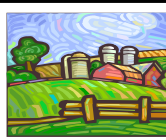




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THE CENTRE POST



EDITOR'S NOTE

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

I am honored to have been a part of the Centre Post's 5 years. My contribution for the last two years+, has been to produce a newsletter people in the community will find informative, useful and, hopefully, enjoyable.

Although we have expanded the newsletter from 12 pages to 16, there still doesn't seem to be enough space to accommodate everything I, or the readers would like to see.

January 17, the Centre Post held a Meet and Greet at the Hall, catered by the Good Neighbour Club, to thank our regular contributors as well as our advertisers, past and present. We really do appreciate your contributions to the Centre Post and our community!

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 June issue.



On the evening of February 28, 2005, a diverse group of Centrevillians gathered at the local community hall, at the request of then-CDCDA President Michael Sweeney, to discuss the creation of a new publication for our community. The hall, of course, as most long-term residents know, is the "centre" in Centreville and has been the meeting place for many great events in this community for decades, including the long-standing Good Neighbour Club, the newly-formed Community Area Advisory Committee, our voting station, rug hooking and crafts groups, banquets, weddings, anniversaries, Centreville community breakfasts and pork roasts ...and the list goes on.

On this night, about a dozen people informally gathered around a table to discuss the requirements of creating a newsletter for the community. A previous publication, *The Centreville Voice*, was successfully put out by Pam Bezanson for many years, but had been out of circulation since she moved away from Centreville. However, Pam and her husband Ian graciously attended the meeting to provide information and support for the new group that was willing to shepherd through the first year's publications.

Local resident Harold Porter noted that Frank Fillmore, son of Roscoe Fillmore, had also done a newsletter in the village many years ago—*The Centreville Times*. From this information, a discussion ensued and then came the idea of having the community participate in selecting a name for their newsletter; beginning with its second edition. The first one would simply be called *the Centreville Newsletter* until we had a new name.

(continued)

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: centrepostlady@hotmail.com

To place an **advertisement**, call:

Mike Sweeney at 679-2780.



MLA Expenses

By Jim Morton, MLA, Kings North

In recent weeks I've heard a lot of talk and read a stack of stories about MLA expenses. My conversations at the Good Neighbour Breakfast on February 20th suggests this is a topic of interest to folks in Centreville.

It should be of interest! How governments generate income, how they spend public dollars and the rules for how elected representatives run their offices is the business of citizens in a democratic society. As I've written elsewhere, Thomas Jefferson, the third U.S. President, pointed out that when people "...become inattentive to public affairs, you and I and Congress and Assemblies, judges and governors shall all become wolves."

I want to assure you that I've heard your message. Your government has heard it too. In fact last summer, soon after the June election, the new government took the first steps to change the regulations that govern MLA expenses. We quickly moved to eliminate the \$45,000 severance allowance that was payable to all MLAs leaving office. We also changed the rules regarding ownership of furniture and equipment. Until then all such purchases became the personal property of each MLA. Now all items bought for MLA offices belong to the province and remain provincial property at the end of the MLA's term.

Recognizing that we had been left with a monumental deficit, the government, in a further move, froze MLA salaries, removed \$200,000 from the MLA budget and eliminated an account intended to assist with purchases of computer and related equipment. Last fall, realizing that much more needed to be done to move an old system into the 21st century, the government asked Art Donahoe, a former Speaker of the House of Assembly with considerable international parliamentary experience, to study and

recommend a new system for managing MLA expenses.

A new system will require careful thought. It will need to take into account that there are costs to running MLA offices. It will also need to consider what is acceptable and what isn't. For example, is my advertisement in this issue of **The Centre Post** an appropriate use of MLA funds? Are the sponsorships that I've given, for example, to a figure skating club or the purchase of a wreath for Remembrance Day acceptable investments? Are the local crafts I've bought and offered as 'auction items' in support of charity fundraising events the kind of activities that people would like to see continued?

"I've always seen that responsibility as a sacred trust. I still do. Your government inherited a system for managing MLA expenses that doesn't work. We intend to fix it. In fact we started the job seven or eight months ago."

Before being elected last June, I worked for years as a manager responsible for the stewardship of public funds. I've always seen that responsibility as a sacred trust. I still do. Your government inherited a system for managing MLA expenses that doesn't work. We intend to fix it. In fact we started the job seven or eight months ago.

As always, I look forward to your comments and our conversations as we work together to make life better.

Jim Morton is the MLA for Kings North. Contact him at 902-678-6880 or by e-mail:

jimmorton@kingsnorthmla.ca



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The Centre Post - Five Years Old and Counting!

(continued from P. 1)

Peter and Shari Ramsay, newcomers to Centreville at the time, volunteered to do the compiling and layout of the submissions onto the pages. A fellow newcomer and pottery teacher, Terry-Lee Bourgeois-King, said she would be happy to help with any editorial duties. Lifetime resident Mack Frail volunteered to write a regular column about the history of Centreville for the newsletter, and has continued to offer up his regular and interesting musings about the area and its people of past generations.

Jennifer Sterling noted that there might be other people who would like to participate by submitting articles, recipes, or photographs. Marke Slipp, a director at the Charles Macdonald Concrete House of Centreville Society (next to where Frank Fillmore grew up), said he would submit articles as time permitted. And instigator Mike Sweeney volunteered to drum up some advertising to help underwrite the printing of some 500 copies of the newsletter. The group also decided that it would be published quarterly, at the change of seasons. With additional articles from our representatives, municipal councilor and MLA, it was thought there would be enough input to make the newsletter relevant and interesting to readers in the area. The first issue came out June 21st, 2005. By December that year the new name of *The Centre Post* was decided on.

Since our beginnings five years ago there have been two other editors that stepped in to keep this publication going. Isabel Tait took the helm for a year or so, and

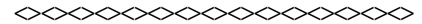
then our current editor, Suzanne Trudeau Gormley, took over duties as of the winter 2007 edition. Suzanne has successfully worked at getting *The Centre Post* assembled and arriving on time at the various depots that make it available to you. Also, new to the Centre Post team are Oliver Ridley, proof-reader and Madeline Sheffield, distributor.



And time moves on. Since our initial publication, David Briggs has been putting the issues of *The Centre Post* online, as a part of the Centreville web presence. Plans are to have an archive of all editions available for reviewing and research purposes. We also have regular recipes from Blueberry Acres, and articles from local clergy, Marc Potvin and Rev. G. Curtis McDonald, plus a regular adventure from Gren and Gail Jones, and Betty Harper updating us on Centreville Park and Recreation news. Recently elected Kings North MLA, Jim Morton, is now sending in articles as well.

With the generous support of the advertisers that you see in this issue, plus others from years gone by, the Centre Post newsletter is now in its fifth year of publication. [Congratulations to all who have made this happen!] *The Centre Post* is always looking for new articles or a different slant on things, so if you are so inclined, please contact the editor with your submission.

We, of the CDCDA and Centre Post groups, would like to thank you, Centrevillians all, for your continued support of the many advertisers that make this possible. And here's to another five years...or more!



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A Few Thoughts on the Issue of Poverty

By Marc Potvin

In the last book of the Law, Deuteronomy, we read those words: "There will always be poor people in the land. Therefore I command you to be open-handed toward your brothers and toward the poor and needy in your land." (Deuteronomy 15: 11).

The fact that the poor have always been among us is not a new discovery. What we may not be aware of is the extent of that poverty in our own province. For example, how many of us are aware that a family on social assistance receives up to \$620 for shelter a month and each adult in the family is given \$214 for food and incidentals? Children are not included because they fall in other programmes. A Canadian study conducted some time ago found that the average food basket for a family of four filled with healthy food (no processed or pre-packaged foods) cost over \$600 a month. Is it any wonder that in Nova Scotia, 14% of families are food insecure, that is, they are not sure they will be able to provide the next day's meal to their family?

As the cost of rent, fuel (assuming one owns a car), heating and power goes up, the only part of the budget that seems to offer flexibility is food. Thus low income families depend more and more on food banks and children, on school's breakfast and lunch programmes. Our local schools have noticed that as the year progresses, more and more people lose access to their telephone – either it has been disconnected or there is no money to add to the "pay as you" go cell phones.

There are many reasons why poverty exists, some of which we have yet to discover. Still, for many, being poor is like being caught in a web. It can be very difficult to free oneself. Those of us who sit on the outside often are baffled as to what we can do to eradicate poverty. It is such a large, multi-faceted issue. It easily can paralyse us into inaction. Worse, because it has been with us so long, we become blind to it.

Could I be so bold as to make a few suggestions? Support your local food bank. Centreville is served by the Canning Food bank. Support the Northeast Kings Education Centre breakfast and lunch programme. It cost about \$13,000 a year to operate. You can make a financial donation to the school or bring some cereal (like Cheerios) or juice boxes to the school. You could also volunteer at the elementary school, helping children to hone their reading skills.

Any of these things simply require a bit of time or money from us and a willingness to go out of our comfort zone. Just think of the impact it could make on those families who are being helped. Could it be that they might see hope for the future through some of those actions?

"There will always be poor people in the land. Therefore I command you to be open-handed toward your brothers and toward the poor and needy in your land." (Deuteronomy 15: 11)

HOMONYM HUMOR



1. He who jumps off a bridge in Paris is in Seine.
2. Acupuncture is a jab well done.
3. Dijon vu - the same mustard as before.
4. A hangover is the wrath of grapes.
5. Does the name Pavlov ring a bell?
6. Reading while sunbathing makes you well red.
7. A bicycle can't stand on its own because it is two tired.
8. Definition of a will: A dead give away.
9. A chicken crossing the road is poultry in motion.
10. If you don't pay your exorcist, do you get repossessed?
11. When a clock is hungry, it goes back four seconds.
12. The man who fell into an upholstery machine is fully recovered.
13. You feel stuck with your debt if you can't budge it.
14. Local Area Network in Australia: the LAN down under.
15. Every calendar's days are numbered.
16. A lot of money is tainted - It taint yours and it taint mine.
17. A boiled egg in the morning is hard to beat.
18. Those who get too big for their britches will be exposed in the end.
19. Once you've seen one shopping centre, you've seen a mall.
20. Bakers trade bread recipes on a knead-to-know basis.
21. Santa's helpers are subordinate clauses.

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*Submitted by Cathy Ritchie
The Nova Agri Group of Companies*

SPICY SQUASH SOUP

Recipe from Chef, Steve Riley

Ingredients:

- 2 lbs. - Butternut squash* (or variety of your choice)
- 2 to 3 - peeled carrots
- 2 medium onions
- 10 cloves fresh garlic
- 2 litres Vegetable or Chicken Broth
- Salt, Pepper, and Cayenne Pepper
- Sour cream



Method:

Preheat oven to 300°F. Place unpeeled*, seeded, quarters of squash with carrots, onions, and garlic in a roast pan. Fill roaster halfway with broth. Roast (braise) for 2 to 3 hours, or until all the vegetables are cooked. Remove the peel from the squash. Transfer only the vegetables to a food processor or blender and purée until smooth. Transfer the mixture to a saucepan and bring to a slow boil while gradually adding the broth from the roaster until you reach the desired consistency. Season the mixture with salt, pepper, and cayenne pepper to taste. Serve with a dollop of sour cream on top.

Yields approximately 2 litres.



Annual Blossom of Hope Fundraiser

Submitted by Margie Brown

2010 marks the fifth year that we invite you to join us for our annual MS and Alzheimer buffet brunch fundraiser being held at Between the Bushes Restaurant, Sheffield Mills. This year the event takes place on Saturday, April 24th, just before our BTB season opening on May 4th. Once again, there will be cookie decorating for the children, with a door prize and a 50/50 draw for each seating!

Menu: Jimmy Lamb's Ham, Meadowbrook Farm's bacon, Village Meat Market Sausage, Chef Steve's Scalloped Potatoes, French Toast with Blueberry Acres' Blueberry Sauce, Fruit & Vegetable Trays, Quiche, Curried Vegetable Salad, and BTB's Blueberry Lemon Delight Dessert. Beverages include Apple Juice, Orange Juice, Just Us! Coffee and Tea

Seating times: 9:30, 11:00, and 12:30

Ticket prices: 3 & under – FREE

4 to 12 years - \$8.00

13 and up - \$15.00

All proceeds are divided equally between the MS and the Alzheimer Societies.

Reservations are recommended. Call Nova Agri's business office for tickets or more information: 582-1445 ext. 221, Monday through Friday, 8:00 a.m. to 5:00 p.m.

Your continued support of this event will ensure another successful effort to raise much needed funds for these two worthy organizations.



Story from the Family Farm

By Mack Frail



I have a lot of memories of Centreville, during the years that include WWII. This time of the year I find myself reminded of the skating on the lily pond that is located near our home, and on the meadows that would flood and freeze over to provide several miles of wonderful skating. On clear winter evenings I am reminded of the music coming from Centreville's closed-in skating rink that was heard throughout the community. It was during the time when there were many farms within the community. The farmers had the pleasure of carrying their milk pails to and from their barns, hearing the strains of the "Blue Danube", the "William Tell Overture" and other recordings of music which were carried throughout the community.

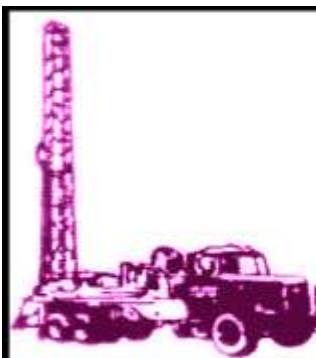
The rink, as it was proudly referred to by the people of Centreville, was located on Butler Road and west of the large cooperage. When the rink burnt on February 8, 1950, it was a big loss to the community of Centreville. I recall the many other establishments which have disappeared from the Centreville landscape. They include the railway station, which was a part of the railway from Kingsport to Kentville, and the railway line from Centreville to Weston. The Centreville station had served the community of Centreville in various ways. The old hall school, built in 1864, served the community as a hall, church, a school, and in various other capacities. The woodworking shop that was demolished in 1966 to make room for the Centreville post office was a historical landmark, having been a part of "Woolworth's Carriage Manufactures". There are many more buildings and homes that were a part of the history of Centreville, which have been removed before and during my lifetime.



I have memories about the people that I could have met when walking through Centreville before 1960. During this earlier period people walked more than they do now. Those who owned cars also walked to the post office, and to "Thorpe and Farnsworth Store," where Ron Ward's Store is now located. The children walked to and from school and to most places where they wanted to go. Beginning from before my teenage years, I have walked to Kentville and back home many times. Most children, when walking past the wooden rail fence that was located from Ron Ward's Store to Highway 221 West, could not resist trying to walk the entire distance along the top rail. I have tried to accomplish this feat many times. The intersection of Highway 359, and Highway 221, East, was from early times the hub of the community. Until recently the area was simply referred to as 'the corner'. Previously the area was known as "Roscoe's Corner". Named after the old Roscoe house on the north corner, and the Roscoe blacksmiths shop that was on the east side of the intersection.

The Roscoes were very prominent early settlers of Centreville, and I could write volumes concerning them. Harold Wall who was a captain in the British army, and served in the Boer War, 1899-1902, would often stop at our house to visit when walking to or from the corner. Cyril Collard was also a British army captain, who served in WWI. He lived near captain Wall at the base of Centreville Mountain on Highway 359. The residents of Gibson Woods walked to the corner, and before they built their own school the children walked to Centreville School. Ethel Gibson walked from her home in Gibson Woods to Centreville several times a week when she was in her advanced years. Earl Eaton, a veteran of WWI, would often be seen walking with Ethel Gibson, each carrying their shopping baskets. Tom Watson who also lived on Highway 221, east, walked the same route; he was Nova Scotia's last stage coach driver. His wife Marjorie was a much admired and popular school teacher at Centreville School for many years. She also walked to the old corner store carrying her shopping basket.

(continued on P. 11)



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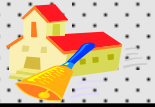
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Good Neighbour Club Report



Since the last issue, we have had a catering for the Centre Post's 5th anniversary Meet and Greet, as well as two very successful Big Breakfasts. The February 20, 2010 Big Breakfast marked the 4th anniversary of this popular fundraiser. (We would like to apologize for the poor quality of our toast at the last breakfast. We are experiencing technical difficulties with our toaster and hopefully things will be back to normal by the next Big Breakfast.) The Club would like to thank all community volunteers who help out at the breakfasts - you are lifesavers! As the saying goes, "Many hands make light work". Thanks to all those many hands!



The February 20, 2010 Big Breakfast marked the 4th anniversary of the Big Breakfast. Pictured here are some of the hardworking GNC members and community volunteers.

A new slate of officers was nominated and Club resumed on January 22, 2010.

Two of our senior citizens have reached their 96 years. Many happy returns go out to Leonora Murphy and Francis Houghton.

We have replaced the missing tables which will increase our seating capacity at the Big Breakfasts.

If you'd like to meet women of Centreville who do worthwhile work for the community and have some fun in the process, come and join us! The GNC meets every first and third Thursday of the month from September to June.

A Look at GNC's Past

December 2-1954 - This meeting had a new look. Doris phoned early in the morning asking members to come as you are. Needless to say, the costumes were varied ranging from house coats, slippers, aprons, old sweaters, slacks, hunting shirts, etc. we all had a good laugh.

The next item discussed was the school treats. All pre-school children are to be given a bag of candy and an orange. It was passed that the sum of \$15.00 be donated as usual.

It was decided to have a tree and refreshments and each one bring a 25¢ gift, (How times have changed!) a cup and saucer, and a small glass.

January 6, 1955 - This is the end of our 8th year. Cod liver oil capsules were received and given to the teachers to pass out to the children.

February 10, 1955 - A Thank You was read from Vern Manson. The Treasurer reported that there was a total of \$220.00 to the Club's credit in the bank.

February 24 - Charles MacDonald made a donation of one of his painting by selling tickets on same might help the Club's funds.

March 3, 1955 - An address was given by Flight Officer Gibson of the Ground Crew of the R.C.A.F., Captain Harry Keizer of Woodville and Edgar Reece. Flight Officer Gibson explained the need for a Civilian Observance Corps to be organized. The training might be a great help in the defense of our country should we be attacked or in the event of a crash. Perhaps a group of girls and boys from the Scouts and Guides might be organized. In closing remarks, Captain Keizer of Woodville praised the work of the ladies.

March 24, 1955 - Discussion followed re: proceeds of Pantry Sale of Home Cooking being held after the meeting - this to be given to the Girl Guides to purchase a flag. It was moved by Blanche K., seconded by Zelpha F. that the flag be bought and the Club go good for a second one.

The meeting was in honor of a Bon Voyage to Mabel Frail who is returning to England after an absence of 34 years. They had a very nice party and presented Mabel with a travelling clock. Mabel thanked them for the lovely gift.

May 12 - A very interesting letter was read from Mabel Frail telling of her visit and she seems to be having a very good time.

May 26 - The Treasurer remitted \$22.80 to Doris Foley for Girl Guide Flags and \$2.54 to sewing group for material.

November 17 - The mobile X-Ray will be at the School House December 6 and 7. Teachers to notify parents to take in Centreville, Woodville, Canning, etc.

January 5, 1956 - Treasurer reported us in good standing with \$346.48 on hand and in the bank.

January 19, 1956 - At Club meeting on January 26 names were then exchanged for a Mystery Pal to send cards throughout the year and at the Christmas party, give a gift with your name signed to end the suspense. (This tradition is still practiced.)

March 15, 1956 - Maple leaf pins were given out to new members after their dues were paid.

June 14, 1956 - The GNC has a lot of fun and interesting things happen at their meetings and events (we were all amazed when a turtle opened the door and started to join our meeting but Robert Manson rescued it and took it out). Meeting adjourned.

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Notes from Summer at the Charles Macdonald Concrete House

Submitted by Fred MacDonald

info@concretehouse.ca

902-678-3177



Charles Macdonald House Guides /09

Back Row L-R: Janna Borden, Amanda Muis

Volunteers: Nicolas Ward, Madi, Zack Rafuse

Something about how people lived in the past amazes me! This love of history led me to Acadia University where I am entering my second year majoring in Canadian Studies, which is the study of Canadian history, literature, and culture. It has always been a big dream of mine to work in a museum and be able to take a step back into the past each day.

My first summer here at the museum has definitely been a great adventure! Whether I was giving tours, researching and discovering, or digging in the ditch for pieces of the moose, there was always something new and exciting to experience here!

I love how much history this place holds and being able to help spread the word about Charlie's life and work is by far the most exciting and rewarding job I have ever had!

Janna Borden - Student Guide

Textile Demonstration Day:

Shuttle and Shine Textile Exploration by Pia Skaarer Nielsen and Marilyn Rand was this summer's first exhibit in the Legge Gallery bringing new and exciting

work into the museum. Both Pia and Marilyn are talented local artists who have their own sheep farms and often use their very own hand spun wool to create their work.

Pia and Marilyn's talent not only added remarkable colours and textiles to our gallery, but also created the opportunity for an exciting event!

Textile Demonstration Day took place on Friday, July 17th and was a day of spinning, weaving, hooking, and of course a visit from sheep! Pia and Marilyn shared stories and gave demonstrations over coffee, tea, and cookies while visitors were able to try their hand at working with textiles.

The event brought about fifty visitors to the museum as well as special appearances from AVR and K-Rock radio stations! Our two very popular guests of the day would have to be the sheep, who were kind enough to mow the lawn during their time here and even agreed to a photo shoot with the concrete sculptures!

Thank you very much to Pia, Marilyn, and their friends for making Textile Demonstration Day such a huge success! Please come back to visit us again soon.

(continued on P. 9)



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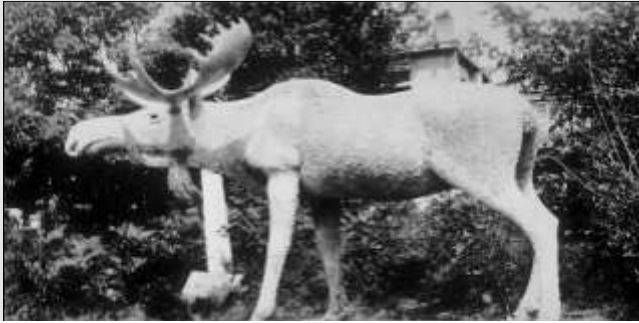


Notes from Summer at the Charles Macdonald Concrete House

(continued from P. 8)

The Magnificent Concrete Moose

An amazing thing about Charlie and Mabel's home would have to be the



Charles Macdonald's Moose

intriguing sculptures. One can sit and drink their tea in a surprisingly comfortable concrete chair, enjoy an afternoon stroll among a herd of concrete deer, or take photos with a concrete cougar. Here at the museum we have found that people always enjoy these sculptures, yet a popular question of the summer seems to be, "Where is that concrete moose?"

Many visitors come with stories, remembering the humongous concrete moose while others see a picture, sparking their interest. The moose was a very fine piece of Charlie's work, showing his amazing ability to create lifelike sculptures that always caused people driving by to stop short and take a second look. Unfortunately the moose, which was located on the edge of the property on the Saxon Street side, was destroyed in the 1960s after being struck by a car.

This summer we decided that it was time for another adventure! We picked possibly one of the hottest days in the summer to carry out an archaeological dig, seeing what we could find of the concrete moose. Despite the weather we made quite a few exciting finds! We found the original platform where the moose once stood, what appear to be pieces of ears, legs, and antlers, and also a concrete moose hoof! A few of our finds can be seen in the museum and also, there are plenty of bits and pieces left in the location where the moose originally stood. If anyone's curious, don't hesitate to stop by and take a look!

One thing's for sure; it's always entertaining to see people's reactions when they drive by on the 359 and see one of Charlie's concrete sculptures for the first time. We've witnessed many surprised looks, looks of amazement, and several incidents of people backing up to double check if the cougar creeping along the lawn of this Centreville home was actually preparing to pounce. There is no doubt that if the magnificent moose was still standing today, it would get countless admirers. Even though it is no longer here, people still seem to stop short when they see the pictures of the magnificent concrete moose in our museum!

Janna Borden - Student Guide

Nicholas Hi, my name is Nicholas Ward and I am 11 years old. This is my first summer I've been here and it feels like I have been here a lot before. The museum is very interesting. I just wish I could have seen the moose and not its fragments, but it's still neat to have a mystery about it (like where's the rest of the moose?). The best thing here is that everybody is kind and outgoing, but Amanda will be missed if she can't come back. I will try to come more next year and all the future years.

-Nicholas, Jr. Reporter.

Madi Hi! My name is Madi and I am 10 years old. I hang out at the museum because it is fun! I think it is fun here because of Amanda and Janna! Here is a list of the sculptures I like outside: the cougar, the little deer, the bending deer, the hiding deer, and last, but not least, the deer next to the bending deer!



Centreville Park and Recreation News

By Betty Harper

Mother Nature has conspired against the Park Association these past couple of months. Our scheduled meetings were difficult to get to or had to be re-scheduled due to storms. However, we persevere and the following subjects were discussed and decided upon at the March 3, 2010 meeting:

- A bottle drive is planned for Saturday, **April 10** (please save your empties for this occasion.) Or, as in the following ad, you can bring them to Fritz's where we have an account for the Park.
- A park clean up is planned for **April 24**.
- Baseball registration will be held at the Hall on **March 25** from 6:00 - 9:00 p.m. and **March 27** from 9:00 a.m.-12:00 p.m.
- A lot of discussion focused on grants and fundraising. Future plans include a car show/BBQ and a Golf tournament.

As always, the more members we have to do the work, the better for everyone in the community who benefit from a clean, safe and fun park.

Meetings are held every 3rd Wednesday of the month.



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





Excellence vs. Perfectionism

Submitted by the Rev. G. Curtis McDonald

In the wake of the recent Winter Olympics we are in awe of the amazing performance of athletes. For most of us spectators we cannot imagine being that good at a sport. Sometimes we tend to blur the distinction between 'excellence' and 'perfectionism'. However, excellence is what God wants us to pursue, while perfectionism is detrimental to our spiritual health. There is a lot of truth in the adage "It is not whether you win or lose but how you play the game." Excellence is from God.

Clara Hughes received her sixth medal at this year's Olympics. She broke the record for the women's 5000 meters. She received the bronze medal because two of her competitors came in later with record breaking times as well. "That was the best I had . . . and it was the best race I ever done. It's phenomenal the talent we have and I guess I'm proud to be one of them."

To strive for excellence means to do our best and to be content to leave the rest for God. To be perfectionist means that we are not ever truly satisfied with the results of something that we do.

"Finally, brothers, whatever is true whatever is noble, whatever is right, pure, whatever is lovely, whatever is admirable - if anything excellent or praiseworthy - think about such things. But eagerly desire greater gifts." (Philippians 4:8 NIV)

This spring the Canning and Area Inter-Church Council will be celebrating 30 years of Service. Seventeen churches are currently involved in CAICC. Major efforts of CAICC include an Emergency Fund to help those in dire straits; a Breakfast program for elementary children; providing monies and food for Canning district Food Bank.



Just imagine what has been achieved for good by the excellence of this organization.

On June 13th the Valley churches of the United Church of Canada will be observing their 85th Anniversary. We have a rich heritage, many years of excellence in ministry. We have joined with other denominations across the expanse of this country including the Annapolis Valley in bringing the Good News of the Gospel.

To strive for excellence means to live at peace with God knowing that we are giving, with God's help, our best efforts ; to be perfectionist means to live anxiously, always worrying about the flaws in what we are doing or have done.

To strive for excellence means to humbly depend on God for our abilities, strength, and results, to be perfectionist means to begin to believe that we are responsible for our own gifts and successes that we are self-sufficient.

To strive for excellence means to live in contentment and peace, knowing that God is pleased because we are working for Him and doing our best. To be perfectionist means to live in frustration, and to have sleepless nights because of the fear of mistakes.

How do we go about changing from perfectionism to seeking excellence?

Pray for God's help to release results to God, and to stay focused on the fact that we are working ultimately for God, and for God's glory.

Read and meditate on passages such as Matthew 11:29 *"take my yoke upon you and learn from me, for I am gentle and humble in heart and you will find rest for your souls."*

Remember perfectionism comes with a very heavy yoke. Be accountable to a friend who will pray for you.



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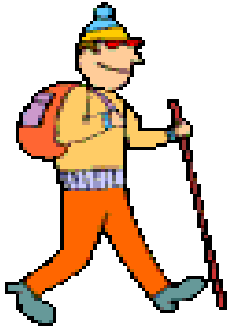
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Story from the Family Farm

(Continued from P 6).

I often look up Highway 221, west from the post office, and visualize Sheff Kinsman or his Sister Winnie walking from their home that is located east of the highway before the first hill.



Also included in their family was a sister Maud; the family of three had not married. Their ancestral home is the oldest house in Centreville. From the same direction Horace Kidston would often be seen walking, using his long pole as a walking stick. Anyone who has seen Horace would remember him. Horace would be the envy of those people today that dress differently to attract attention. Horace would have been sadly lost as a resident of the community. Horace shared his home with his livestock;

they were also a source of heat for his cabin. His home was located in the woods, and east of the north mountain railway line. Most of the people that knew Horace were aware that the way he lived and presented himself was not from necessity, but because of his own personal reasons. Not wanting to make fun of Horace I will not describe his attire in detail, only to mention that he was fond of patches of various bright colors, which were sewn on his clothing for no apparent reason. He made good use of his discarded burlap feed bags, which were attached to his clothing with large board nails. Horace Kidston had many close friends, and is remembered with respect by those who knew him.

Phillip Paul lived on the end of Butler Road, and was a resident of Centreville for a long time. Phillip was a full blood Mi'kmaq, and a veteran of WWI. He would often walk to the old post office, and Thorpe and Farnsworth General Store, carrying his shopping basket that he had made. Phillip walked and stood very erect, he was proud to represent his Mi'kmaq race. He had a noticeable way of walking, placing his foot directly in front of the other. I have been told that Phillip's graceful step was acquired from his years as a guide, and walking the narrow thickly wooded trails.

I have only begun my journey through Centreville, describing those residents who lived in the community before the 1960s that I could have met on the streets. I would like to continue my journey in a later issue of the Centre Post.

Easter Word Search

R	Y	M	M	U	Y	S	A	W	B
E	T	A	L	O	C	O	H	C	U
H	B	A	S	K	E	T	O	U	N
T	F	T	R	E	A	T	S	N	N
G	N	I	R	P	S	F	A	W	Y

BASKET

BUNNY

CHOCOLATE

SPRING

TREATS

YUMMY



Here is an easy Easter craft project your children can make and give to their grandparents, teacher, friend..or you!

Bunny Pots

Craft time: 20 minutes plus drying time

Supplies: small clay pot
white acrylic paint
white cotton balls or pom-poms
pink or white pipe cleaners
2 round black buttons
pink and white (or tan) felt
1 sheet pastel tissue paper

Have on hand:

- * paintbrush
- * scissors
- * white crafters glue
- * your favorite candy to fill the pot



- Paint or sponge the pot white and allow to dry completely.
- Glue a cotton ball in the center of the front of the pot, this will be the bunny's nose.
- Cut pipe cleaners 2-3 inches in length to whisker size, you'll need two this size.
- Cross two pipe cleaners and glue them below the cotton ball - now the bunny has whiskers.
- Glue two cotton balls directly on top of the pipe cleaners one on each side of the nose.
- Make the eyes: Cut out an oval shape out of the white felt a little larger than the buttons. Glue button to felt and the felt to the pot above the nose, one on each side.
- Make two ears: cut an ear shape out of the white felt and a smaller shape out to the pink and glue them together.
- Glue ears to the back of the pot; the pink inside of the ears should be facing forward.
- Line the pot with colored tissue paper.
- Now fill the pot with candy.



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Wetlands for Tomorrow

By Gren Jones

I became a member of Ducks Unlimited over 30 years ago. I was visiting a friend and saw a copy of the magazine and it was at that moment that I became hooked on conservation. As a child growing up in Queens Co. in a family of papermakers, I already had quite an appreciation for the forests and the surrounding lakes, rivers and salt marshes.

In 1981, I attended the first Ducks Unlimited fundraising dinner in NS- it was held at the Lord Nelson Hotel and I will never forget the excitement that was generated by that event.

Within two years, several of my friends and colleagues decided that if Halifax could have a dinner in support of wetlands, so could the Valley. In fact, with the loss of wetlands across our nation and the USA, it became abundantly clear that something had to be done to protect our wetlands. I must admit that I did not realize the true importance of the work that would be done.

While statistics show wetland loss in the last century to be at 70% in inhabited areas, here in the Annapolis Valley the figure is at 90%! This comes as no surprise when one considers the amount of land that has been either tilled for farming or paved for development. A good example of this loss can be seen by anyone who drives the 101 through Ste. Croix in Hants County. The twinning project has put a road through a wetland just near the Brooklyn exit. Fortunately, the government and DUC have an agreement that permits mitigation. For each segment of habitat that is lost to development, three more must be enhanced and paid for by the developer. This is a good example of the partnership that exists between our provincial government and "Ducks."

In 1986, an extremely important blueprint was established to protect wetlands all across the continent. Named the North American Waterfowl Management Plan, this accord is a partnership of federal, provincial, state and municipal governments, as well as non-governmental organizations, private companies and individuals, all

working towards achieving better wetland habitat for waterfowl, other wildlife and people.

So, how does all of this affect life in the Valley? The answer is through assistance to the agricultural committee, through the education of our children and through the enhancement of our lives by providing clean water and a great place for recreational activities. It has been said that if trees are the lungs of our planet, then wetlands are certainly the kidneys! This expression is especially true for the town of Annapolis Royal. The marsh that DU developed beside the causeway is adjacent to the town's sewage treatment plant which was polluting the Annapolis River with water that was not sufficiently treated. It was then that the town and DUC entered into an agreement to develop the wetland and include the sewage treatment in

"The Miner Marsh in Kentville will open to the public in the spring with the addition of a bridge that will span the Cornwallis River behind the Courthouse in downtown Kentville. There are trails which will be open to the public and people will be able to enjoy this wetland and the variety of wildlife found in the area."

order to ensure that the water entering the river is clean.

In the Valley many farmers benefit from the Eastern Joint Habitat Venture Program which establishes partnerships with wetlands for the farming community. Without access to wetlands, it would be difficult to irrigate crops.

Grade 4 students learn about the environment through Project Webfoot. Individuals and companies sponsor classes. The Miner Marsh in Kentville will open to the public in the spring with the addition of a bridge that will span the Cornwallis River behind the Courthouse in downtown Kentville. There are trails which will be open to the public and people will be able to enjoy this wetland and the variety of wildlife found in the area. This is where the local

fieldtrips for this educational activity will take place.

People come to the aid of Ducks Unlimited by attending dinner auctions which are held across the country. The local Kentville-Wolfville chapter celebrates its 25th fundraising dinner (and 27th event) since 1983. The 2010 dinner is being held at the Old Orchard Inn on Friday, April 30th. Funds raised at this dinner go to help protect wetlands in Atlantic Canada.

Other people donate land for habitat development. The Sheffield Mills Marsh located on Middle Dyke Road by the Hennigar warehouse is an example of a local DU project that has been in existence since 1978. It was rebuilt in the summer of 2009 with work done on the retaining wall which included a new, larger fish ladder. The project cost \$150,000. This marsh is a very important nesting site for waterfowl with ducks and geese taking advantage of this place. Many species of ducks as well as Canada Geese have been observed.

Ducks Unlimited is currently in the final year of a major fundraising campaign, Wetlands for Tomorrow. The target is to raise 1.7 BILLION dollars! The campaign includes a 500 million dollar commitment in Canada and we know that this goal will be reached. This is the largest fundraiser ever done by a private group in North America and it is crucial to protect wetland habitat. Most of the continent's waterfowl nest in Canada. The WFT program is reinvested directly into conservation initiatives through on-the-ground habitat projects, youth education, scientific research and public policy.

Statistics:

1. New habitat secured in FY 2009: Canada- 150,860 acres
2. Cumulative habitat since 1999: Canada- 47,094,084 acres
3. In NS, we have 800 new acres in '09 and a total of 956,568 since 1999.
4. The FY09 financial summary shows liabilities and net assets for Canada at \$123, 905,000.
5. For every dollar spent by DU in Canada, 88 cents go directly to conservation of wetlands while 12 cents are spent on fundraising and administration.

For more information on Ducks Unlimited, I invite you to visit <www.ducks.ca>.

(continued on P. 13)

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Ducks Unlimited Canada
Conserving Canada's Wetlands

Try this quiz and send your answers to: gc_jones@yahoo.ca
Your entry will be put in a hat for a prize!

Duck Trivia Contest:

1. Which of these birds is NOT a duck?
 - a) Coot
 - b) Scaup
 - c) Grebe
 - d) Harlequin
2. Which of these ducks is Nova Scotia's "native duck?"
 - a) the wood duck
 - b) the black duck
 - c) the mallard
 - d) the green wing teal
3. Which of these retrievers is considered to be the official Nova Scotia retriever?
 - a) the Chesapeake Bay retriever
 - b) the Labrador retriever
 - c) the Golden retriever
 - d) the Nova Scotia Duck Tolling retriever
4. What percentage of North American wetlands has disappeared since the early 1900s?
 - a) 25%
 - b) 50%
 - c) 70%
 - d) 90%
5. In what year did Ducks Unlimited begin to protect wetlands?
 - a) 1938
 - b) 1948
 - c) 1958
 - d) 1968

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By Alan and Lisa Whincup

We would like to introduce ourselves and our business, Bear Mountain Construction, to our local community.

My family and I moved here in July 2009 after travelling from Manitoba where we had been living for 18 months; we are originally from Lincolnshire, England. Since being here in the Valley we have never felt so at home, the local people have really helped by being so friendly and welcoming. We moved here so our two children could get a good education and since starting NKEC, they have settled in tremendously and they have both made some wonderful friends.

We bought a house on North Mountain above Centreville and completely renovated it, so we know how stressful it can be having work done on your home. We try to make it as easy as possible for the home owner, by being reliable, friendly and professional.

We have been in the construction business for over 20 years and have a vast range of experience, especially in carpentry. We believe in doing quality work and we never leave a job until the customer is completely happy. We offer a local service where quality counts, and we are a small enough company to care about customer service.

We take on any carpentry work from framing to finishing, we also do siding and shingles, so if it's an addition or new garage you require or just a new door installing then give us a call, all our quotes are free and we only take payment once our customer is happy.

We look forward to serving our local community and making friends along the way. You can reach us at the following:

681-2269, 670-4085.....awhincup@xcountry.tv

Centreville welcomes Alan and Lisa Whincup to our ever-expanding business community!

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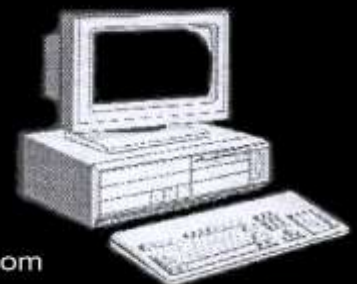
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Helping Canadians Live with Mental Illness

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Would you like to learn more about his or her illness?

Strengthening Families Together, a 10-session group for families and friends, provides information, skill building, and support.

You will learn about:


- Getting help early, and recovery
- Treatment and supports
- Coping with challenges of daily living
- Finding your way through the mental health system
- The importance of taking care of yourself, too.

The Schizophrenia Society of Nova Scotia - Kings County Chapter is hosting the next group

Starting | Tuesday, March 16, 2010
Register | For the next session

Phone: Pat at 678-8458 or Penni at 678-1229

SESSIONS ARE FREE



Celtic BodyWorkArt / Early Spring Session (6 weeks)

Irish River Dance Choreography

Ladies, if you are looking for a great way to stay in shape this winter and be rejuvenated by empowering Celtic sounds, you should plan to be here for these monthly sessions.

- * Irish Riverdance choreography for ladies only
- * Creative movement and muscular exercise (Bring your small weights)

With Dance Instructor: Johanne J. McInnis

WHEN: Every Thursday evening at 8:30
LOCATION: Sheffield Mills Hall
FROM: March 26 to April 29th, 2010
TIME: 8:30 p.m.
PRICE: One session for \$90 or two for \$150

INFO/RES: gib@oricom.ca / 582-1603
(please leave a message)



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 BY DARRELL SPURR

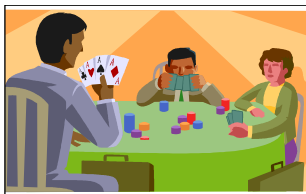
Would you like to meet new people? Have some fun? You don't have far to go. Come on down to the Centreville Hall every Wednesday afternoon from 1:30 p.m. to 4:00 p.m.

 For Valentine's, we had a social with musical entertainment, special games and prizes enjoyed by everyone.

We have card games as well as various board games and soon we will be able to resume our outdoor games.

Our numbers continue to grow and all seniors from Centreville and surrounding area are welcome to join us.

For more information, please call Darrell Spurr at 678-7209.



Quilt and Rug Hooking Show & Sale

The Evening Workers Auxiliary (Centreville Baptist Church) welcome everyone to this event.



Centreville Baptist Church
 Murray Drive, Centreville
 May 7 -> 1 p.m. — 5 p.m.
 May 8 >9 a.m. — 3 p.m.

Admittance: Free Will Offering
 May 8 Luncheon \$5.00 ► 11:30 a.m. — 1:30 p.m.
 Refreshments Available

 **GOODCHILD'S TEA ROOM**
 BY DEBRA RIDLEY

The Tea Room will be re-opening for Spring on March 26th. We will be open Fridays, Saturdays and Sundays (11 a.m. to 5 p.m.), and from May 7th, we will again be open 6 days each week from 11 a.m. to 6 p.m. (closed Mondays).

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COMMUNITY EVENTS

April 30 and May 1-- Clothing Give-Away at the Centreville Baptist Church sponsored by Missions group. Open -Friday 9 a.m.-2 p.m. and Saturday 9 a.m.-1 p.m. For more info, call church 678-1946 or 678-3939. All are welcome.

May 8/10 -Chinese Auction at the Centreville Community Hall

Sponsored by NS #4213 Centreville TOPS. Tickets 20 for \$1.00. Viewing from 10 a.m.- 12 p.m.- draws at noon. Come support our annual fundraiser.

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.

“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.



Centreville's 10th Annual Pig Roast - May 1, 2010

4:30 p.m. - 6:30 p.m.

At the Centreville Hall

Adults - \$10.00 Children - \$5.00

Sponsored by: Centreville District Community Development Assoc.

Contact either Doug 678-7166 or Peggy 678-5522 **before April 26** for tickets.

Take outs available.

Centreville District Community Development Association's (CDCDA's)

Annual General Meeting

May 27, 2010, 7:30 p.m. ~ Centreville Hall. Everyone Welcome

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 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.

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ALL membership benefits include free Acadia credit course audits, access to the Vaughan Memorial Library, free ALL seminars, lectures and readings, reduced ALL course fees, special events and outings, and email notices of ALL and community events. The annual membership fee is \$25. For more information or to register, call 585-1434 or 800-565-6568, or email all@acadiau.ca. Be sure to check out our website at all.acadiau.ca.



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