

THE CENTRE POST

Issue 37, June 2014

Next issue September 21, 2014
Submissions due September 1, 2014

The Yoga Barn

by Gail Salmon

I had a wonderful chance to meet Jenny Sinclair, the owner and skilled teacher of yoga at her newly constructed Yoga Barn, located on Highway 341, not too far from the Sherman Belcher Branch Road in Centreville. Jenny is a homegrown Valley girl from Lakewood Road. She graduated from Cornwallis District High School and Acadia University. Jenny has lived in the old John Newcombe bed and breakfast/farm house for five years with her husband, Mike, and their four young boys, aged four to nine.

Jenny took up yoga while she was pregnant with her first child, but it was not until after he was born she developed a passion for it. She says, "Yoga was instrumental in getting off the 'baby fat', and I was hooked." She is a certified Can Fit Pro Yoga teacher, with 200 certified Vinyasa yoga hours. She started her teaching at the Absolute Health Club in New Minas. Her interest in learning more has inspired her to be a trained coach in yoga using the Therapeutic Approach (TAYZ) and she is well on her way to the 500 hours required to be certified.

The Yoga Barn is an impressive, bright, large, new, and inviting studio. Jenny offers Warm, Hot, and Power Vinyasa Flow Yoga, a 'Newbies' Yoga, Level 1, Yin Yoga, and even Yoga for Kids. There are infrared lights in the ceiling to allow for the Hot Yoga program, which is all the rage in major cities. Jenny has interested clients come from as far away as Halifax to attend her classes. The 'Newbies' classes are eight weeks long, as the yoga moves must be taught in progression. Other classes can be purchased in eight- or sixteen-week sessions and a punch card is provided that allows you to drop in if you call to reserve. Children's classes should be starting in July and will last four weeks. Jenny is excited to say that she has had full classes in the 'Newbies'.



The Yoga Barn opened in April and classes for April and May were enthusiastically attended. Unfortunately, the facility was closed for a while as Kings County representatives stated that there were problems with the business and Jenny would not be allowed to teach on the premises despite the inspected renovation work. She now has agreed to an outside fire stairway and fire-resistant walls and has had to hire contractors who are working hard so she can reopen her business. She says it is imperative that the building is safe, but was discouraged when told that she was in the wrong as she has made every effort to comply. Now, due to bylaw 10.1.1.20, the business remains closed. The bylaw states that she must have an additional 20,000 sq. ft. of land in order to have a large yoga class in the building; she lives on a TWO ACRE farm. The bylaw seems to be a remnant of a previous era and should be reexamined. Jenny has paid \$900 to request a change in the bylaw and has complied with all the changes necessary for her building. She started a petition on Facebook in an effort to save the Yoga Barn. It reached the attention of Mark Strickland, Business Developing Officer at the Municipality of Kings, and Tom MacEwan, Chief Administrative Officer at the Municipality of Kings, and they have been in contact with Jenny to discuss what legal action can be taken.



It has been argued that it is difficult to start a small business, as regulations are sometimes not as clear as they should be. In a time when Nova Scotia is trying to create jobs to prevent the departure of our trained young people, there should be a better system allowing for small businesses to start and grow. Ray Ivany, President of Acadia University and Vice Chancellor, has written about the necessity of creating new and exciting jobs. One new program, Fusion Annapolis Valley, was established to improve the employment of young adults in the Annapolis Valley, and discusses new businesses that could be created. More opportunities like this are needed. Jenny says that she is just trying to make something good happen for the community. She is hoping that all the necessary changes will be completed and the Yoga Barn can reopen, as she has waiting lists for classes and the Children's Yoga that is scheduled to start in July.

The benefits of yoga for better mental and physical health are well documented. Yoga relieves stress and doctors are prescribing it for treating many health disorders, including substance abuse and heart concerns. I hope that Jenny's June classes can get started and that the regulations in

(continued on P. 3) 1

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:

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

To place an advertisement:

Mike Sweeney at 679-2780.

Associate Editor's Note

Thank you to all of the contributors that sent articles for this issue of *The Centre Post* and to all advertisers for their continued support. It was a tight squeeze to fit in all of the articles that were submitted.

It seems that summer weather is finally here! I hope everyone enjoys their summer.

Elisha Harper

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

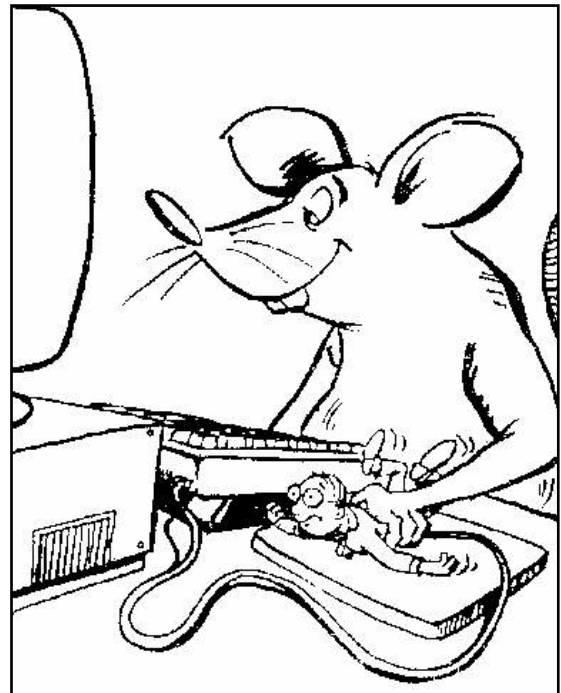
Centreville 'Events' Website

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

events@centreville-kings-county.com

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The Yoga Barn- continued from P. 1

Kings County and in Nova Scotia can change so that young people can more easily initiate new businesses, which in turn can help the community and the economy. Local politicians have shown some support but more must be done to inspire Kings County Council to reconsider their position on this project. Cooperation and further dialogue must occur without delay to expedite this exciting new business, and I am hopeful and confident that the Council will respond wisely.

And, Jenny, good luck with your future endeavours. I will see you on the yoga floor.

<http://www.theyogabarn.ca/>

So Here Is My Story

Jenny Sinclair, Yoga Barn



So, if you haven't heard the Municipality of Kings County is going to change the bylaw for rural small businesses like mine to operate without the five participant rule. It will take some time to change it but it will happen!! So that is great news and I couldn't have done this without support and my yoga community, so

THANK YOU!!!!

As far as classes go I would like to resume the spring/summer schedule starting June 9th. The schedule is posted on the website. Until the bylaw is actually changed I will not be technically taking payment for yoga; I am now selling something else to rule out that I am a home-based teacher right now. When you buy your punch card or pay your drop-in fees you will actually be buying a bottle of water and getting FREE yoga with your purchase of a very expensive bottle of water!!! LOL!!! So we are just friends doing yoga!!!

If anyone remembers, the Eagle Crest Golf Course went through the same problems and sold pork and seeds for golf fees for a few years before their zoning was resolved. I am sorry it has come to this but I refuse not to offer yoga to our community. There is a need for this wonderful practice and I want to be able to provide something I love so dearly to my friends and local community. So I am willing to take these measures to do so!!

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Yoga Barn Continued

Gail Salmon

Since writing my article on the Yoga Barn, there have been a few positive changes. After Jenny's *Facebook*, "So here's my story", and the petition with the hundreds of signatures, Jenny has had further discussions with all those involved. Now, with the payment of \$900 for the change, the Municipality of the County of Kings has stated that they will change the by-law, though it will take some time.

Yoga is still being taught at the Yoga Barn. This week, Jenny is giving free classes; however, the Barn itself is under renovations so classes are on the grass or by the pool. Those interested in the yoga classes may read all the information on the Yoga Barn's website for news and updates.

My daughter Jessica and I went to a "Newbies" yoga class in the early evening of June 3rd. Jenny offered a free class on the deck around her pool. With around 25 in attendance, Jenny led us through stretches, bends, breathing, and relaxing poses. She and two friends, who assisted, helped us out with proper form and movement. The experience of working in the sunshine with a slight breeze and facing the glorious blue sky was certainly a near-Zen moment. At the end of class, Jenny offered all or anyone the experience of jumping into the pool. Only Jessica and I took her up on her offer. Keep your inner child alive!

Namaste!

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Centreville Park Association News

Suzanne Trudeau

Recent Park Association meetings have been well attended and membership is growing.

If you have walked through the park recently, you will have noticed that the maintenance building has undergone a facelift. The badly damaged siding has been replaced and the doors will be painted. It's a beauty!

May 3 was a very productive Spring Cleaning Day at the Park. There was a big turnout of helping hands, including our usual helpers from the United Commercial Travellers, (UCT, **Blomidon 918**) as well as **the Hants County Crusaders Chapter of Demolay (Youth Group)**. The workers enjoyed a BBQ as a token of appreciation for everyone's hard work. A separate day will be scheduled to paint the dugouts. More time and hands were needed to accomplish this during the Spring Cleaning Day and if you would like to help with this task, please contact Suzanne Trudeau (678-7769) for the time and date.

Plans for the playground expansion are still in the works and we are awaiting the approval of a Municipal grant to purchase the new equipment.

This year's **Centreville Day** will take place on **August 23, 2014**. In addition to a **Mosquito ball tournament**, which will feature two Centreville teams, there will be 50/50 tickets; a canteen; many children's games; an antique car show; and a Bouncy Kingdom. There will also be musical entertainment during the afternoon and into the evening. If you know of some local musical talent who would donate a couple of hours to play in the afternoon or early evening, please contact Suzanne Trudeau at 678-7769. At dusk there will be free cake and spectacular fireworks to cap-off the day. We are trying to have a Washer Toss game as well as a dunk tank. New this year, we are going to have a "Centreville's Got Talent" show for ages 12-19, which will take place from 6:00 pm-7:30 pm before the fireworks.

As some of you may have noticed, sections of our soccer field and baseball diamonds have sustained extensive damage from grubs. It was suggested that the whole field be rolled. A member will be getting quotes from landscapers for this work to be done properly.

Please come out for Centreville Day - it's a great day for the entire family!

This summer the Centreville Park & Recreation Association will offer day camps for ages 7-10 on Mondays, Wednesdays and Fridays from 9:00 am to 12:00 pm, starting in July. Registration will take place at the end of June. For further information, please contact Neil Prince at 680-1365.



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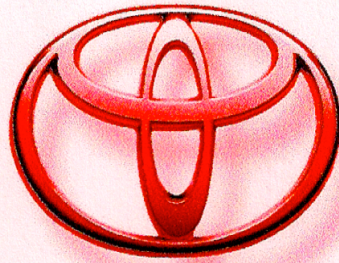


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After volunteering for a "Valley Shifters" event, some of our Good Neighbour Club members were converted! From left to right: Biker Chicks Mary Ellen MacDuff (a.k.a. Pinky), Liz Taylor (a.k.a. In Another Life), and last but not least, Susan Wood (a.k.a. Woody). They entered the GNC meeting to the tune of "Leader of the Pack". Not all Good Neighbour Club meetings are all business! We try to inject a little humour as well.

A retentive memory may be a good thing, but the ability to forget is the true token of greatness.
- Elbert Hubbard



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.

Strawberry Loaf

- 2 cups fresh local Country Magic strawberries
- 1 teaspoon baking soda
- 3 1/8 cup all-purpose flour
- 1 1/4 cups vegetable oil
- 2 cups white sugar
- 4 eggs, beaten
- 1 tablespoon ground cinnamon
- 1 1/4 cups chopped pecans
- 1 teaspoon salt

- Preheat oven to 350 degrees (175 C). Butter and flour two 9 x 5 inch loaf pans.
- Slice strawberries and place in medium-sized bowl. Sprinkle lightly with sugar, and set aside while preparing batter.
- Combine flour, sugar, cinnamon, salt and baking soda in a large bowl; mix well. Blend oil and eggs into strawberries. Add strawberry mixture to flour mixture, blending until dry ingredients are just moistened. Stir in pecans. Divide batter into pans.
- Bake in preheated oven until a tester inserted in the center comes out clean, 45 to 50 minutes (test each loaf separately). Let cool in pans on wire rack for 10 minutes. Turn loaves out of pans and allow to cool before slicing.



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Story from the Family Farm

by Mack Frail



August 4, 1914, marks 100 years since the beginning of World War One. The war that was described as “the war to end all wars” ended on November 11, 1918. The last surviving Canadian veteran to serve in WWI was John Babcock, who died in 2010 at the age of 109. There were about 609,636 Canadians who joined the military during WWI, and over 60,000 of them died while serving their country.

With a population in 1914 of about 200 residents, Centreville contributed its part in WWI. Earl Eaton, a veteran of WWI, was born on the family farm on Eaton Road in Atlanta, the son of Ward and Gertrude (Masters) Eaton. The road's name has in recent years been changed from Eaton Road to Bains Road. Joseph Lockhart was a veteran of WWI, and he lived with his family on the north corner of Sherman Belcher Road and Saxon Street, adjacent to Lydiard Park. His eldest son, Joe Jr., was a casualty of WWII. Other veterans were Ralph Bennett, who lived in Centreville for a short period, and Phillip Paul, who lived in the last house north on the Rink Road. Rink Road is now named Butler Road. Wentworth Roscoe was born and grew up in Centreville, and became a lawyer. Among his many achievements he was Kentville mayor and Lieutenant Colonel of the 68 Kings County Regiment that went overseas during WWI. Wentworth's son, Barry Roscoe, was also a Kentville lawyer and mayor. Barry enlisted in 1915, and was promoted to Lieutenant Colonel serving overseas during WWI where he was wounded. My father, Wallace Frail, lived in Centreville for about 70 years, and was a WWI veteran. All these men suffered from the effects of serving in battle.

As I am familiar with my father's wounds from German bullets, shrapnel, shell shock, and the trauma of the war, I feel that I have some understanding of these men who served in WWI. My father was affected all of his life by his memories of the war and shell shock (the modern term for shell shock is 'Post Traumatic Stress Disorder'). Earl Eaton and my father were close friends, and the few times I heard my father speak about the war were when Earl was a visitor to our home and I listened in on their conversations. To realize that these brave men had lived these experiences was upsetting for me to hear, and I have often times since wished that I had not been so curious and not heard some of the terrible ordeals that they experienced while fighting in the trenches.

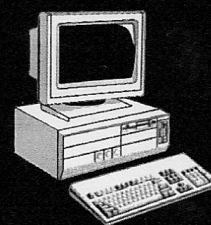
Captain Cyril Collard was a British Army officer who lived in Centreville, and was a veteran of WWI. Captain Harold Wall was also a British Army officer who lived in Centreville, and a veteran of the Boar War, 1899-1902. He was a friend to my parents and was a regular visitor to our home. My mother and Captain Wall immigrated to Canada from England, and they would share stories and memories of their homeland. My mother's brother, Robert, was killed by a German bullet while serving with the British Army in France during WWI. My mother, Mabel Isaac, met my father Wallace in a temporary English Hospital, where he was being treated for his wound received in the front lines at the Battle of Vimy Ridge. Miss Mabel Isaac was a Girl Guide doing volunteer work at the temporary hospital that has now reverted back to a school she had previously attended. Wallace returned to England to be treated for his second German bullet wound, and more time to be with Mabel Isaac.

The wounds that Ralph Bennett received in WWI left him very limited in his activities. As I recall, Joe Lockhart remained active and struggled to provide for his family without the benefit of a pension. Earl Eaton's war injuries prevented him from working the family farm that he had inherited. He suffered the effects from the gas that the Germans used during WWI. Earl sold his farm and lived at the Kinsman family farm on Highway 221 East. My father, Wallace, worked doing whatever he could to make a living for his family of eight children. His work included his family farm, making barrels in the cooper shop, carpentry, grafting fruit trees, and as Centreville Post Master. His only other income before becoming a senior citizen was a small monthly pension from the Department of Veterans Affairs that he received for his war disabilities, which compares with the cost to purchase a McDonald's meal deal.

This year is the 75th anniversary of the beginning of World War Two, which began on September 1, 1939. I was ten years old when WWII ended on September 2, 1945. Most of my early childhood memories were during the WWII years. I remember my mother Mabel's concern for her family in England, especially during the Blitz when German airplanes were crossing the English Channel and dropping bombs. I have memories of the men and women in uniform when going to Kentville on the train with my mother. My eldest brother, John, joined the army during the early part of the war, wanting to serve his country overseas. However, his aptitudes made him best suited to serve in Canada, where he was promoted to the rank of Major. My brother Charles Ronald was anxious for his eighteenth birthday so he could join the Canadian Army. He completed his basic training

(continued on P. 7)

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Story from the Family Farm - continued from P. 6

at about the same time as the war ended. When the Korean War began in 1949, Ronald was among the first to join and served in that war.

Ralph Sheffield was one of several WWII veterans who lived in Centreville. Commander Bredin Delap served in the British Royal Navy and lived on Sherman Belcher Road. Lieutenant Ronald Hockley lived on Highway 221 West in Centreville, and served on board ship during and after the war as a member of the Royal Canadian Navy.

My cousin George Frail lives in Centreville, and I enjoy my visits with him. George joined the Canadian Air Force during WWII, and became a pilot serving with Bomber Command. His crew flew Lancaster Bombers on missions to Germany. I was fascinated with airplanes as a boy, and the pilots who flew them. It was Flight Lieutenant George who became my hero.

I recall the feeling of pride that I had when I attended the Centreville Baptist Church with my father for the dedication of the Roll of Honour, listing the 34 names of those Centreville men and women who served in WWII. Not all those named on the Roll of Honour had the opportunity to serve overseas during WWII, but they joined with the intention of serving where they were needed. The same applies to the many men and women who have joined the military when Canada was not involved in conflict. The Roll of Honour was on the wall of the old Centreville church for many years. Prior to the past couple of years it was on the wall of the new church on Murray Drive. I have taken photographs of it that I have shared with others. I knew most of those named, and have fond memories of them. Margaret Desborough grew up in Centreville, and was a registered nurse when she joined the Canadian Women's Army Corps during the early years of WWII. Lieutenant Margaret Desborough served overseas as a nurse, and was in England during the Blitz. Alexandria Fillmore was among the first women to be promoted to Captain after the C.W.A.C. was formed in August 1941. I apologize to any Centreville veterans of WWII and families of WWI or WWII veterans who I have failed to mention.

The following are the names on the Roll of Honour of those who served in WWII:

Patrick Barlow, Alfred Burgess, Margaret Desborough, Alexander Fillmore, Frank Fillmore, Richard Fillmore, Donald Foley, John Frail, Ronald Frail, Ainsley Hiscoe, Roland Hiscoe, Willis Keizer, Major Kennickle, Alfred Kidston, Bartley Kinsman, Winnifred Kinsman, John Kynock, Lawrence Langille, Joseph Lockhart, Ernest Margeson, Garnet Neville, Laurie Neville, Carl Olgvie, Lester Pineo, Albert Porter, Clifford Porter, Harold Porter, Dean Rogers, Wallace Simpson, Gordon Spinney, Fred Veinott, Jack Veinott, Robert Ward, and George West.

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Pineo's Pet Spaw

With spring and summer hopefully well on the way and many of you out in your gardens, we thought it was time to remind you about some of the toxic plants that are out there just waiting for your beloved pet to take a chomp of.

The list below features some of the most toxic outdoor plants and bouquet flowers that are common in our area. We are by no means saying not to plant any of these items, or to remove them from your house or garden, but just to be aware of their associated risks – especially to those animals that like to dig and munch.

And here they are: aloe vera, amaryllis, azalea/rhododendron, baby's breath, begonia, carnations, castor bean, chrysanthemum, cyclamen, daffodil, gladiola, hosta, ivy (California ivy, branching ivy, glacier ivy, needlepoint ivy, sweetheart ivy, English ivy), lilies, milkweed, morning glory, oleander, poinsettia, tomato plant, tulip/narcissus, and yew.

All of these plants cause a variety of symptoms, ranging from: acute digestive upset, excessive drooling, loss of appetite, frequent bowel movements/diarrhea, colic, depression, weakness, loss of coordination, stupor, leg paralysis, weak heart rate, and sometimes death. While sometimes it's the flower that is toxic, it can also be the

leaves (azalea/rhododendron) or the tuber/bulb (gladiola).

If you suspect that your dog or cat (or other farm animal) has gotten into any of these items, don't hesitate to get them to a vet ASAP. Don't forget to take a minute to look online for more information about toxic plants, or ask your local garden centre representative.

FYI – Fleas and ticks are out and about so let's all be sure to take the extra precaution with our pets and have them treated with a preventative program!

Grooming appointments are currently two (2) weeks advance; do not wait to book your pooch or kitty in. Also, don't forget we offer kennelling for all of you looking to get away for a weekend or just an overnight!

Quilt and Rug Hooking Show

The Centreville Quilt and Rug Hooking Show held on May 9-10, 2014 was a huge success. We had about 450 quilts and hooked rugs that filled the whole church with an array of colour. Approximately 700 people came to view the display. We also served two lunches and supper to more than 500 people.

Being Mother's Day weekend, we gave plants donated by Gerry's Nursery to the first 25 mothers on Saturday morning. Door prizes were won by Marie Hayward, Halifax, and Mona Brown, Truro.

The Challenge was "Down By the Bay". We had six entries for rugs, and thirteen for quilts. The winners were: 1st Leslie Magwood; 2nd Marie Currie; 3rd Leah Lemmon. Quilts: 1st Sharon Baldwin; 2nd Sheila Mason; 3rd Dawna DeAdder

The Quilt Show Committee would like to thank all the people who brought quilts or hooked rugs, helped with registration and set up, and donated food and time during the show to make it such a great success. Please reserve May 8 & 9, 2015, for next year's show.

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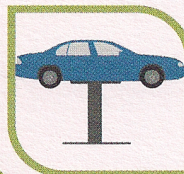
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Raven

in touch

Your District 3 voice on county council

EMAIL councillor.raven@county.kings.ns.ca

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The Centre Post staff wishes to extend our sincere apologies to Pauline Raven for printing the wrong telephone number in her advertisement in past issues and for the inconvenience this has caused her and her constituents.

Sincerely, Suzanne Trudeau, Lead Editor, *The Centre Post*.

Courage

Pauline Raven, Councillor, Kings County, District 3

"Courage: the most important of all the virtues because without courage, you can't practice any other virtue consistently."

People can live their lives in extraordinary ways. Some acquire fame for courageous deeds. Some are known for multiple acts of kindness. Others meet extraordinary challenges by responding in the moment, placing themselves at life threatening risk.

My outgoing council emails contain the quote above. It was written by Maya Angelou, who passed away on May 28 at age 86. Angelou's astounding life impacted the lives of black communities and women, undoubtedly spurring others to work with her to end discrimination and abuse.

Recent weeks have brought the heroes of our own community to mind. Thanks are due to two individuals whose courage has recently been honoured. Their volunteer work has proved to be of immense value. If you see them around, give them the thumbs up – they deserve it!

Dr. Geraldine Browning lives in the community of Gibson Woods. At Acadia's spring convocation she received an

honorary Doctor of Humanities. If you know Gerri you've likely been caught in her enthusiastic drive to get something done. Gerri has a way of building on people's strengths. She will have boosted your morale and confidence and then encouraged you to do more and to do it better! This month Gerri celebrates her 80th birthday, so special thanks and greetings belong hand in hand.



Chief Ryan MacEachern of the Kentville Volunteer Fire Department serves many communities, including Centreville, bravely and well. I've watched Ryan switch gears from effectively administering large capital

and operational budgets to providing leadership that inspires other firefighters to broaden their roles and skills. Most recently, I learned something else about Ryan. At great risk to himself he entered a smoke-filled basement to lead another fire fighter and an unconscious infant to safety. On June 3, Ryan and fellow firefighters Sean Morrison and Pat McMullin received Medals of Valour for this selfless act.

As residents of rural communities we are strengthened and protected by extraordinary individuals like Gerri and Ryan. They enrich and inspire. I am so grateful for the opportunity to know them and to be able to highlight their contributions here. Enjoy your summer. I hope to see you all around and about during the warmer months ahead, especially at Centreville Days on August 23.

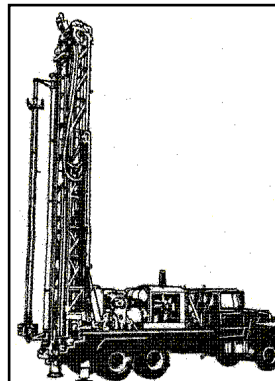
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VOLUNTEERS HONOURED



Members of various community and lake monitoring groups were recognized by the County of Kings April 1 for their commitment to volunteerism. Almost 30 volunteers from the municipality received certificates for their dedication to the community. - Submitted

Ada MacDuff of the Municipality of the County of Kings has been volunteering for 45 years, a member of the Good Neighbour Club and the Pins and Needles group which creates crafts and Comfort Quilts to donate to various charities.

Ireland! Are You Ready To Travel Beyond The Expected?

Heather M. Kennedy
Certified Travel Agent

So you want to get away from it all, try something new, shake things up a bit...well I have the place for you – Ireland. The island is just waiting for you: waiting to blow you away with the captivating Wild Atlantic Way driving route, to grab your hand and pull you up to dance at a traditional *céilí*, to thrill you with its excellent culinary delights. So don't just stand on the sidelines, come on and "Jump Into Ireland".

In Ireland the magic is real. From ancient burial chambers to lunar landscapes, this is your chance to embark on the ultimate escape with mind-blowing adventures you won't forget. Crashing waves, jagged rocks shaped by time and the elements, and then, in the middle of all the drama, a small harbour offers a warm Irish welcome. This is Ballintoy Harbour on County Antrim's rugged north coast, a place where land and sea collide to stunning effect. The beating heart of a small but vibrant fishing community, Ballintoy has recently found fame as a location in the fantasy TV series Game of Thrones. Ireland's coastline is dotted with lots of small harbours like this, where people still make their living the traditional way and time seems to almost stand still.

No matter what your tastes, Ireland has the perfect place for you to stay during your holiday, from cliff-edge lighthouses to gracious country castles. The Irish welcome is famous. And it's not a myth, either. Step inside a B&B on the island and you'll have smiling faces serving up your breakfast and ready to give you the

inside track on local sightseeing. A B&B stay is a great way to connect with Irish culture in affordable accommodation that ranges from historic country houses to charming farmhouse B&Bs.

Each of Ireland's cities is a legend in its own right; an unforgettable collection of quirky characters, dramatic stories, historic buildings and the odd secret or two tucked away amongst the stones. So take the time to get to know these urban legends...whether you've got a few days or a few hours, you're sure to find something to surprise and delight, even if you think you've discovered it all before!

DUBLIN...It might be one of Europe's oldest cities, but Dublin flaunts its medieval and Georgian heritage alongside quirky modern cafes, innovative restaurants and traditional pubs.

BELFAST...If you want to discover the real Belfast, then hitch a ride with a Black Taxi Tour. It's fun, friendly and full of surprises, pretty much like the city itself.

CORK...Compact and easy to explore, with a great mix of markets, galleries, shops and heritage attractions, Cork is crying out for the kind of immersion only a walking tour can offer.

From bohemian beauty to medieval magic, the island of Ireland's cities are a fascinating mix of ancient intrigue and contemporary cool.

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- Ralph Waldo Emerson

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Centreville Baptist Church News Update



Take a Walk on the Wild Side!

New friends ♦ Amazing experiments ♦ Untamed games
Lip-smacking snacks ♦ Surprising adventures ♦ Incredible music

Centreville Baptist Church

Location: _____

VBS will last from: **July 7th to 11th**

Each day's fun begins at: **8:30 am**

The VBS day ends at: **4:30 pm**

For more information, call: **Patrick Brightman**
365.3535 or email cvillebaptistyouth@gmail.com

ministries.

The focus of the work our group will be doing will be helping young people in their English as a second language classes. Our group will also serve by building relationships with young immigrants and journey with them as they experience life in Canada. Our team will be given opportunities to help distribute everyday necessities to the many children and youth who are engaged with both Dixon Ministries and Frontlines. Every morning our students will have the opportunity to work with immigrants their age and help them as they work to complete ESL classes. In the afternoons our team will gather in small groups and spend time building relationships with immigrant students. Our team will be invited to participate and interact with teens their age at the various drop-in programs that are offered. The drop-in programs offer a place for children and youth to get off the streets, and build relationships with adults who deeply care about them and their needs.

The goal of this experience is to provide the students we serve at Centreville Baptist Church with a greater understanding of the brokenness and pain in the world. There is pain and brokenness all over the world: locally, nationally, and globally. This specific project is one piece of the variety of social justice issues in the world we want students to experience. We want to show students how they can actively support others, and what it means to have compassion for those less fortunate. We hope to provide students with a platform to serve others in a way that they may not have known existed. This experience will be an opportunity for students to show the love of Jesus Christ to others. We hope this experience will promote students to begin (or continue) to develop skills that encourage them to think critically about the choices they make, about the benefits they may have in life, and how they (at their current age, and into adulthood) can promote positive change in the world. Many students are thinking about social justice issues, and we hope this experience will help them continue to develop their understanding of their role in the social justice conversation.

For more information, or to find out how you can help, please contact Patrick Brightman at 365.3535.



Children Youth Family

Toronto Mission Experience

Centreville Baptist Church

This summer, July 12th to 20th, the Centreville Baptist Church is sending a team of eleven students to Toronto to serve two not-for-profit ministries. Our team of young people will be partnering with the organizations Dixon Ministries and Frontlines. Dixon Ministries exists to provide support to individuals and families who have immigrated to Canada, primarily from Asia, the Middle East, and the Horn of Africa. Their ministry is active helping immigrants assimilate to life in Canada, discover the Canadian culture, learn English, and become comfortable in their new environment. Frontlines exists to offer much needed services and programs, primarily to children and youth, that focuses on addressing the physical, emotional and intellectual needs of participants. Frontlines is a place where children and youth are encouraged to choose constructive alternatives that will further their growth and development. Our team has a great opportunity to partner with such important and needed



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Centreville "50" Plus

by Darrell Spurr

How time flies! In April we celebrated our 5th anniversary. The following executive was elected at our Annual Meeting:

President: Darrell Spurr
Vice President: Sandra Bishop
Secretary/Treasurer: Myra Spurr
Director: Barb Keizer
Director: Gary Coffin.

Our club is still actively growing. Each week we have between 30-40 members attending. Board and card games are played and, during a short break, refreshments and a light snack are enjoyed.

Monthly birthdays are celebrated on the third Wednesday of each month.

Our club is self-supporting with a free will offering and a 50-50 draw weekly.

We meet every Wednesday from 1:30pm-4:00pm. Area seniors are invited to drop by and enjoy the friendly camaraderie.



Photo of 2014-15 Executive: Myra, Darrell, Sandra, Barb (missing - Gary Coffin)

Good Neighbour Club News

by Susan Wood



On June 5th, the GNC had its closing for the summer. A delicious turkey supper was enjoyed by all at the Billtown Church. Meetings will resume on September 18th. If there are any women who are interested in finding out what the GNC is all about, come and spend the evening with us. Our breakfast on June 21st will be the last until September. To all the individuals and families who help us with the breakfast, we sure appreciate it, and would like to say thank you! Have a great summer!

THE GOOD NEIGHBOUR CLUB'S BIG BREAKFAST

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

Free-will Offering

Next breakfast is on September 20, 2014



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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/>



Update from the Charles Macdonald Concrete House



Kevin West places his concrete model of Nantucket whaleship "Essex" for "My Six Degrees of Moby Dick". The work consists of several pieces and is crafted for this year's Uncommon, Common Art initiative. It's on display at The Charles Macdonald Concrete House for the summer.

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Centreville District Community Development Association

by Peggy Sheffield

The Centreville District Community Development Association (CDCDA) would like to thank everyone who supported the Annual Dinner held on May 3, 2014.

Thank you for baking the pies, dishing up vegetables or getting them ready, serving, or cleaning up after.

Also, thanks to all those who attended and enjoyed the beautiful roast beef supper.

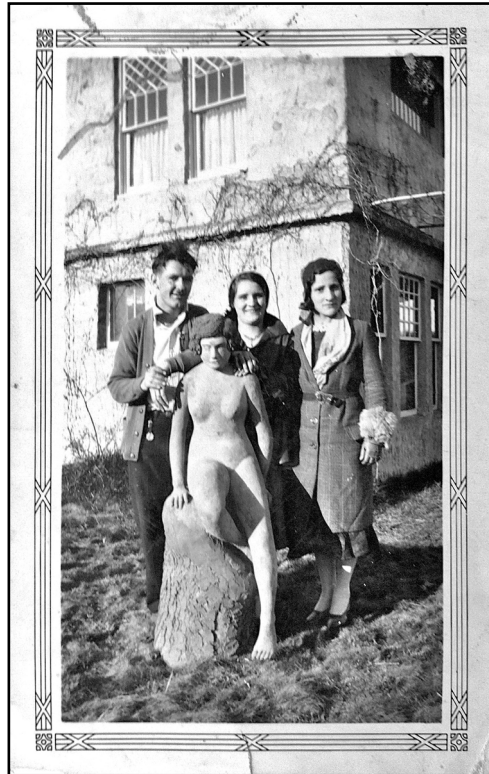
Summer Hours of Operation

June 24, 2014 - August 23, 2014

Tuesday - Saturday: 10:30am - 5:00pm

Sundays: 11:00am - 5:00pm

Mondays: Closed



Just one year ago The Charles Macdonald Concrete House celebrated the return of the refurbished concrete statue of "Lady Washing Hair" to her position on the house's front lawn. Little did we know, until recently, that there were in fact two statues. This photograph, dated 1931, has surfaced. It depicts a female figure resting on the arm of a concrete chair and is accompanied by three posing individuals. We'd love to hear from anyone who might remember this second statue and from anyone who can help identify the people in the photograph.
info@concretehouse.ca or 902-678-3177



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www.eaglecrestgolfcourse.com



Special Events at Northville Farm Heritage Centre

Anne van Arragon Hutten
1158 Steadman Road, Kings County, N.S.

On June 1, Northville Farm Heritage Centre (NFHC) held its biggest event of the year: the 6th Annual Antique Tractor Pull & Show. This is an official Apple Blossom Festival event, and has been attracting large crowds each year. However, it wasn't the first event of the season, and certainly not the last.

On May 17, Planting Day was held. Those who were there were able to watch teams of workhorses pulling single-furrow plows, ably handled by mostly older members of NFHC who may have seen their fathers do this. They also pulled disc and spring-tooth harrows, and one antique tractor pitched in with the heavier set of harrows. At one point the men harnessed up a four-horse hitch, which was fascinating to see. A small crop of oats is seeded each year, using a vintage McCormick seeder. In addition to the Planting Day, this year's event saw a Mechanical Fair with all kinds of labour-saving devices used a century ago. There was even a velocipede from the late 1800s - you know, the funny old bikes with one big wheel and one little one - and a 71-year-old man riding it around the grounds.



On June 10, NFHC hosted two Grade 2 classes, around 42 youngsters. They were from Aldershot School, which sends a busload each year to take advantage of NFHC's school program. The group was divided into four segments, each of which attended four different stations. They had a chance to milk a cow and make butter, make a rope from jute baler twine using a hand-cranked rope-making device, get a horse-drawn wagon ride, and be guided through a tour of the various buildings full of antique tools and equipment. Any spare time was used for such games as rolling barrel hoops or playing with marbles.



On July 5 (rain date July 6), there will be a horse pull. Some years a second pull is held as a benefit for medical research. Spectators can see teams of Belgians, Percherons, and Clydesdales straining to move ever-heavier loads.

August 31 (rain date Sept. 6) brings another big event: the Harvest Festival and Ox Pull. This is the natural consequence of planting day, and continues to use period equipment. The threshing machine is really something to see, with its long, wide, belt looping around. Along with the harvesting and threshing, there are a number of other activities and displays, including several events just for the kids, and a Name That Tool contest that quite often is won by the person with the longest memory. A baking and produce competition is still in its infancy, but we're trying to get this off the ground. Anyone with a garden or who likes to bake can check the NFHC website for

specifications. The prizes are real: mostly gift cards for groceries.

On September 27 (rain date September 28), there is the Fall Tractor Pull. Participating tractors have to be pre-1965, or before they had front-end loaders. There are different weight categories, and trophies for prizes.

The Cookhouse, of course, is open for every event, with sizzling hot onions always on the go for hamburgers and hot dogs. Just this spring we've had to build an addition to the Cookhouse to make more space, and this is now the ice cream parlour. Live music is often being performed, either in Heritage Hall at the entrance or on the veranda of the Carriage House.

We still occasionally hear from people that they've never heard of Northville Farm Heritage Centre, despite all our posters, radio announcements, Advertiser, Berwick and Herald write-ups, and notices to practically every events website in the Valley! If you're one of them, you might consider coming to one of this year's events. You'll be amazed how much a small group of volunteers has been able to accomplish in very few years. Tours are available for groups, large or small, and if you just want to drop in casually some day, Wednesday is the weekly workday when a few hard-core members mow the lawn, do maintenance, construct new buildings, or touch up the paint job. There's even a quilting group that now works there on Wednesdays, and anyone who'd like to watch or ask questions about quilting techniques is welcome to show up. And - Heritage Hall can be rented at a reasonable price (call 538-9902) for meetings, birthday parties, or other alcohol-free events. The artifacts all around the walls will add real interest to any gathering, and there's a full kitchen.

Northville Farm Heritage Centre can be contacted at:

Email: info@northvillefarm.ca or Website: www.northvillefarm.ca

Up-coming Events: For details, email info@northvillefarm.ca

July 5, 2014 (rain date July 6): Horse Pull at Northville Farm Heritage Centre

August 31, 2014 (rain date Sept. 6): Harvest Festival and Ox Pull at Northville Farm Heritage Centre

September 27, 2014 (rain date September 28): Fall Tractor Pull at Northville Farm Heritage Centre



A Message From Your MLA

John Lohr, MLA Kings North

It has been my pleasure to be your MLA for some seven months now. I am slowly learning this new role and I must say it is a privilege to be serving as your MLA. Of the many nice things about the job is the opportunity to get to know the various communities better. In particular I have greatly enjoyed the Good Neighbour Club breakfasts and many other events I have attended in Centreville. I highly recommend their breakfast, which has the unique and much appreciated feature of allowing individual menu choice. I was particularly pleased to be able to introduce Resolutions in the House of Assembly: one congratulating both the Good Neighbour Club and the 40 volunteers who help to serve at these breakfasts, and another specifically identifying Ada McDuff of Centreville, who received the well-deserved recognition bestowed upon her as the Provincial Volunteer of the Year for 2014 by the County of Kings for her countless hours of valuable dedication and volunteerism in her community.

There is a constant variety of government announcements and I am including them in my weekly email newsletter. You can view past newsletters on my website at www.johnlohr.ca, where you can also sign up

to receive it by email if you choose.

Many of you have asked me about the condition of our roads and in particular all the potholes. I can tell you that all potholes will be repaired on Highway 359 along with shoulder upgrades but that, due to the harsh winter and high number of potholes to fix, it will take time to get to them all. Please email me at johnlohrmla@gmail.com or call my office 365-3420 to report any pothole you think needs urgent attention.

Recently a local trucker asked me why the weigh scales no longer gave out the trucks weights. Truckers use this information to adjust the trailers' rear axle location to better balance their loads. Also, overweight axles may trigger a fine in the USA even if the total truck weight is ok. I put in a request to the Minister of Transportation and Infrastructure Renewal to review this policy. As a result of that request the policy has been changed to now give truckers their axle weights upon request. There is no added cost to government to provide the information and the trucking industry is very pleased with this result. This is exactly how government should work, in a non-partisan way to best serve the public. My thanks to the Minister of DTIR for making this happen.

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



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

For more information or to register, call 585-1434 or 1-800-565-6568, or e-mail all@acadiau.ca

In Our Community

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

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.

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.

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.

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.

Centreville District Community Development Association (CDCDA)

Board of Directors' Meetings

Where: Centreville Hall

When: Fourth Thursday of the month

Time: 7:00 pm

*Exceptions: June, July, August and December
by notification*

All meetings are open to the public — come out
and

support your community's development!

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

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, August and December). All Centreville women are welcome to attend and join the Club.

Orchard Valley Pastoral Charge of the United Church of Canada

Currently there is a 10:00 am service at New Minas United Church, 130 Cornwallis Avenue. Starting July 6th - August 31st, there will be two worship services:

10:00 am New Minas United Church

11:00 am Covenanter Church, Grand Pre

New Minas Office: 681-0366