

# THE CENTRE POST

Issue 33, June 2013

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Submissions due September 1, 2013

## *Signal Lights First*

*by Dave Ward*

It was 1954, and I had just graduated from Moncton High School. My summer job, before entering the Nova Scotia Agricultural College, was as a swamper\* with Wallace Brothers Warehousing and Cartage. It was the first time I'd driven in traffic - '48 Chevs, Fords and '47 K Internationals. One trip took me to Bathurst as a swamper in a tractor-trailer unit delivering freight to various destinations, but my main job that day was to drive a loaded 3-ton from Newcastle to Moncton.

Shortly after we left Moncton on that trip, the driver of the 18-wheeler wanted me to take the wheel so he could nap along the way. I said I didn't think I could handle that truck and he replied, "Anyone can drive it down the road or back it up in a field." I finally got to drive a 'big rig' when, at age 55 in Edmonton, I obtained my Class 1 License.

I've always enjoyed driving, which I did almost daily over 33 years as an agricultural representative both in P.E.I. and Alberta. Camping trips in tents, tent trailers and travel trailers took our family throughout Canada, including cross-Canada trips.



While I always thought I was an attentive driver, my driving habits improved greatly as a result of the Class 1 course. In addition to learning the technique of up-and-down shifting of a multi-shift transmission, backing a trailer, turning, stopping and the like, the course also drilled home basic driving habits such as dimming high beams, constant use of rear-view mirrors, lane use, speed, and use of signal lights.

My trucking career started after my retirement (at 55), driving 5-ton tandems in the Edmonton area - including two years with a 16,000-litre fuel tanker, delivering to farms and construction sites. Then I began an almost 10-year career of delivering mostly heavy trucks of every description east and west from Edmonton, including a few trips to various destinations in the U.S.

What prompted me to reflect on my trucking days was a statement made by Doug Bethune, the automotive expert frequently heard on CBC's 'Radio Noon'. In commenting on driving habits, Doug said, "Signal lights first"; in other words, signal lights on before brake lights. My driving instructors wanted signal lights on about a half-block before turning, as the truck was slowing down, then the truck's brake lights went on as the truck slowed further for the turn.

While the driver knows what his or her intentions are, the driver of the vehicle behind or the vehicle approaching does not, so give them lots of warning - not a last second warning of your intentions.

One of my instructors constantly said, "You're not using your mirrors!" Any driver not using the rear-view and side-view mirrors doesn't know what's behind him or her and, in many cases, it is a line of vehicles wanting to pass. And speaking of passing, why do so many drivers insist on driving well below the speed limit in the passing lane of a divided highway? Could it be that they are not using their mirrors?

Over the years of my driving I've come to believe that those driving 15 to 20 km/hr below the speed limit, especially on two-way highways in good weather conditions, must think that they are the only vehicles on

(continued on P. 3)

**The Centre Post** is published four times a year: September, December, March and June.

The deadline for news items, etc., is the 1st day of these months, with the newsletter at the outlets by the 21st. It is always good to get your information in before the deadline.

**For announcements, stories, ads or information, contact one of the following:**

Set-up of newsletter:

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E-mail: [centrepstlady@hotmail.com](mailto:centrepstlady@hotmail.com)

To place an advertisement:

Mike Sweeney at 679-2780.

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**"Volunteers are unpaid,  
not because they are  
worthless, but because  
they are priceless."  
- Anonymous**

### Associate Editor's Note

Thank you to all contributors for sending material and to all advertisers for their continued support of *The Centre Post*.

We didn't get any response from our last issue regarding the possibility of having a classified ads (no businesses) section. If you are interested in placing a free classified ad, please email [centrepstlady@hotmail.com](mailto:centrepstlady@hotmail.com).

I hope you all have a fun and safe summer.

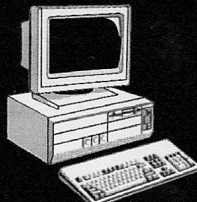
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*Submissions may be edited due to space limitations or for clarity purposes. Context will not be changed.*



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## Signal Lights First - continued from P. 1

the road. If they finally notice you in their mirrors, they may speed up or pull over to let you pass. During my truck-driving days, I found those driving well below the limit in good conditions were more of a hazard than fast drivers: at least fast drivers get out of your way.

Much of my driving was at night, including the Class 1 course when the instructor would ask, "High beam or low beam?" Highway tractor headlights are much higher from the road than car lights, and so the instructor wanted low beams in traffic and quick dimming from high beams on the highway with approaching traffic. My guess is that those drivers who fail to dim lights at night when they should are also those who fail to use mirrors and who brake before turning on signal lights.

One night-driving hazard still encountered is drivers who have failed to turn on their headlights; day driving lights come on when their vehicle is started, but daytime running lights are a poor excuse for headlights at night.

I do miss my truck-driving days and hope that I still follow the good driving habits learned both during my truck-driving course and improved upon over the countless miles driven: miles driven in all types of heavy and light vehicles, over the mountains, across the prairies in all kinds of weather and, most importantly, driven with no accidents or driving infractions.

\* A *swamper* in occupational slang is an assistant worker, helper, maintenance man or a person who performs odd jobs.

## Daytime Running Lights

### What is the new law?

- Effective April 13, 2009, all vehicles on Nova Scotia roads will be required to use daytime running lights.

### Why was it introduced?

- This legislation is part of our on-going legislative, enforcement and awareness initiatives to improve road safety in Nova Scotia.
- Daytime running lights have been shown to reduce daytime injury crashes by 3 to 10%.
- Some vehicle owners/operators may disable their daytime running lights, therefore not benefitting from this safety feature.

### Will drivers be required to install daytime running lights?

- No, however, drivers of vehicles not equipped with daytime running lights will be required to use their low-beam headlights during daylight hours.

### Are there any exceptions?

- Yes, antique vehicles are exempt. Antique vehicles may

not have the necessary battery power for extended use of headlamps, and may do damage to original, hard-to-replace parts.

### What are the penalties?

- \$164.50 for a first offense, \$222 for a second and \$337 for third and subsequent offenses (includes the penalty, victim surcharge and out of court settlement costs.)

<http://novascotia.ca/tran/roadsafety/daytimelights.asp>



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## CDCDA Annual Supper

by Peggy Sheffield

The Centreville District Community Development Association (CDCDA) would like to thank everyone who helped make the 13th Annual Supper on May 4, 2013 a success – whether by baking, contributing needed items, getting vegetables ready, setting up, serving, or cleaning up. Thanks to everyone who helped out in anyway – it couldn't be done without you. Next year's supper is planned for May 3, 2014 - hope to see you all out again.

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that we face in our lives  
are very often the ones  
we ourselves create in  
our minds."***

***- Ellyn Spragins***

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# Clothesline Program®

by Joanna Dunn

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## Strange Dog Strange

Pineo's Pet Spaw by Megan Sim

So you've gotten yourself a new dog, everything's been going great, and then all of a sudden he starts developing these strange behavioural quirks. Maybe he was born with them, maybe he learned them, and maybe, just maybe, he is trying to tell you something.

We experience all kinds of different behaviours here at the Pet Spaw, from dogs that are scared of noises, dogs that bark at everything that moves, dogs that hump, and dogs that bite unexpectedly. If it can happen, we've seen it.

Now, know that we girls at the Spaw are not trainers or animal behaviourists, just groomers and animal lovers, but we do handle anywhere from 10-60 dogs a day through daycare, grooming, and kenneling. We also take part in as many local training and information sessions as we can so that we can stay informed for when clients have questions for us. With that said, this is what we have learned from dogs, information sessions, and field colleagues.

### What a Bark Means:

*I'm Bored:* Need higher activity level and work on separation times;

*I'm Spoiled:* Given everything when barking – seeking attention and goods. Try to limit rewards for barking and instead give rewards when the dog is calm, quiet and responsive;

*I'm Confused:* Barking at strangers and then retreating to a safe place. Bring the dog out of the safe place and get him out in public to socialize and be sure to remain confident in these actions;

*I'm Scared:* Dogs that bark in fear (at children, strangers, other animals, plastic bags, etc.) need to be introduced to the fear-inducing objects to learn that they pose no threat. This should be repeated 3-4 times in a short period of time (i.e., 3 days).

**Hump D' Hump:** Humping is typically associated with possessiveness and pack rank. The reality is that it's a way to show emotion, anxiety or arousal. And yes, it can be about mating, possessiveness, and pack rank, but It can also be a way to get another dog to play, a cry for attention, a way to gauge the bond they have with another dog, a boredom activity, or a way to test how much a play partner is willing to take.

For dogs, joy is joy, and humping is a way for them to express their happy and excited emotions. At the daycare, if we have a humping issue between dogs we simply remove one of the dogs from that play area or try to distract the humper with another activity. For those dogs that like to hump inanimate objects, we remove that object and replace it with another item, such as a chew toy. Increasing your dog's daily activity levels can also help keep a dog from humping out of boredom.

**Dog Anxiety and Fear:** Most cases of dog fear and anxiety are caused by low self-esteem. Helping a dog gain self-confidence can be a long process, one that requires you to take your dog out and repeatedly accomplish small goals. You must first acknowledge what makes your dog nervous, and be sure you're confident the obstacle can be overcome. Continuously and repeatedly introduce him to the item until he gains the self-confidence to not be

bothered by it anymore. Be sure to introduce him to one item at a time and to heap praise on him every time he comes close to the object.

All dog behaviour can be worked on at home, but first you must acknowledge the issue and seek out ways to help change/distract from that behaviour. This can be done by researching the issue yourself, going to local pet seminars, and/or contacting a dog trainer – of which there are a few great ones in the area. Just remember that recognizing the issue and helping to overcome it is what's best for your dog: never be afraid to ask, and don't make excuses.

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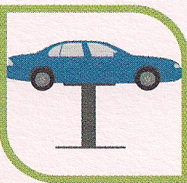
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# Story from the Family Farm

by Mack Frail



When I was a boy there were about thirty farms in Centreville. During those early days a 150-acre farm was a large farm. Yokes of oxen were the beasts of burden on the farms and when smaller acreages were in production. Farm tractors were not commonly in use in the Annapolis Valley until the late 1940s, when improvements made them more efficient. Horses remained in use on the smaller farms and had, in most instances, replaced the oxen. Yokes of oxen, teams of horses, and single horse and buggy or sleigh were common to see on the streets of Centreville. I liked our oxen, named Lion and Bright - they were slow moving, with a gentle disposition. Before the age of eight I would help my father on the farm, and felt very proud when I had my photograph taken on the back of the oxen. My father reclaimed his farmland from forest, and broke the land by hand with the use of his yoke of oxen and help from his family. Our mixed-farming operation was not large enough to provide for the family, and my father, Wallace, operated a cooperage business that was located on his farm property. His other seasonal and part-time jobs were carpentry and grafting fruit trees. He was also Centreville's Post Master from 1930 to 1940. My parents raised three daughters and five sons, and we all worked together on our family farm. We were close as a family, with loving parents. My parents depended on their children to help with the household chores and work on the farm. Thinking back on the years when growing up on our family farm, I realize that they were a very special time in my life.

Most people had to struggle to make ends meet during the Great Depression years, between 1929 and 1939. The WWII years, 1939 to 1945, marked an economic growth in the industrial areas, while recovery from the depression years was slower in the rural areas. I was born in the mid-1930s during the years that were known as the 'Dirty Thirties'. Those living on farms were better off than most because they raised farm produce and, although it was not fancy, they had food on the table. Centreville was a special place to me during those years, with neighbours sharing and helping each other. We lived at a slower pace, without the luxuries we have today. Neighbours welcomed each other into their homes, realizing that they were mostly all in the same situation.

Centreville had almost everything that we required and we were proud to claim it as our community. As children, we had practically nothing in comparison to the material items of today, but we were happy. I have described our situation as "we were poor but we didn't know it". I believe those people who have survived a degree of poverty and have made the best of their situation have gained in wisdom from their experience.

I was eight years old when my father traded his oxen for a team of horses. I am not familiar with the value of oxen at the time, but I know that a good work horse in 1943 cost \$50 to \$65. A team of horses and a used harness cost about \$170 - not a lot of money compared with today's wages, but a lot of money when annual wages were \$840. We were all pleased to have a team of horses to make our farm work faster and easier to do. When I notice the large farm tractors and farm equipment that are presently in use, I realize that our methods of farming years ago were very crude. I have used many of the artifacts that are on display at the New Ross Farm Museum on our family farm. I have spent long days with our team of horses, plowing with a single-furrow plow and picking rocks by hand, loading them unto a stone drag.


Without the chemicals that are now in use, a lot of time was required for hoeing and pulling out weeds. Farming with horse-drawn equipment such as cultivators, disc harrows, hay rakes, spiked-tooth harrows, mowing machines, farm wagons, and many more such items was slower and more strenuous. It is not my intention to suggest that I am against improvements or progress in farming: I am attempting to make a comparison concerning the changes that have taken place. I am left with a feeling of pride for the dedication of those early farmers who accomplished so much and had so little to work with compared to the farmers of today.




*Danielle de Graaf* BSc., RMT, CMLDT

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## Ready for Change

By Pauline Raven, Councillor, Kings County, District 3

Before and since I became your Kings County councillor, reducing the number of local government units has been debated. Streamlining government programs and reducing costs to the taxpayer should drive our discussions. Do you know that close to seventy elected individuals currently represent Kings County citizens? We work for you as commissioners of one of several villages, as councillors or mayors for the towns of Wolfville, Kentville or Berwick, or as your Kings County councillors.

Merge. Eliminate. Consolidate. Collaborate. There are many ways to change. There's one very good local example of why we should: Valley Waste Resource Authority. Collaboration between many municipal units has given us "garbage" pick up that's better. And it costs only \$163 per house per year. It's so good, VWRA has won two provincial awards for leadership and innovation in waste reduction.

Your municipal leaders are currently examining further mergers. Like waste management, this regionalization has been initiated at the provincial level. This time the topic is economic development. We are perhaps only weeks - or a month or two - away from signing a Regional Economic Network agreement with municipal units from both Hants and Kings Counties. This agreement will match municipal and provincial dollars in equal parts.

A more 'made at home' collaboration is also due to be discussed. It would focus on the merits of merging Planning Departments - an idea that was enthusiastically endorsed at the February 2050 governance workshop - but that has stalled somewhat since then.

Economies of scale will help us achieve the efficiencies needed to fully develop our Valley assets. To share or not won't matter much if we continue to put off decisions. Our young people are leaving, and too many storefronts are empty.

More opportunities for municipal units to get together are needed. I'd like to see a collaborative, independent, top-to-bottom audit of all municipal government programs. This would be a great starting point. Results could form a basis for next steps. First, by showing precisely where tax dollars are not giving us full value. Next, by suggesting where we can spend to address gaps in service and get a bigger bang for our bucks.

With some good old-fashioned Valley gumption and ingenuity I bet we can find all kinds of ways to get more out of what we've already got. That's what we can work for together: better local government.



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*Working with you  
to make life better*

## The Legislature's Spring Session

By Jim Morton, MLA Kings North

Four years ago our government brought forward a plan to make life better for Nova Scotia families. Part of that plan included putting our province back on a solid financial footing. I'm proud to write here that when the Nova Scotia House of Assembly rose on May 9th, Nova Scotia was one of only four Canadian provinces to balance its budget this year. That result has not been easy. It has involved tough choices. Its success is a credit to all Nova Scotians. Together we are turning toward a better future and we must not turn back.

That said, we understand that building a better future is not only about strong fiscal management. It's also about meeting the needs of families and businesses. That's why we took steps during the spring session to protect the cuts we've made to HST on home energy and other essentials. It's why we've funded insulin pumps for children who live with diabetes and expanded dental coverage for children up to 14 years old. The spring budget expanded newborn screening to include sickle cell anemia, cystic fibrosis, and 8 additional conditions. Understanding that the early years set the stage for life, we are earmarking funding to establish early years centres, to give parents access to more and better coordinated services. We further reduced the small business tax rate, introduced a more streamlined web-based access to existing small business programs and, importantly, launched our province's first long-term housing strategy to help Nova Scotians gain access to safe, affordable housing.

Beyond the budget, the spring session focused attention on protecting the safety of young and older Nova Scotians. The Cyber-Safety Act, a first in Canada, will better protect victims of cyber bullies and hold individuals accountable for their actions.

Changes to the Adult Protection Act will help shield vulnerable seniors and their families from financial abuse. Parents of seriously ill children or the victims of major crime can count on better job protection during crisis situations. And amendments to the Animal Protection Act increase penalties for those who abuse animals, while paving the way for improved regulations to safeguard farm animals and pets.


In addition to the 2013-2014 Provincial Budget, the spring session saw the passage of 21 bills. It also gave me the opportunity to congratulate the Centreville Good Neighbour Club for seven years of successful Big Breakfasts - words that are now forever enshrined in Hansard.

The House sat for 32 days - making it one of the longer sessions of the past decade.

As we move into summer, my plan is to spend as much time as possible connecting with you on the door-step, in meetings, at community events, and on the phone. I also stay in touch with my weekly **Update**, an e-mail newsletter that I'd be delighted to share with you. After four years, I remain convinced that the best approach to moving forward is through working collaboratively with you - so I welcome every opportunity to discuss the issues that matter.

Summer is a time to celebrate everything that Nova Scotia has to offer - to relax a bit, to spend time with friends, perhaps to slow the pace of life a little. Enjoy it! Have a safe and happy summer.

Jim Morton is the MLA for Kings North. Visit his website at [www.kingsnorthmla.ca](http://www.kingsnorthmla.ca) or contact him at 902-678-6880 or at [jimmorton@kingsnorthmla.ca](mailto:jimmorton@kingsnorthmla.ca)



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### Getting to Know the Lesser-Known Benefits that are Included in Travel Insurance

Heather M. Kennedy

Everyone knows travel insurance can include major benefits like emergency medical coverage and trip cancellation. But what about the less obvious benefits, many of which can make all the difference between an unforgettable trip and a trip you would rather soon forget?

One example is trip cancellation coverage in the event you are summoned for jury duty. Many of us never get that call to serve our community, but jury duty has interfered with many peoples' trips before, and it surely will again. That's why trip cancellation coverage in most purchased policies includes this as a covered reason for cancelling a trip.

There are also several benefits included in most emergency medical travel insurance plans that may surprise you. For example, the vehicle return benefit covers the cost to return a vehicle to your residence in case you have a medical emergency while travelling and which prevents you from driving back

home as planned. If you have rented a car, the travel insurance provider will pay to have the car returned to its origin. These situations can be expensive to rectify, which is why most travel insurance companies include support and reimbursement for this type of scenario. Beyond logistics, it is often an emotional experience when a traveller experiences a medical emergency abroad. This is why most emergency medical travel insurance policies include a bedside vigil benefit. If you are travelling alone and are hospitalized for a certain number of consecutive days (usually 3-7), the insurance provider will often pay the cost of return transportation for a family member or close friend to be at your bedside. Additionally, the insurance provider will allocate a certain amount of money for the visitor's meals, accommodations, and expenses (such as taxi fare).

Lastly, reviewing the terms and conditions around a benefit is just as important as knowing about the benefit itself. And as always, remember that your insurance provider is available to explain benefits in more detail and answer any questions you may have.

Having travel insurance for your vacation is the best peace of mind you will ever purchase!

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- Bill Nye***



## Park Association News

by Darrell Spurr

As the season changes from spring to summer, Centreville Park is buzzing with activities. Teams are practicing on the ball and soccer fields and walkers, joggers, and dog owners are using the facilities.

We are in year two of our refurbish plan. This year we plan to replace siding on the building, upgrade dugouts, prepare the site for relocation of the playground, remove dead trees, and clean up the walking trails. We have received a federal grant enabling us to hire a local student for a nine-week period.

A successful cleanup was held on May 4th (Helping Hands Day), with volunteers from UCT, the deMolay Youth Group from Windsor, the Centreville Baptist Church Youth Group, and our own park volunteers.

Due to poor soil conditions, the fields suffered major damage as birds and animals hunted slugs and Junebug larvae. Soil tests suggested the fields needed more lime and fertilizer, and a more frequent application program has been implemented.

More volunteers are always needed. We meet on the third Wednesday of each month. If you would like to be reminded of meetings or have concerns about the park, phone Darrell at 678-7209.



**Park volunteers on clean-up day May 4**

Front (l-r): Budd, Margaret, Myra, Joy  
Back (l-r): Billie, Troy, Darrell, Larry, Leigh, Heather  
Missing: Mike, Suzanne, and Dave

Rainbow Services

Justin Tait



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## Good Neighbour Club News

by Susan Wood



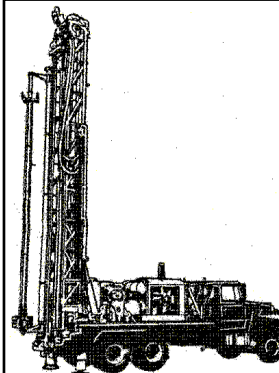
The new kitchen is up and running, and is working out very well with our breakfasts. We now have just one breakfast left on June 15th before we take a vacation for the months of July and August. The GNC will be having their summer closing on June 6th and will be starting back up on September 19th. If any ladies are interested in joining, please come and visit and we will fill you in on any questions that you may have. We have a social on the first Thursday of the month and a business meeting on the third Thursday. Have a great summer and thanks for all the help and support we have received from the community.

## GOOD NEIGHBOUR CLUB'S BIG BREAKFAST

is held at the Centreville Hall on the third Saturday of the month, 7:00-10:30 a.m., except in July, August, and December. Choices include eggs, bacon, sausages, baked beans, hash browns, toast, tea, coffee, and juice.

*Free-will Offering*

*Next breakfast is on June 15, 2013*



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## Local Youth Excel in Army Cadets

by Pauline Raven

All four 2444 King's County Army Cadets in this photo have "aged out", which means they are ready to bring their many skills and their commitment to good citizenship to the aspirations they hold and the challenges ahead. At the May 25, 2013 year-end Ceremonial Review each received a graduating gift from Commanding Officer, Captain Mandy Forbes. From left to right are Centreville's very own Chief Warrant Officer Logan Morse and Master Warrant Officer Hamilton Elliott; also graduating are Warrant Officer Tabitha Wilson and Sergeant Adam Reid.

Logan Morse was also presented with the West Nova Scotia Leadership award for exemplary leadership, while Hamilton Elliott received the Lord Strathcona Medal. This medal is the highest award that can be bestowed upon a cadet in recognition of exemplary performance in physical and military training. Hamilton's achievements were also recognized with the Mentorship Award for his impact on the development of junior personnel within the corps. Tabitha Wilson received the Bravo Zulu award for contribution and service to the corps.

The 2444 King's County Army Cadets train every Wednesday evening. Youth aged 12 to 18 years of age are welcome, starting Sept 11, 2013. More information is available at [www.cadets.ca](http://www.cadets.ca) or through Captain Deveau at [greg.deveau@cadets.gc.ca](mailto:greg.deveau@cadets.gc.ca) or 678-7930 ext. 2123.



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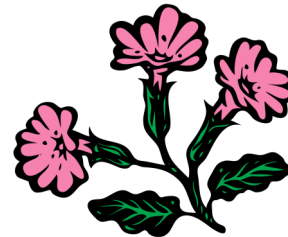


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## Northville Farm Heritage Centre

by Pauline Raven

It all began in 2000 with Lawson Sawler's generous donation of fifteen acres of beautiful prime farmland. Judging by Lawson's smile at the June 2, 2013 Antique Tractor Show and Sale, he has no regrets.

Next came the moving of the Bentley barn to that fifteen-acre plot. Through ongoing volunteer efforts other buildings, including most recently a blacksmith shop, appeared. Each has one key purpose: celebrating the small family farms that brought so much prosperity to our Valley home, particularly to the County of Kings.

This year's show was a booming success, and the first year it was an official event of the Apple Blossom Festival. Happily, each dollar earned on June 2nd was matched by Scotiabank. The centre is currently welcoming new volunteers as it looks towards even more successful years ahead. Please visit us at <http://www.northfieldfarm.ca>.



## Spring and Summer at the Charles Macdonald House

by Amanda Muis

Starting July 3rd, 'Crafty Wednesdays' is back every Wednesday from 1-4 pm! For eight (8) weeks this season, these fun and free programs are geared towards youth of all skill and interest levels, and involve making a wide assortment of pre-planned and creative crafts. To pre-register, email us at [info@concretehouse.ca](mailto:info@concretehouse.ca) or call Amanda at 678-8780.

Our museum interpreter, Mallory, is excited to be returning for another season at the Charles Macdonald Concrete House Museum. We are planning some amazing exhibits by local artists and sharing a vintage postcard collection, funky folk art mailboxes, and some fun activities.

*Opening:* Tuesday, June 25th

*Open Hours:* Tuesday to Saturday 10:30 – 5, Sunday 11-5

*Closed on Mondays* with the exception of Canada Day - we will be open!

*Last day* is Sunday, August 25th



Elisha Harper and Tanya Pearson make sweeping changes under watchful eyes at the annual Charles Macdonald House spring clean-up.

The Uncommon Art installation at the site showcases Kevin West's eight colourful concrete fish. We will be doing a silent auction over the summer as a 'Fishy Fundraiser' for the museum. Come show your support and place a bid.



"Lady Washing Hair"

Our other big news is the return of *Lady Washing Hair*. She spent a warm winter at Eileen Boyd's studio having a broken wrist, elbow and toe repaired, then was brought back home a few weeks ago. The local story is that she was modeled after the neighbour's daughter, and is now well into her eighties. Welcome home.

Hope to see you all this season.

We're Free...Are You?

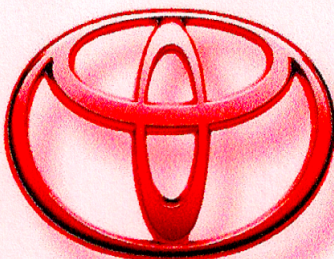
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## Centreville Baptist Church News Update

by Marc Potvin

In the last edition of *The Centre Post*, I reported that the church was in the beginning stages of completing its gymnasium and youth room. I am happy to report that we have raised all the funds that are required to bring this project to the end: over \$55,000 was raised. Again, we are thankful to the government of Nova Scotia Recreation Facility Development Program, which contributed \$12,000 to the project.

The gymnasium and connecting rooms are nearly all framed. We anticipate the floor of the gymnasium to be installed the last week of July, and expect to have the gymnasium and washrooms ready by the end of July. The completion of the youth room will follow shortly after that.

Again this summer, the church will be offering a Day Camp. It will be taking place from Monday, August 12, to Friday, August 16, from 9:00 am to 4:00 pm. The Day Camp is free and includes a field trip on Friday afternoon. To pre-register and for more information, please call the church's youth office at 365-3535.

May you have an enjoyable summer, and don't forget to take time to enjoy your family.



**Spring Hours: May 7 - June 30**  
Lunch: 11:30 - 2:30 Every Day  
Dinner: 4:30 - 7:30 Fri - Sun

**Summer hours start July 1st**  
Open Every Day  
Lunch: 11:30 - 2:30  
Dinner: 4:30 - 7:30 (last seating)

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2013-2014 Executive - Centreville '50' Plus  
Darrell Spurr (President), Barb Keizer,  
Sandra Bishop (Vice-President), Myra Spurr

***A man was wondering if his wife had a hearing problem. So one night, he stood behind her while she was sitting in her chair. He spoke softly to her, "Honey, can you hear me?" There was no response.***

***He moved a little closer and said again, "Honey, can you hear me?" Still, there was no response. Finally, he moved right behind her and said, "Honey, can you hear me?" She replied, "For the third time, yes!"***



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**www.eaglecrestgolfcourse.com**



# In Our Community

**To book the Centreville Community Hall,  
please contact Minnie Sheffield at  
678-6391**

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## **Centreville '50-Plus'**

The '50 Plus' Group meets every Wednesday from 1:30 to 4:00 pm at the Centreville Community Hall. Our area seniors enjoy board and card games, and birthdays are celebrated on the third Wednesday of each month.

New members and guests are always welcome, so drop in and enjoy your friends and neighbours.

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**Sheffield Mills & District Women's Institute** - third Monday, 2 pm.

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## **Pins and Needles**



Anyone is welcome to join us at the Community Hall on Thursdays. Bring along a craft you are currently working on and a paper bag lunch, and stay for the day. Tea and coffee are available. We also get together once a month to work on 'comfort quilts': These are made with donated fabric and are sewn and tied, then given to organizations to provide comfort to those in need.

For further information call Ada MacDuff at 678-4483.

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## **TOPS - Mondays 6:00 - 7:00 pm**

TOPS meets at the Centreville Baptist Church, Murray Drive.

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 \$32.00 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 538-9051 or Madeline Sheffield at 678-7584.

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## **Centreville Baptist Church Murray Drive, Centreville:**

Sunday worship service - **10:30 am**  
Children's Programme, grades 1 to 5, on  
Mondays 6:30 pm to 7:45 pm

**Mark Potvin, Senior Pastor**  
**(902) 678-1046**  
**cvillebaptist@eastlink.ca**  
**www.centrevillebaptist.ca**

## **Centreville Park Association**

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

*Next meeting - June 19, 2013.*

## **Centreville District Community Development Association (CDCDA) Board of Directors' Meetings**

**Where:** Centreville Hall

**When:** Fourth Thursday of the month

**Time:** 7:00 pm

*Exceptions: July, August and September by  
notification*

All meetings are open to the public — come  
out and  
support your community's development!

*Next meeting: June 27, 2012*

## **Good Neighbour Club**

The Good Neighbour Club (GNC) meets at the Centreville Hall at 7:30 pm on the first and third Thursdays of the month (except June, July and August). All Centreville women are welcome to attend and join the Club.

---

## **Orchard Valley Pastoral Charge of the United Church of Canada**

Worship Service and Sunday School at 9:00 am  
and 11:00 am

10:00 am coffee, cookies and conversation.

We are temporarily at the New Minas site, 130  
Cornwallis Avenue.

Kentville site office: 678-4955

New Minas site messages: 681-0366

Upper Canard site messages: 582-7908

Wolfville site office: 542-3796

## On the web ...

### Pictures of Centreville District and Surrounding Area

Did you know that the Centreville website has an e-mail address where you can send pictures? 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 historical, nature, business, or people - anything that you think others would be interested in seeing. Pictures received will be posted on the Centreville website:

[www.centreville-kings-county.com](http://www.centreville-kings-county.com)



### Centreville 'Events' Website

Do you have an up-coming event? Do you want it seen on the Centreville Website, [www.centreville-kings-county.com](http://www.centreville-kings-county.com)? If so, send the information to:

[events@centreville-kings-county.com](mailto:events@centreville-kings-county.com)

**Annapolis Valley Events Calendar** : Postings for music, film, theatrical, educational, and just plain entertaining events throughout the Valley, from Windsor to Annapolis Royal. <http://valleyevents.ca/>

## Continuing Ed ... <http://all.acadiau.ca>

### Acadia Lifelong Learning Centre (ALL)

The Acadia Lifelong Learning Centre (ALL) provides courses, seminars, outings and special events for those aged 50 and over, in literature, science, fine arts, writing, and more.

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 e-mail notices of ALL and community events. The annual membership fee is \$25.00.

To view courses offered through ALL, Acadia University calendars will be available at the Centreville Post Office or from our website: [all.acadiau.ca](http://all.acadiau.ca)

For more information or to register, call 585-1434 or 1-800-565-6568, or e-mail [all@acadiau.ca](mailto:all@acadiau.ca)

### Battery Recycling in Centreville



Used batteries can be dropped off at the Centreville Community Hall on Thursdays, 9:00 am - 2:00 pm, as well as at the monthly Big Breakfast, except in July and August.

All batteries can be turned in except car batteries.