They sang a few songs relating to "Buying Local". They stayed for the luncheon and we had an opportunity to get to know them and what they are all about.

GNC we catered a Christmas dinner for the Sheffield Mills Tole painters and on January 17, we will cater a luncheon for the Centre Post who are celebrating their five year anniversary.

The winner of the lovely blue and yellow quilt is Corrine MacNabb. The draw was held at the November 21st Big Breakfast. CONGRATULATIONS! A big thanks to all of you who bought tickets and better luck next time!

The evening of December 10 was our closing with a Pot Luck. It was a feast fit for many queens! Afterwards, there were fun games and a draw for a huge Christmas basket with various items donated by Club members for the purpose of raising funds for the Entertainment Committee. Stella Boutilier was the winner of the basket. Secret Pal and "Santa" gifts were distributed. Thank you to Myra and the Entertainment Committee for a wonderful evening.

As usual, the hall was beautifully decorated for the season and we have Myra Spurr and Susan Wood to thank for always doing a fine job of decorating the hall.

On a more somber note, we have lost a longtime Club member and friend. Mrs. Hilda Reece passed away on December 15, 2009 at the age of 93. She joined the GNC in 1947 and at the age of 88, she was still working on the Calling Committee. Her singing talents were missed, once she could no longer attend meetings, and we were hard pressed to sing "Good Evening" in tune! She will be missed but fondly remembered.

A Look at GNC's Past

February 2, 1950 - It was moved by Ethel Foley and seconded by Francis Hatchard that we contribute 10¢ for our tea each week. Proceeds for the flower fund. Collection for the year was \$36.90. Many were remembered during the year in various ways.

February 16 - Mrs. Kidston reported the men of the community were to hold a meeting shortly in the interest of rebuilding the rink. Discussion followed and all were in favor of giving their support in any way possible.

March 2 - Discussion for buying a globe for the school was voted on and it was agreed to purchase one.

March 16 - Mrs. Wood and Mrs. Manson had measured for stage curtains. The space to be covered 7 1/2 yds. wide by 2 1/2 yds. long.

April 20 - Mrs. Wood made known Mrs. Watson's desire for school books which would aid the children who were in need of special assistance. After a discussion, it was motioned by Hilda Reece that we take

\$10.00 from our funds for this needy cause. The motion was seconded by Mrs. Veinott.

September 28 - The first meeting after the summer vacation: There were 13 members present. The Treasurer was given cash on hand was \$60.04. The flower report at this time was 36¢ in debt.

October 5 - There was a discussion on school studies after which Mrs. Barlow moved and Joyce Rockwell seconded that a sum of money be given for prizes to each grade in school. It was moved by Hilda Reece and seconded by Mrs. Porter that the first aid kits at the school be refilled.

November 2 - Plans were made for a farewell party for Mr. and Mrs. Percy Thorpe on November 9th in place of a regular meeting.

Lois Manson reported receiving material for dish towels which were passed out to the members for homework.

November 9 - The farewell party was held for Mr. and Mrs. Percy Thorpe and money was raised for a gift of a very lovely suitcase for their return to Wales.

November 16 - Mrs. Wheaton had on display the quilt the Club had pieced last year. Mrs. Paul kindly offered her living room for the quilting of it.

November 23 - The Club meeting was spent in quilting along with regular business.

November 30 - During a hasty business meeting the ladies kept right on quilting and at 11:30 p.m., the quilt was ready for inspection.

Meeting of February 15 and 22 were postponed on account of the raging flu epidemic.

March 15 - Mrs. Wood suggested enamel pitchers be bought for the hall as well as a clock for Kinder garden.

June 21 - A thank you letter was read from the teachers for money given for school prizes.

October 17 - Mrs. Kidston brought before the Club the idea of making dressings for the Cancer Society. It was moved by Mrs. Wood and seconded by Mrs. Phinney that we contact Mrs. A. Kelsall regarding same.

November 1 - Blankets were the main discussion for the evening. It is hoped that the woollens will be shipped the first of the week. (These woollens were shipped to a company in Upper Canada and were made into an assortment of blankets.)

November 8 - Mrs. Wood reported that Mrs. Kilsall had called telling her that Miss Hartland was pleased to hear that there was a group that was willing to give there time to work on dressings for the Cancer Society.

Lois Manson and Ruby Pineo volunteered to take charge of the work.

November 15 - Miss Hartland from Halifax wishes to be with us at our meeting. We are meeting at the hall for the purpose of starting our new work and receive instructions on making dressings for the Cancer Society.

November 22 - It was noted to give \$15.00, same as last year, to the teachers for Christmas school treats.

November 30 - It was decided we are to dedicate one meeting a month to the making of dressings.

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Nova Agri Receives the *Outstanding Innovator of the Year* Award

By Cathy Ritchie

Nova Agri has been doing business in the Centreville area since 1985. Originally created to provide a marketing arm for Dykeview Farms, they extended that service to include other local producers of quality produce. Since its inception, Nova Agri has grown to provide much, much more.

Each year the Eastern Kings Chamber of Commerce holds an awards banquet to acknowledge outstanding members of the business community. On November 5, Nova Agri was honored as the ***Outstanding Innovator of the Year***. EKCC recognizes Nova Agri as a leader in business and agriculture for many innovative accomplishments, including: participation in the Annapolis Valley Pilot Project - *Employer of Choice*, development of many projects such as tunnel production programs for berries and other crops, new processes to extend the local fresh strawberry and raspberry seasons into October, production of a 100% natural highbush blueberry juice, providing fresh-cut products such as onions and squash, and involvement in the Healthy Snack Program with Valley schools. This organization is also leading the way in the development of Specialty Crops, grown in peat medium, such as Bok Choy, Chinese Vegetables, and Jumbo Red Onions. These wonderful accomplishments allow Nova Agri to provide local products to local markets for extended periods of time each season.

One of their largest customers has acknowledged Nova Agri as the "most innovative supplier" for their distribution chain. Nova Agri's Country Magic® brand brings their products a step further with a delicious line of condiments including: Chutneys, Vinaigrette Dressings, and Red Pepper Spreads. Another new product that is ready to launch is a selection of Home-style Jams. The jams are blueberry based and most will contain 33% less sugar than other similar products on the market. The condiments are about to be introduced to the Sobeys stores and all Country Magic® products will continue to be available at Between the Bushes Restaurant, Fox Hill Cheese House, Saunder's Tartans & Gifts, and through the company's head office at 1225 Middle Dyke Road.

Nova Agri supports local growers and consumers by providing quality goods to the market and also through partnerships that enhance our local economy. One such partnership was recently established with Terra Beata Farms, in Lunenburg County, where the condiment and juice lines are now being produced. Nova Agri partners with other, local, growers too. For example; onions are grown and marketed in partnership with Wilmar Acres in Sheffield Mills.

Nova Agri has received letters of recognition, not only for service in the industry, but also from customers, both domestic and foreign. Nova Agri's modernized marketing approach has created strategic international alliances not only with US markets but also with countries such as Argentina, Costa Rica, and the Netherlands. Use of these alliances provides fresh produce to the local markets during Canada's off season.

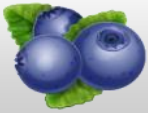
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Nova Agri Receives the *Outstanding Innovator of the Year* Award



By
Cathy Ritchie

Each month Nova Agri receives a letter of thanks from Feed Nova Scotia, a partner and distributor for Nova Scotia Food Banks, for donations of thousands of kilograms of produce.

Many people throughout the province and Atlantic Canada have visited and worked for Blueberry Acres, Nova Agri's highbush blueberry farm. This branch of the company is promoting Agri-tourism by connecting the consumer with the agricultural roots of the products they enjoy. Besides the commercial harvest, consumers may come to pick their own highbush blueberries, visit Between the Bushes Restaurant, and enjoy the culinary experience of having fresh fruit and vegetables brought from the field to their forks!

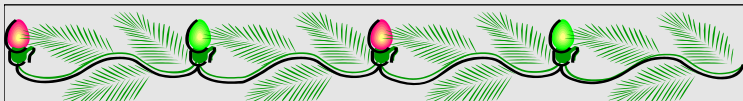
The Nova Agri Group of Companies include: Dykeview Farms Limited, growers of highbush blueberries, potatoes, onions, and grains; Nova Agri Inc., providing marketing and packing, and Between the Bushes Restaurant, providers of fine, fresh food in a country atmosphere. They are also affiliated with Salad Acres 2004 Inc., growers of onions and leafy greens; Vital Berry Farms, growers of strawberries, raspberries, blackberries, and grape tomatoes.

This enterprise began with the family farm of Robie and Edith Kidston, on Church Street in Port Williams. Their children and extended family have joined together to grow the industry of agriculture, the community at large, and their business. Nova Agri provides employment for over 500 seasonal workers during the peak season and 55 full time employees year round.

Because Nova Agri has demonstrated the ability to look to the future, and plan accordingly, it will be interesting to watch for more new developments from this innovative group of companies.

When asked for a comment, CEO Earl Kidston replied, "It's been said that the greatest thing about the future is; it hasn't happened yet. That is the exact situation when we think of innovation. A world of possibilities exists for innovative people and innovative businesses. Innovation is the opportunity for entrepreneurial thinking to mold the future. Nova Agri was honored to accept this award."

Everyone involved with the Nova Agri Group of Companies is proud of this award. Share the Magic!



Centreville Park and Recreation News



By Betty Harper

Everything has pretty much stopped at the park itself until Spring and the gate locked for the winter. We are, however, continuing to hold meetings on the 3rd Wednesday of every month (except December) at the Hall. Everyone is welcome to attend these meetings, as we welcome all new and old ideas.

We are looking to compile a list of community members who would be interested in lending a hand or two when needed for Park clean-up, brush clearing, painting, repairs, etc.. If you are interested in being on this list, please e-mail Betty at timharper@eastlink.ca or call 678-0041 (please leave a message).

We are also going to be discussing fundraising ideas at one of our first meetings in the new year. We have had a few suggestions on fundraising, (another Golf tournament, car show, community BBQ and yard sale, a variety show) but would welcome any new ideas.

We are also looking forward to George Graves (the "Ever ready Energizer Bunny") reviving baseball in Centreville!

A suggestion was made at our last meeting to have a competition inviting young artists to submit a design with baseball related art. The best design would be chosen to re-paint the baseball dugouts. There would be a monetary prize so look for further details in the March issue of the Centre Post.

I would like to thank everyone who helped at or in the Park this past year, whether with your generous donation of time and/or money. It was great to share the responsibility of this great community asset with so many new people and I look forward to continuing in 2010.

Just a reminder of our fundraising account at Fritz's in New Minas for all your Holiday can and bottle returns.~

Merry Christmas and

Happy New Year!

PLEASE REMEMBER WHEN YOU BRING YOUR REFUNDABLE ITEMS TO FRITZ'S, THE PARK ASSOCIATION NOW HAS AN ACCOUNT IN WHICH YOU CAN DONATE YOUR CONTRIBUTION TOWARDS MAINTENANCE OF THE PARK.

THANK YOU IN ADVANCE!

Suzanne Trudeau Gormley, on behalf of the Centreville Park Association



NEWS FROM CANARD AND CORNWALLIS PASTORAL CHARGE

Submitted by the Rev. G. Curtis McDonald



I take this opportunity to introduce myself as the Interim minister of Canard and Cornwallis Pastoral Charges. I have observed the last week of the harvest and preparation of the land for a new year.

This month the new church year begins as we observe the season of Advent and Christmas. From my living room window in Centreville, I enjoy the pastoral scenery overlooking the Valley. In the evening the skies have been clear and the stars shine brightly. With every beginning there are aspects of adjustment. I remind myself to be patient. I am learning a new way. All beginnings are challenging!

ADVENT AND CHRISTMAS SERVICES

- Nov. 29th** 10:00 a.m. -Worship Service and "The Lord's Supper" at Canard Combined service,
Advent Candle of "Hope"
- Dec. 6th** 9:00 a.m. - Canard
10:15 a.m. -Trinity Canning;
11:30 a.m. - Emmanuel Kingsport ***"The Hanging of the Greens"***
"The Candle of Peace"
- Dec. 13th** 10:15 a.m. - Trinity, Canning
4:00 p.m. - Canard United
"White Gift Service" - led by Sunday School
Followed by Pot Luck Supper
"Candle of Joy"

- Dec. 20th** 9:00 a.m. Canard
10:15 a.m. Trinity, Canning (Children Service, Luncheon to follow)
4:00 p.m. Emmanuel, Kingsport
(Supper to follow)

7:00 p.m. ***"Candle of Love"***
"Blue Christmas"

Service"

- Dec. 24th** 6:30 p.m. Canning Baptist joins with Trinity United, Canning Included Trinity, Canard and Emmanuel Churches
"The Christ Candle"

- Dec. 27th** 10:00 a.m. - Combined Service Canard and Emmanuel at Trinity, Canning

In the New Year, Worship Services will be held at the following times 9:00 a.m. Canard; 10:15 a.m. Trinity, Canning and 11:30 a.m. Emmanuel, Kingsport with a combined worship of all three churches on the last Sunday of the month at 10:00 a.m. alternating sites. January will be at Emmanuel, Kingsport, February at Canard and March at Canning.

Rev. G. Curtis McDonald



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THINK GLOBALLY - EAT LOCALLY

(continued from P. 6)

Nutrients in our foods have been significantly reduced since first documented some 70 years ago. There's been a 40% reduction in mineral content due to the pervasive use of above noted agrichemicals and fertilizers. It's like eating four apples today to get the same nutritional value that naturally exists in [one](#). And although organic food has significantly higher levels of Vitamin C, iron, magnesium and phosphorous, and notably fewer nitrates than food grown by conventional methods, attempts are underway to change the meaning of the word 'organic' by including genetically modified foods or those grown using toxic sludge (or [biosolids](#), as it is being referred to in Nova Scotia).

The [Fair Trade](#) movement is growing larger and larger. Sometimes it occurs to me that the efforts put into helping people in Central and South America, or Africa and India, might also be utilized quite effectively in our immediate community. To assist coffee growers in distant countries get a fair price for their product has been a good, global initiative. In fact, there are a [couple](#) of [locally](#) based companies who have great success with this type of enterprise. But our local farmers are hurting as well. Getting their products to market has never been harder for Nova Scotia's farmers. Certainly they deserve our support.

Don't get me wrong here; helping out agricultural producers in Third World countries is a very standup thing to do. And even as we muddle our way through an economic crisis of our own making (more or less), we are still considered the "lottery winners of life" for just *being born* here in North America. But it's costing us. So we need to review and revise how we harvest our resources, what we consume, and where it comes from, for our current approach is becoming less and less sustainable with each passing year.

[NOTE: All this said (full disclosure here) I have to point out that I don't always Buy Local. My choices, like yours, are determined by personal economics. And sometimes I consider Alberta beef to be 'local' because buying Canadian is closer than Brazil or Argentina. In the spring I'll buy Cuban squash because I know there's a local connection. But I am conscious of the choices, eat as local as I can, and patronize the farm markets rather than the big-box stores, especially for produce.]

For links to various items in this article go to the online version of the Centre Post at: <http://www.centreville-kings-county.com/> To contact the writer: mslipp@ns.sympatico.ca



IRISH RIVER DANCE

Ladies, if you are looking for a great way to stay in shape this winter and be rejuvenated by empowering Celtic sounds, you should give these dance classes a try.

- Irish River dance choreography for ladies only
- creative movement and muscular exercise
- bring your small weights

With dance Instructor Johanne J. McInnis

For a third year, she is offering this Irish River Dance Class for ladies of all ages at the Community Hall in Sheffield Mills, near Canning. If you are interested please read the following information and please reserve your space right away by sending an email to the instructor. There are between 10 to 12 places available.

LOCATION: Sheffield Mills, Community Hall

WHEN: January 28th for 5 weeks (if storming that day, we will start the first week of February)
- after a little break, we start again in April for 5 weeks .

TIME: 8:15 p.m.

PRICE: \$160.00 (2 X \$80 - 1st payment January 28th and 2nd payment April 1st)
or \$150 payable at the first class

(info: gib@oricom.ca or 582-1603 leave a message)

A great evening of dancing, stretching and joyful moments with fun ladies!!!

Background:

- * Johanne McInnis has choreographed high schools and primary schools Irish productions.
- * Last April 2009, she received the (Music, Drama, Dance) Excellence Teaching Art Award in Halifax by the Premier Rodney McDonald and the Nova Scotia Minister of Education Judy Stretch.
- * Johanne is a highly creative teacher and strives to enhance women's lives by sharing these Rich Empowering Celtic sounds through dance.
- * She is currently slowly working on her third jazz-celtic harp album called: Beyond Appearances, www.johannemcinnis.ca

Johanne J. McInnis (Music, Drama, language teacher and Irish River Dance Instructor)





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Samuel de Champlain- a Mysterious and Well-Travelled Man

By Gren & Gail Jones



When I was a boy growing up in Liverpool, I attended summer camp in Digby Neck. It was called "Camp Champlain." It was a great place and I spent 2 weeks there every summer with other boys who came to Sandy Cove from all over Canada and the United States.

As at any type of summer camp, we learned a lot about camping, crafts, fishing, horses, sailing, swimming and sports. We also learned about the place where we stayed and about the man for whom the camp was named. In fact, each of the buildings was named after the men who accompanied him on his voyages. We even had a song that we sang at campfire or on special occasions about Champlain.

In school, we learned about different explorers who came to our lands, including the Vikings, Cabot, Cartier and Champlain. Growing up in Liverpool, I learned about the names of places around Queens County that were named by Champlain who was more than "just" an explorer, as he managed to create great maps of the region. Indeed, one of his maps of our province is quite accurate, considering what he would have used to create it.

In Queens County, one finds many place names that have remained after four centuries- Lake Rossignol, Port Joli and Port Mouton are examples. Anyone who has walked along the beautiful white sand beaches would understand why Champlain was taken with the beauty of coastal Queens County and of course the great Lake Rossignol is one of the places where he would have traveled with the local native guides of the times.

I have often wondered if this man ever came ashore in Kings County at one of our coastal locations. I am certain that he saw every contour of the shoreline on both sides of the Bay of Fundy and Minas Basin. Would he have ever taken shelter in Hall's Harbour? Would he have crossed the North Mountain to enjoy the view from the Look Off or walked to 'the Split'?

While reading about this man's life, I have always been amazed by what he was able to accomplish in a rather short and perilous time. To begin with, he made his first trans-Atlantic voyage in 1599 with

his uncle to Central America. (The exact date of his birth is unknown.) On that trip, he was probably a navigator, having recently completed studies in the seaport of Brouage, his home town.

Within two years of his return to France, he had made alliances with other people who wanted to develop trade with the natives, explore and establish colonies to support their commerce. These trips marked the beginning of his ties to Eastern Canada. Champlain used the maps and documents of the voyages of Jacques Cartier for his interest in exploring and mapping not only l'Acadie, but also the (Saint-Laurent) Saint Lawrence River.

From 1603, when he first visited the Saint Lawrence River to the time when he would actually prepare the plans to establish permanent settlements in New France at Quebec City, Three Rivers and Montreal, until his death in 1635, saw him cross the Atlantic Ocean numerous times, (perhaps as many as 25 times), fight wars with the Hurons against the Iroquois and write a chronicle of the history he experienced. He was injured during a battle, became lost on a hunting expedition, and even lost his astrolabe. He never gave up his passion for life in New France.

In some small way, I have felt a closeness for Champlain. I have spent much of my life crossing the Atlantic (30 times) and I spend time in places where he also stayed, including Saint-Malo and Honfleur. I have made friends with some of his descendants. I first met them because they are owners of a restaurant in Saint-Malo, "au Petit Champlain." I was always intrigued by the name because there is also a small street in Quebec City called le Petit Champlain. I first believed that they simply had a connection with Quebec, as these two cities have close cultural ties due to the historical connection with Jacques Cartier and Samuel de Champlain. However, as I got to know the owners, I learned that their connection was slightly more direct!

Being a frequent visitor to Saint-Malo, I often take people to visit Cartier's home. It is a private museum with a very interesting collection of furnishings and arte-

facts that relate to the sea as well as to the life of Cartier. In one room of the 15th century farmhouse, there is a collection of maps which include one of Champlain's, showing in exact detail the entire coastline of "la Cadie." Nova Scotia figures quite accurately and very prominently, as Champlain was certain that the province was actually quite wide in the south-western region. I would hazard a guess that he never actually crossed south-western Nova Scotia, but his knowledge of our beloved province was very precise in his time.

When I return to France in 2010, I plan to take a group to visit the hometown of Champlain, Brouage in the region of Saint Onge. The town was once a busy port between Bordeaux and LaRoche. Today, there is no navigation around Brouage, as the place is surrounded by marshland!

One of Champlain's other contributions to this province is a social order that exists here in the Annapolis Valley, the Order of Good Cheer, or l'Ordre du Bon Temps. It was the first social organization in North America and it has been revived. In 1927, the club was re-established and regular monthly meetings are held. I became a member several years ago and it is a very enjoyable evening out. There are often over 200 members in attendance and during the evening there is good cheer, tasty food, singing and a guest speaker. In October, we had a very special guest in full period costume of the 17th century- Samuel de Champlain himself! Alain Melanson, who works for Parks Canada, is often seen in costume at special events. He gave us a history lesson on the great man himself and reminded us of some of the mysteries surrounding him.

For example, there is no known portrait or accurate sculpture, including the one in Quebec City. Further, although he died in New France in 1735, the location of his grave is also unknown. Was he a Catholic or a Protestant? Why was he never proclaimed "Governor" of New France?

What is known is that in his lifetime he was an author, cartographer, commander, explorer, geographer, navigator and soldier!

In the last issue of the 'Post' there was a contest - the winner who had both answers would receive a bottle of Muscadet, a lovely Loire Valley white wine. I am pleased to announce that the winner is Rosalind (Foley) MacMullen. The chateau at Chaumont was first built in 980 and Ben Franklyn was a frequent guest as he spent a great deal of time in France.

A NEW BUSINESS COMES TO CENTREVILLE TO MEET YOUR CANINES'S NEEDS

This past August, those of you around the community might have noticed a new sign going up on HWY 359 at the former pottery location. That sign reads, "Pineo's Pet Spaw and Dogs Day Inn," where Amy and her staff offer full grooming and doggy day care services. What is Doggy Day Care you ask? It's like a vacation for your dog, where they can socialize, relax or burn off energy in a heated, supervised, indoor/outdoor facility.

Amy, originally from Lakeville, has been in the grooming business for the past six years. She graduated at the top of her Ontario K-9 Cosmetology course in 2004, and in the past two years, has been a nominee for "Outstanding Small Business" Awards. Open Monday to Friday 8 a.m. to 6 p.m., and for evening grooming appointments; Tuesday and Thursdays only. Amy has seen a 400% increase in business since moving from her former Port Williams location. Are you curious about the shop? Bring your pet and stop in, or call 679- DOGS (3647), to find out about her services, hours, prices, packages, and retail accessories and food products (we are now carrying premiere quality pet foods and supplies).

Happy Holidays to you and your pets, and Amy and staff hope to see you all in the New Year when she reopens January 5th (closed and vacationing December 22nd to January 4th)!

Welcome Amy Pineo and staff, we wish you much prosperity in our community!



This is our new location.
We are at:
2044 Highway 359
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697-3647



CENTREVILLE AREA ADVISORY COMMITTEE (CAAC) REPORT

Submitted by David Briggs,
President CDCDA

The Centreville Area Advisory Committee (CAAC) was formed to work with the Municipality of the County of Kings in the planning process.

On October 21, 2009 the CAAC met at the Centreville Community Hall to participate in a zoning application by Eagle Crest Golf Course. The meeting dealt with the reshaping of the Centreville Growth Centre boundaries to accommodate the moving of the driveway entrance to the golf course. Which meant using some Agricultural land (A1) and returning some land back to A1.

There were three options presented by Dawn Sutherland for the CAAC to consider. The CAAC decided to support Option two, which used some A1 land and returned some back to A1.

In keeping with the Planning Process, there was a Public Participation Meeting (PPM) on the Eagle Crest Golf Course application on Monday, November 23, held at the Centreville Hall.

After all of the participation by the CAAC and the PPM the Eagle Crest Golf Course Application went before the Kings County Planning and Advisory Committee for approval of the application on December 8, 2009.



The results to be published at a later time.

Back Row: L to R

Osborne Ward, Owner – Eagle Crest Golf Course, Dawn Sutherland – Planner, Municipality of the County of Kings, Eric Smith – Councillor District 11, Dick Killam – Kings County Representative, Councillor District 3

Front Row: L to R

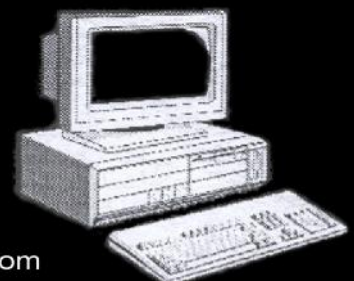
Mike Sweeney, CAAC Chairperson, CDCDA Executive Member, Jim Hoyt CAAC Member - Centreville Resident, David Briggs, CAAC Member, CDCDA President, Paula Moore CAAC Recording Secretary, Ray Ridley CAAC Vice-Chairperson

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TOURISM NEWS

Submitted by: Ainsley Bartram
Communications &
Visitor Services Director

Destination Southwest Nova Association
PO Box 1390, 18 Dufferin Street, Lunenburg, Nova Scotia, Canada B0J 2C0
Telephone (902) 634-8844 • Fax (902) 634-8056
info@dswna.com • www.destination southwest nova.com


Congratulations are extended to Judy Saunders of the Old Orchard Inn who was awarded the *Tourism Sector Person of the Year Award* at the 2009 Crystal Tourism Awards of Excellence Gala Dinner. Judy is recognized as a leader in the tourism industry who demonstrates true dedication and passion for tourism in the region.

Work has now begun on the regional travel guides for 2010. A group in the Fundy Shore and Annapolis Valley convened last week to start the process of put-

ting the guides together. The group is still welcoming participants, so if you are interested in becoming involved please contact: abartram@dswna.com. This e-mail address is being protected from spam bots. In order to view this e-mail address, you need JavaScript enabled, (902) 678-1728.

Destination Southwest Nova Association (DSWNA), in partnership with the Municipality of the County of Kings and the Town of Kentville, is looking forward to shortly announcing the opening of


a Town and County Visitor Welcoming Centre at 341 Main Street in Kentville. The Welcome Centre will also house a DSWNA satellite office and will showcase the town and county to visitors.



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**THE CENTREVILLE
 "50" PLUS ASSOCIATION**

BY SANDRA BISHOP



Keep us in mind this winter when you are suffering from the winter blahs. Come and join us and we'll help you shake off some, or all, of your cabin fever blues every Wednesday afternoon from 1:30 – 4:00 p.m.

This is an opportunity to get re-acquainted with old friends or to make new ones.



During the winter months, most of the activities are held inside. Even the shuffle board has been setup in the basement where several people enjoy the game. Other games offered for your pleasure are 45's cribbage and crokinole as well as various board games. Social bridge players are welcome.

We celebrate birthdays once a month with a cake and beverage.


On December 16th, a Christmas party was organized with caroling, a skit and a light lunch. A donation of \$5.00 in food, money or toiletries was requested for the food bank.

Hope you can join us and, as always, bring a friend. If you have any questions, suggestions for other activities or donations of board games, please see Darrell Spurr, President of the Centreville 50+ Association.



GOODCHILD'S TEA ROOM

BY DEBRA RIDLEY



Many of you have had the pleasure of experiencing our new tea room. We will be closing on December 13th and re-opening in Spring. The exact date will be published on our website.

We wish to thank you for your patronage and hope to see you again next Spring! In the meantime, we wish you Seasons Greetings.

Pictured below are some of the local Red Hat Society ladies enjoying life to the fullest with tea and homemade scones in the relaxing and unique atmosphere of Goodchild's Tea Room.



Editor's note: Should you wish to view these lovely red hats in colour, you can do so at www.centreville-kings-county.com and select the "Newsletter" tab.

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COMMUNITY EVENTS

The Centreville Park Association meets the third Wednesday evenings of each month at 7:30 p.m. at the Centreville Hall. Anyone interested in becoming involved or wishing to share ideas or concerns are welcome to attend. Centreville community members are what will make the park a success.

Next meeting: January 20, 2010



“50 Plus” Fun Group - meets at the Centreville Hall every Wednesday at 1:30 p.m.- 4:00 p.m. New members welcome.

GNC’s BIG BREAKFAST
Monthly—3rd Saturday

Sheffield Mills & District Women’s Institute - 3rd Monday, 2 p.m.

Canard United Church

Sunday Worship Service - **9:00 a.m.**, (except for the last Sunday of the month ► **10:00 a.m.**)
www.canardunitedchurch.org

TOPS: - Mondays 6:00 – 7:00 PM

TOPS meet at Centreville Baptist Church on Murray Drive. (In the nursery room)

Monday evening:

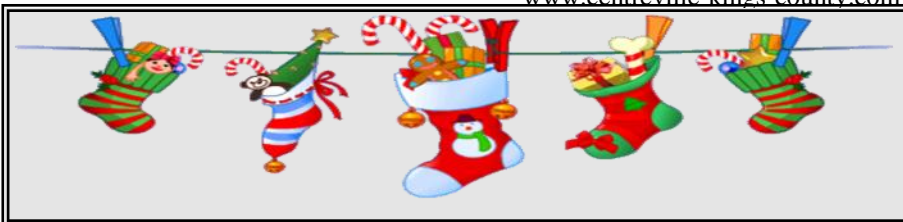
Weigh-in from 6:00 to 6:30 PM with a short meeting to follow.

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 Esther Peterson at 538-0051 or Madeline Sheffield at 678-7584.

THE GOOD NEIGHBOUR CLUB (GNC) meets the 1st and 3rd Thursdays at 7:30 p.m. at the Hall (**Except for June, July and August**).

All ladies of Centreville are welcome to attend and join the Club.



BATTERY RECYCLING IN CENTREVILLE

You can drop off your used batteries at the Centreville Community Hall on Thursdays between 9:00 a.m.- 2:00 p.m. as well as at the monthly Big Breakfasts. (**N.B. Collection will resume in January 2010**)

All batteries may be turned in **except** hearing aid batteries and car batteries.

Centreville “Events” Website

Do you have an upcoming event? Do you want it seen on the Centreville Website, www.centreville-kings-county.com?

If you do, send the information to:

events@centreville-kings-county.com



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.

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 \$25.

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@acadiau.ca. We will continue to update our membership through our website all.acadiu.ca and via emails.



To view courses offered through ALL, Acadia University Calendars will be available from the Centreville Post Office or through the following website: all.acadiu.ca