

THE CENTRE POST

Issue 39, December 2014

Next issue March 21, 2015
Submissions due March 1, 2015

Centreville Park Association News By Suzanne Trudeau

We have had a very hectic but productive fall. For our fall cleanup day, October 4th, we concentrated our efforts on clearing the area for our new playground equipment. It was physically demanding as the volunteers carried all the felled trees and branches from this area.

Many hours in rainy and cold November and into December were spent preparing the new play area. Our main goal has been to get this area clear of tree stumps. Two large loads of sand, then crushed rock, were levelled; topsoil will be applied and rolled to flatten it out over top. Specially designed chips will be the 'icing on the cake'!

The playground equipment was successfully delivered Friday, December 5th. There was a good turnout of volunteers who braved the cold, snowy weather to assemble the play structure. Unfortunately, due to some unforeseen glitches, we were unable to accomplish this daunting task.

The urgency for this project to be done now hinges on the stipulation that, in order to qualify for the Nova Scotia Accessibility Grant, it must be completed by March 2015. Let's hope that the weather cooperates to enable us to erect this structure!

The old blue slide will be relocated closer to the soccer fields this coming spring.

You may ask where the Area Rate money goes. This photo shows the end result of having a much needed new roof and new siding done to the maintenance/storage building at the park last spring. For those of you who are not familiar with the park, this building houses the lawn tractors, stores baseball equipment, provides winter storage of park paraphernalia, and has two public washrooms.

We will soon be installing surveillance cameras to deter further acts of vandalism at the park.



The maintenance building has undergone a new facelift. A much needed roof and siding were installed last spring thanks to this community's support!

Many thanks to the volunteers and this community, who are contributing to improve and maintain our beautiful park. We have a lot to be thankful for and to be proud of!



October 4/14, Fall cleanup ~ pile of brush removed from the new playground site.



Dec. 5/14 Eassons Transport Ltd. unload the playground components at the Centreville Park



If you have walked through the park recently, you will have noticed what at first glance resembles igloos. In fact these are the components of the new playground delivered on December 5/14.

Lead Editor's Note...

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:

Submissions/Set-up of newsletter:
Suzanne Trudeau at 902 678-7769
E-mail: centrepstlady@hotmail.com

To place an advertisement:
Mike Sweeney at 902 679-2780.

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

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Centreville Website

www.centreville-kings-county.com

If you haven't yet, pay the website a visit. It has lots of interesting information about the community – past and present – as well as a calendar of events, old photographs, items of concern to residents, past and current issues of *The Centre Post*, and useful links. It is a work in progress, and depends largely on input by you. If you have an upcoming event you would like posted, send the information to: events@centreville-kings-county.com

Look who is back in the saddle. Moi! After purchasing an iMac computer, the task of preparing the newsletter fell to Anne-Marie Waterbury and Elisha Harper until I learned how to use the new software. Thanks to their patience and knowledge, I have been able to put together this December issue of *The Centre Post*.

I just checked to see when I started doing the newsletter and the first one I did was December 2007! At that time I was flying solo but now I am very fortunate to have two wonderful editors to carry the load.

I'll never forget when Mike Sweeney approached me to see if I'd be interested in doing the newsletter (a friend and neighbour had suggested I might be interested and that I had computer skills). He appeared to be shocked at my response, which was "Yes, I would be".

I received a minimal amount of training and plugged away at it. My late husband supported me and was able to help me out when I got stuck with technical issues and kept me fed!

It's been a great experience meeting/talking to people of this community over the years. Many of you thought I might move back to Ottawa after my husband passed but I always respond with: "This is my home now" I have never felt such a sense of community and belonging anywhere else I have lived and I am grateful for this opportunity to continue working in this capacity for **my** community.

Those of us involved in the production of *The Centre Post* would like to thank everyone who makes this newsletter possible. I'm sure the readers join me in our appreciation of all the contributors whose time and efforts have made *The Centre Post* such a success. We are always looking for material - we believe there are lots of readers out there who have interesting stories to tell or information to relate. Please share them...

Each issue will continue to feature a local business that supports our paper through advertising. We hope you support them in return.

I am signing off the way I did in 2007: Have yourselves a merry little Christmas and a safe, healthy New Year!
Joyeux Noël!

Suzanne Trudeau (aka
The Centre Post Lady)



Centreville Park News Continued from P. 1



NEW SNOWSHOE LOAN PROGRAM AT OUR PARK

****BRING ON THE SNOW!****

By Suzanne Trudeau



The Centreville Park Association's newest and exciting project is our **snowshoe loan program**. Helen MacDonald has been instrumental in getting this activity up and snowshoeing! She successfully applied for and received a grant from the Eastern King's Healthy Kids Grant in the amount of \$1,500.00. She purchased twenty-four pairs of snowshoes, which fit children and adults.

Our goal is to transform the park from its current three season facility to a year round facility.

These snowshoes will be available to for loan on a daily basis and the pick-up and drop-off point will be at the park's maintenance building. You can book a time and date using the following email address:

centrevilleparkrec@gmail.com

There is no charge for the snowshoes; however, you will need to register and provide identification such as a driver's license or student card.

You can check our Facebook site to see what is happening at the park. Look us up under **Centreville Park** on Facebook. There, group snowshoe hikes will be posted.

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– Jack Canfield

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MAYFLOWER AWARD

Kentville Miner's Marsh

The Kentville Ducks Unlimited site, also known as Miner's Marsh, is found in a wetland habitat that supports a variety and abundance of wildlife. The protected site also includes 1.7 kms of maintained trails, which were built by the Town of Kentville in partnership with the Department of Health and Wellness, the Rotary Club of Kentville, and Michelin. The site is complete with viewing stands, picnic tables, and interpretative signage, which make it an ideal location for birdwatchers and nature enthusiasts.



The Mayflower Award presented to Grenville Jones (DU's NS Senior Director), by Rhonda Lemire, Executive Director, Recreation Nova Scotia.

When Ducks Unlimited purchased the land from the Miner family in 1998 the Town of Kentville, specifically Mark Phillips, immediately saw the potential to make a piece of protected habitat accessible to all residents of Kentville and beyond. Officially opening in 2010, Miner's Marsh has become a place where families

gather, where workers take their lunch breaks, where nature groups offer education and conduct research, and where a community comes together to learn and grow and protect a sacred space.

But before this could happen a number of steps were taken. First of all, in order to access the site to build the trail, private property owners had to come on board and either donate their land or agree to allow access by both Ducks Unlimited and the Town of Kentville. A number of ecology groups were brought on board to ensure that the ecosystem remained as protected and intact as possible during the building of the trail, and a local church had to agree to allow access from its property.

A large part of the building phase was spent trying to figure out how to ensure that the creation of a marsh would not negatively impact the flooding conditions in Kentville. The town was built on the Cornwallis River and has always had to take certain precautions to ensure safety. When the project was ready to move forward, a number of engineers, naturalists, and trail builders worked together to ensure the safety of the town and of wildlife, including finding a way to keep the water in the marsh. Over the years the marsh has grown and developed on its own, and is now home to many different species of birds, fish, beavers, muskrats and turtles, just to name a few.

After the trails were built and graded to allow for wheelchair users and benches were put out in optimal viewing areas, the final touch to allow for access was a bridge that would be placed over the Cornwallis River and would act as the major entry point to the marsh. The bridge arrived in two pieces and, with much teamwork from the Town of Kentville, specialized engineers, and incredibly skilled lift operators, the bridge was set in place in July of 2010 and community members were officially allowed access.

Recreation Nova Scotia is pleased to present Kentville Miner's Marsh with the Mayflower Community Cooperation Award.



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By Gail Salmon

I recently sat down with Jenny Magee, owner of Heritage Land Surveying. She and her husband, Sean, moved from British Columbia to settle in Centreville. Their love of the ocean, water, and a rural lifestyle encouraged them to start adventures that led them to Nova Scotia and, eventually, the Valley.

Jenny says that she had always liked the outdoors: her father took her fishing, hunting, and camping. She admits that she was a bit of a tomboy. She needed a profession that would allow her to utilize her skills and her passion for the outdoors. Growing up in Chemainus, a seaside community on Vancouver Island, she enjoyed the small town ideology that would be important to where she would settle.

Jenny met Sean in surveying class at the British Columbia Institute of Technology (BCIT), from where they graduated, and they have been together both in marriage and business ever since. Sean had been to Nova Scotia years before and believed that they should take a tour of rural areas across Canada and Nova Scotia in particular. After three years of university they took two and a half months in the summer, bought an old 1980's Volkswagen van, loaded up their mixed golden lab, and headed off for a trip East.

Jenny says that when they hit Nova Scotia she knew she was home, especially when their van broke down outside Halifax. A woman came over and said that she couldn't fix the van, but gave them lunch as a kind gesture. Then, in Liverpool, they spent seven days at the Privateer Festival where the generous spirit of Maritimers became clear. After renting in Wolfville, they found their current house, a 150-year-old heritage home on three acres, in Centreville. Settling right in, she joined the Good Neighbour Club, took up Scottish dancing, and Jenny and Sean are welcome additions to the community.

Jenny returned to BCIT to finish her last year, and graduated with distinction with a Bachelor of Technology in the field of geomatics (earth math). She was one of two women in the program. She is the fourth ever female land surveyor in Nova Scotia, and the first in twenty years. Jenny had to work for two years 'article training' to get her land-surveying license and she worked in both the Valley and Halifax. She said that she got her license and discovered she was pregnant at around the same time. Now their son, Weston, is 11 months old and her business is up and running. Jenny says that everything has fallen into place. Heritage Land Surveying Ltd. came to fruition in June 2014 and has an advertisement in the yellow pages. Jenny specializes in legal surveying and is commissioned as a Nova Scotia Land Surveyor. Sean excels in and manages the construction surveying for the company. Jenny is adamant about the personal touch in her business. She is willing to discuss questions about personal problems with property, boundaries, research, and other questions pertaining to surveying and/or if you just want to know more about the process. Jenny believes that it is important to keep the personal touch and the small town "community" philosophy, and invites home-base business calls about property; as she says, "Striving to provide exceptional service and efficiency" is her business.

Jenny's website: www.heritagelandsurveying.ca

Email: HeritageLandSurveying@gmail.com



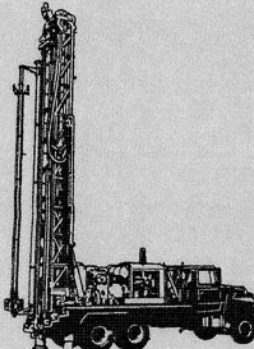


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The Centreville District Community Development Association's eighth annual Christmas Tree Lighting

was held December 8th at Centreville Hall. Marc Potvin did a great job as emcee and in leading a carol sing. About 80 people - many of them very small - braved the cold to join in the festivities. Several took the opportunity to go on a wagon ride with Scott Henshaw and his beautiful horses. Ada MacDuff, long-time Centreville resident and the Municipality of the County of Kings Volunteer of the Year for 2014, turned on the tree lights. Hot drinks and cookies followed this in the hall, which helped thaw frozen fingers. Thanks to Ken Morse for the donation of a beautiful tree.

The Good Neighbour Club's Entertainment Committee hosted the **December 4th Christmas dinner**. A beautiful turkey meal was served and yummy desserts: rum cake, chocolate log cake, cranberry cheese cake to name a few of the 'to die for' desserts. Santa gifts were distributed to the reading of Twas the Night before Christmas by "Mrs. Claus", aka Joanne Towwson. Secret Pal gifts were also distributed and new Secret Pals chosen for next year. The members of the Entertainment Committee were thanked and greatly appreciated for the awesome meal and joyful evening!



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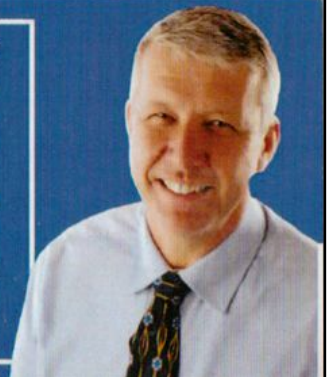


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Story from the Family Farm

by Mack Frail



I often gaze to the west beyond Highway 359 towards the area known as the meadows. The land northwest beyond Gerry Frail's greenhouses was known as the north meadows, and the land that extends south beyond Highway 221 West was known as the south meadows. Gerry's pond was also part of the meadowlands. This was the location of the first agricultural activity in Centreville. The ditches the French Acadians dug to control the water level of the brook, allowing them to make use of the meadowlands for agricultural purposes, remain visible. The New England Planter settlers made use of the land brought under cultivation by the Acadians, and their earliest cleared fields extended from the meadows. The mid - winter and spring freshet prevented the growth of bushes and provided the rich sediment in the meadowland soil. Prior to 1960 the flooding of the meadow occurred annually. Modern land drainage methods play a part in preventing the meadows from flooding. Our climate change is also partly responsible. Historical accounts from 1800 mention the January thaw and the spring freshet, when the melting ice and snow would cause the meadowland brook to overflow.

Generations of children and adults have skated on the Centreville meadows. I recall skating from Highway 359, across Highway 221 West that was flooded with ice on the road, and continuing to skate on the south meadows beyond the North Mountain Railway bridge and into Billtown. Some of the children living on Highway 221 West skated to school. There are a few residents of Centreville who can remember when we had bonfires and great times skating on the meadows. The Porters' diaries, beginning with Owen Porter in 1864 and his son William's diary in 1899, provide a description of the Centreville meadowlands that were a part of their farm on Highway 221 West. Owen mentions the annual floods and both mention people skating on the ice. William (known as Bill) also mentions loading his horse - drawn wagon with the rich deposits taken from the drainage ditches, which he refers to as "muck". The muck was used on their upland farmlands as a fertilizer.

Before the meadowlands became overgrown with bushes, the view from our family farm where I was born and lived for over seventy years was very scenic. It changed with the seasons, as did the activity that was taking place on the meadows. It was a pleasant sight to look off in the distance and see deer grazing or coming to the brook to drink, and the farm animals that were pastured on the meadows. During trout fishing season it was seldom that someone could not be seen fishing in the brook that wound its way through the meadows. I learned to swim in the swimming hole where previous generations of boys had also enjoyed the cool brook water. My first visits to the brook were before the age of five. I would become excited when my mother packed a picnic lunch and, with an older sibling, we would journey along the well- beaten path to the brook, where I had the most wonderful time. Anyone who has experienced playing in a brook or stream as a child will understand the enjoyment that can be had.

During the 1930s and 1940s most rural families experienced hard times, and trapping muskrats on the Centreville meadows was one of the ways to earn some spending money. As young boys we had good success in trapping, but our father was expected to do the more tedious job of removing the pelt without doing damage. We were paid \$2.00 to \$3.00 for a good muskrat pelt: compared to wild rabbits at 25¢ a pair, it was a lot of money.

My father, with the help of my four older brothers, harvested hay on the meadows. Being the youngest son I was of little help but I went along with them to the hay fields, enjoying the ride on the hay wagon hauled by our yoke of oxen. I have happy memories of playing in the fields and streams and the ride home on top of the load of loose hay. It was soon realized by family members that I could be of assistance. Going to the nearby spring for a bottle of cool drinking water was one of my first tasks, along with tramping down the loose hay and teaming the oxen. These jobs were fun and I felt proud that I was given the important job of teamster. Thinking back, I do recall a lot of anxious commands of "gee" or "haw" from those pitching on the hay, which were given to prevent the oxen from going in the wrong direction. I was eight when my father sold our oxen and purchased a team of horses that I was able to use to help harvest the meadowland hay.

The Centreville meadowlands that provided the most suitable location to begin agricultural operations are of no use to today's farmers with their large tractors and farming equipment. The meadows provided our early history, agricultural benefits, sports, and recreation for the community of Centreville. When I look towards the meadows I often have a feeling that is difficult for me to describe: it is a sad feeling, like the loss of a friend.



Regardless of religious belief, each of us knows the meaning of Christmas because of its spirit of generosity. The great commandment of the Christian faith to "love your neighbour as yourself" has universal appeal, and it goes into higher gear at this time of year. I can imagine various ways we'll find to make a difference, small or large, for someone less fortunate than us in the weeks ahead.

I've seen the spirit of Christmas flow across this community year round since becoming your municipal councillor two years ago: Christmas in December, but also in July and every other month, too.

Events and improvements at the Centreville Baptist Church, the park, the hall, the museum and the Northville Farm Heritage Centre come immediately to mind. I think fondly and thankfully of the many steady volunteers who keep it all organized. There's also the vital contribution of all who support that work as often as they can. We see it in quilt show attendance, park cleanup days, big breakfasts, fuel suppers, and tractor pulls. So much fun! So many dollars in the hat! So much Christmas spirit every month of the year!

No greater respect can be given than that afforded volunteers. Councillor Van Rooyen sits beside me at council. I've come to greatly respect her sharp mind and youthful wisdom, but never more so than a few weeks back when she pointed out in chambers that it's a good deal when the province matches the costs of municipal projects dollar for dollar. Then came her clincher, the truth of the matter... That it's a very much better deal when a municipal dollar is awarded to a community organization where a dollar is stretched to its elastic limit through volunteer labour. It's an awesome sight to see community projects unfold at a fraction of the cost that would otherwise be required.

Every volunteer is notable. We would need a very fat edition of *The Centrepost* to publish the names and photos of everyone who helps this community. But we can choose one above all others to carry our deepest thanks at this time of year to every community helper.

As this year draws to a close I'm taking the opportunity in this column to shine a last spotlight for the year on Ada MacDuff. She was nominated last February by the Good Neighbourhood Club and was selected as the Municipality of the County of Kings 2014 Volunteer of the Year. While she still holds that spot let's give thanks once more.



Wishing Ada and every volunteer a happy holiday season is a pleasure not to be missed. May each of you and every family enjoy a safe holiday. I hope it is filled with blessings, peace and good cheer.

As always, don't hesitate to call me at 902.670.2949 if you need help, information, or if you want to discuss any item or issue. I look forward to seeing you in 2015.



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RECIPES FROM BETWEEN THE BUSHES RESTAURANT

Submitted by Margie Brown
The Nova Agri Group of Companies



Blueberry Brunch Strata

- 12 slices white bread, cut into 3/4 inch (2 cm) cubes
- 2 (8-ounce/250 g) packages cream cheese, cut into 3/4 inch (2 cm) cubes
- 1 cup (250 ml) fresh or frozen blueberries* (don't thaw)
- 12 eggs, beaten
- 2 cups (500 ml) milk
- 1/3 cup (75 ml) maple syrup

Extra maple syrup is optional. Drained yogurt ** is optional.

Put half of the bread cubes into a greased 13 X 9 inch (33 X 23 cm) baking dish or pan. Place cream cheese cubes evenly over bread. Sprinkle blueberries over top and cover with remaining bread cubes.

In a large mixer bowl: beat the eggs; add milk and maple syrup and beat until combined. Pour the egg mixture evenly over top of layers in the pan. Cover and place in refrigerator overnight, or for at least 8 hours, to set.

Remove pan from refrigerator half an hour before placing in oven. Bake, covered, at 350°F (180°C) for 30 minutes. Remove cover and bake 25 minutes longer, or until lightly browned. Serve with maple syrup or drained yogurt, or a mixture of both.

Makes 12 servings. This recipe can easily be halved: bake in an 8-inch (20 cm) square dish, and bake 10 to 15 minutes less, or until set.

* Frozen Blueberry Acres blueberries are available at the main office, 1225 Middle Dyke Road


** To make drained yogurt, spoon plain yogurt into a sieve lined with a paper coffee filter. Place over a bowl, cover, and refrigerate overnight. Discard or reserve the resulting liquid for another use.

HOLIDAY TURKEY CASSEROLE

(this recipe, which was submitted by one of our readers, is being re-printed for your holiday enjoyment!)

- 2 cups cooked and diced turkey
- 1 cup chopped celery
- 2 cups cooked rice
- 1-cup sour cream
- 2 tbsp. finely chopped onion
- 1-cup evaporated milk
- 1 can cream of mushroom soup
- 1 tsp. Worcestershire sauce
- 2 tbsp. lemon juice
- 2 chicken bouillon cubes dissolved in ½ cup boiling water
- ½ cup cheddar cheese (grated)
- 1 cup crushed crackers or breadcrumbs

1. Combine all ingredients except cheese and crackers in large mixing bowl; stir to mix.
2. Turn into a greased 2-quart baking dish.
3. Sprinkle cheese and crackers over top.
4. Bake at 350 ° F for 45 minutes
5. Makes 6-8 servings



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**Services this Christmas Season
at Centreville Baptist Church**

Christmas Sunday (21 December) 10:30 a.m.
Children and Youth led Celebration of the Birth of Jesus

Christmas Eve Services at Centreville Baptist Church:

Family Celebration: 6:30 p.m.
Candlelight Celebration 9:00 p.m.

“How to Make Someone Happy”

By Marc Potvin

Like me, you have probably seen the new Coca Cola advertisement for this Christmas season. It is called *How to Make Someone Happy*. It is coupled with a song popularised by Jimmy Durante called *Make Someone Happy*. I must say that it is very effective. In each vignette, someone is seen giving something to another person who is not expecting it. The smiles and the joy seen on the faces of the recipients are heart warming.

Coca Cola is a very creative company. It could be said that Coca Cola invented Christmas the way we know it today. They literally created the image we have of Santa Claus today. They spread the message of peace and unity. And they have used the power of marketing to remind the world of the importance of sharing.

Of course, none of what they do hurts their bottom line. Yet, whether we drink Coke or not, the influence of the messages cannot be discounted. They hold a lot of truth. When I think of the first Christmas, it was all about making someone happy. Let me explain.

On that first Christmas, we are told that God, the creator of the universe, came to earth to visit us, becoming one of us. He came in the person we know as Jesus, the Christ. The reason for his visit was simple. He wanted to share with us



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the true meaning of love. Love is about giving. It is about sharing. And a side effect of love is happiness. It is happiness for the recipient and the giver. It was with a deep sense of joy that God came to visit us. And it brings Him great joy when we discover that love is not about ourselves. It is about others.

Taking away the commercial aspect of Coca Cola's Christmas advertisement, that is the message of *How to Make Someone Happy*. It is about the impact of love.

May this season remind us about the joy that is ours in love: the love of God, the love of others, the giving of love. And may these words remind us of the truth of Christmas. “You’ll not likely go wrong here if you keep remembering that our Master said, ‘You’re far happier giving than getting (Acts 20: 35).’”



May you and yours have a blessed Christmas and a New Year filled with the miracles of God's love.

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Let's Talk About Raw Dog Food

On November 25th, Pineo's Pet Spaw staff sat down with the owner of Inner Wolf, a locally owned and operated grass-fed, ethically-raised livestock farm that produces raw dog food for a select few business around the province. Pineo's Pet Spaw will be one such business.

So what is raw food and why should you feed it?

That's exactly what everyone seems to be asking us lately, so we've decided to dedicate this article to the benefits of feeding raw (or supplementing your kibble with it) along with adding additional supplements to your pet's diet, and how you can go about doing all of it.

So what is Inner Wolf raw dog food?

The protein base in their raw dog food comes from their grass-fed and ethically raised and slaughtered lamb, beef, duck and chicken. That means that 90% of the animal (the exceptions being the coat, head, and stomach) is ground together and formed into 100 g and 1 lb frozen balls for consumption. The stomach tripe from the beef and lamb are also saved and then ground and formed into 100 g and 1 lb frozen balls for consumption. Inner Wolf also produces raw bones, raw tripe stuffed treats, tripe treats, and baked cookies.

So how do you know what and when to feed?

Based on a 1-week schedule (and it can be as flexible as you'd like) you'll want to provide strictly protein 4 or 5 days a week (ground protein), raw bones 1 day a week (also known as a fasting day) and vegetables/probiotics (tripe, kefir or coconut milk) 1 or 2 days a week. To balance the diet you'll want to add omega-6 (coconut oil), omega-3 (wild salmon, sardines or an omega-3 oil), and also some herbs (turmeric, milk thistle or shiitake mushrooms). You can also add spirulina, raw honey and glucosamine for added benefits. Mix it up; give something different every day – just like you would yourself.

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So what does all this do for your dog?

Feeding raw has many health benefits, but mainly it returns your dog to its natural nature of eating. Kibble has only been around for 100 years, and if you look at that and then at the diseases and ailments that today's dogs have that didn't exist even 50 years ago, you'll notice that kibble is almost always the common denominator. Feeding raw can prevent, alleviate, and eventually (in most cases) eliminate all of the following: allergies, cloudy eyes, yeast infections, skin and coat deterioration, brittle nails, dry and cracked pads, bad breath, dirty teeth, sore joints, infected ears and **cancer**. While there are a few side effects when starting a raw diet (loose stools and vomiting) they can easily be explained by your dog's lazy digestive system (which kibble enables) and will not last. And yes, a dog can handle the live bacteria on raw food.

Do you have to feed strictly raw?

No, you don't have to go 100%. You can start by supplementing your dog's current kibble with any of the above items and go from there. *You* may not like it, but we can guarantee that your dog will like some - if not every - part of it, and you'll see a difference in its quality of life.

How do you learn more?

We welcome anyone to come in and speak to us about the raw diet and what it could do for your dog. We will be hosting an informational session with the founder of Inner Wolf in late January: more details will be posted online on our website and our Facebook page, as well as on the roadside sign and mailed flyers.



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Cruise vs. Land-based Travel

by Heather M. Kennedy CTC

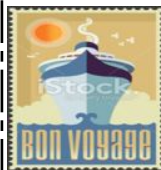
When you tally up the costs of a land-based vacation versus a vacation at sea, there's a good chance that the at-sea option will offer a better value ... that is, if you choose the right company. A cruise is pretty much a package deal, with lodging, food and entertainment often all covered in the fare.

You'll stop over at four islands during the course of your seven-day adventure, and at each one you'll have the opportunity to experience its unique vibe and perhaps enjoy some fresh, local cuisine. During your days at sea, you'll eat fancy meals in the ship's main dining room, relax at the pool and spa, and see Vegas-style shows the whole family can enjoy. Your cabin has enough sleeping room for everyone, a bathroom and a private balcony where you can peer out into the endless ocean.

Does this sound like a dream? Fortunately, cruising is a real vacation option for families. What's even more surprising? You may even be able to afford it.

Nearly 21 million people cruised globally last year, with about 17.6 million setting sail from North America. That's a lot of people any way you cut it, and it speaks volumes about the popularity and convenience of cruising as a vacation option for families.

Price-shopping for a cruise can be an eye-opening experience, simply because it is far less expensive than many people think. Take a four-day Western Caribbean cruise with Carnival Cruise Lines, for example, where prices run as low as \$124US per person for a family of four, plus taxes and port fees. Likewise, a seven-day Carnival Cruise to the Eastern Caribbean runs as low as \$204US per person for a family of four, plus taxes and port fees. And remember, your cruise price is inclusive of many



typical vacation expenses such as your meals and entertainment. We just need to add airfare to your cruise and there you are, your cruise vacation is just waiting for you!

All cruises and cruise lines are different, but they all offer a convenience that is unmatched by any other type of vacation. Once we pick the cruise and line that offers the destinations you desire, you literally just have to pack and show up. The rest of the details we take care of for you.

For further information regarding the various cruises, please call or email me. I will be happy to provide all the information you will need to decide the right one for you!



GOOD NEIGHBOUR CLUB NEWS

By Susan Wood

The Good Neighbour Club would like to thank everyone who participated in helping with a very successful Annual Fuel Supper on October 25th. The Centreville Hall is a very active part of our community, and it is great to see it being so well used and the improvements made every year.

The GNC has been busy since resuming in September, with a breakfast in September, the Fuel Supper and a catered event in October, and our breakfast in November. The November breakfast was the last one for 2014, with the next being held on January 17, 2015. We would like to thank you, the people of Centreville, for your helping hands with our breakfasts.

Our Christmas party on December 4th was the last meeting this year; meetings will resume on January 15, 2015. Every woman in the community is invited to come and see the fun we have and participate in making our community a better place to live.



Many thanks to Marilyn Gabriel who headed the Entertainment Committee this year. At our dinner, we were graced with a visit from Mrs. Claus (a.k.a. Joanne Townson) With the help of her elf sister, Marlene Dufour, and the other members of the Entertainment Committee, we transformed the hall into a Christmas Festive Wonderland! To the left is yours truly, Suzanne Trudeau, aka The Centre Post Lady. (Please put a good word in for me with Santa, OK?)

Centreville "50" Plus...
Friends enjoying friends
Darrell Spurr, President

The Centreville "50" Plus seniors' group has enjoyed a very active autumn. In late September we held our annual BBQ and enjoyed all the tasty burgers and hot dogs prepared by chef Darrell with assistants Glennie, Marion, and Barb. In October, Halloween was celebrated with costumes and special treats. November being Prostate Cancer Awareness Month, eight members of our club offered to grow moustaches as a fundraiser. Each week members and guests voted for the best 'Mo' by making a monetary donation. 'Mr. Movember' was Mel Bartlett, and a donation was forwarded to Prostate Cancer Research, Atlantic Division.

As I write in late November plans are in place for our Christmas dinner on December 10th, with 60 members and guests signed up. A gift will be presented to each member and guest. Members will bring donations for the food bank. We have collected money weekly for Christmas Daddies, and a donation will be made to this event. This will be our last session this year, and we will start up on January 7, 2015

We meet every Wednesday from 1:30-4:00 pm. Area seniors are encouraged to join our group. We play card and board games, and monthly birthdays are celebrated on the third Wednesday of each month.

***Wishing all a Merry Christmas and Happy New Year
from Centreville "50" Plus.***



Centreville Hall

by Budd Murphy

As fall is well upon us, there is some good news to report about the Centreville Community Hall.

At the end of summer the interior of the hall received a coat of paint and the hardwood floors received a top up of finish to help them stay in good shape for some time to come.

In October the back parking lot was further expanded and some repairs were made to the existing lot. To the members and guests taking advantage of onsite parking, thank you. With fewer vehicles parking on the edge of the highway a safer environment is created for all.

The improvements in and around the hall are in part financed through the Municipality of Kings Community Hall Assistance Program.



MOVEMBER
CENTREVILLE "50" PLUS 2014

Meet the men from Centreville 50 Plus who participated in Movember 2014. Mr. Movember for 2014 was Mel Bartlett with the majority of votes.

Front row: Reg Saunders, Don Welton, Lee Porter
Back row: Charlie Taylor, Doug Brown, Darrell Spurr,
Mel Bartlett.

A great job, guys!



Not only did the men participate....but the ladies did also.
Front row: Barb Keizer, Ellen Saunders, Joan Williamson.
Back row: Marge Welton, Marion Seamone, June Hoyt,
Mickie Ward, Myra Spurr.

Thanks ladies.....Great job!



Centreville Baptist Church Choir at the Annual Canning and Area Interchurch Council Harvest Hymn Sing



HARVEST HYMN SING

On November 2nd, a cold, windy, rainy night approximately 200 people gathered at the Canard Community Church for the annual Canning and Area Interchurch Council Harvest Hymn Sing. Ten churches from the area participated: Cornwallis Baptist, Canning Baptist, Emanuel United Kingsport, Hall's Harbour Baptist, Centreville Baptist, Arlington Baptist, Good Intentions from Scott's Bay, St. Lawrence Catholic, Pereau Baptist and the host church Canard Community Church. There were choirs, duets, solos, quartets, a quintet accompanied by organ, piano, guitars, a ukulele, and a violin. The Rand Brothers brought variety with their four horns. The evening concluded by all the choirs and singers joining together to lead the congregation in the final hymn, "Guide me, O thou Great Jehovah". This is an annual event for the Interchurch Council to raise money to take care of any emergencies they may have to deal with during the winter months. \$1400.00 was raised at the concert. A fellowship hour followed with a table laden with goodies supplied by the participating churches.

The Canard Community Church congregation purchased the former Canard Trinity United Church building in Upper Canard on May 15, 2014 and hold Sunday services at 10:00 AM each week. We are an independent congregation not affiliated with any particular denomination and everyone is welcome at our services. The Reverend Dr. Robert Wallace of Wolfville is our clergy person.

It was most inspiring to host ten church congregations at the November second annual Harvest Hymn Sing. The old church building, built in 1848, came alive when a full house enjoyed the wonderful musical offerings on the program and took part when we all joined together in song.

We are very thankful for the support we are getting from all over the county. This landmark on Canard Street looked quite forlorn when it was empty with a "For Sale" sign out front, but now it is again a House of Worship.

Thanks again,

Glenn Ells (902-582-7298)

President, Canard Community Church

CDCDA BURSARY

Note: The Centre Post staff apologizes for our oversight in failing to mention the Reids in the September issue.

For the past several years the Centreville District Community Development Association (CDCDA) has been awarding a \$500 bursary to a graduating Northeast Kings Education Centre (NKEC) student who lives in Centreville. This year's recipient was Kelsey MacDonald, daughter of Helen and Rod MacDonald. ***Proud grandparents are Ann and Peter Starkey and Shirley and Art Reid, all of Centreville.*** Kelsey will be pursuing a nursing degree at St. Francis Xavier University. David Briggs, CDCDA president, presented the bursary to Kelsey at the NKEC graduation ceremony in June.



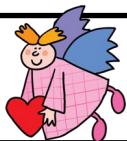
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Community Groups



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. **Next meeting: January 15/15**

'Big Breakfast'

The 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, October, and December. Choices include eggs, bacon, sausages, baked beans, hash browns, toast, tea, coffee, and juice.

Free-will Offering

Next breakfast is on January 17/15



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 **Ann Steadman** at **902-678-4472**

TOPS

TOPS meets at the Centreville Baptist Church, Murray Drive, on Monday evenings. Weigh-in is from 6:00 to 6:30 pm, followed by a short meeting. 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 Co-Leaders **Hope Shanks** at **902-678-1302** or **Madeline Sheffield** at **902-678-7584**.

Al-Anon

Are you affected by someone else's addictions? If so, Al-Anon is for you. Al-Anon is a support group for families and friends whose lives have been affected by someone else's drinking, drugs, etc. Our meetings are held **every Tuesday at 10:00 am at the Baptist Church here in Centreville**. For more information, please contact **Beverley** at **902-678-4798**.

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, August, October and December.

All batteries can be turned in **except** car batteries.



'50-Plus' Fun Group

The '50-Plus' Fun Group meets at the Centreville Hall every Wednesday, 1:30 - 4:00 pm. New members are welcome.

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 - January 15/15

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!

Next meeting: January 22/15

Tapestry Cancer Support Group

For women with and/or recovering from any type of cancer.
Meetings: the 3rd Thursday of each month.

Info:

Dorothy	902-538-3374	msalsman@xcountry.tv
Pat	902-678-9100	patmutch@hotmail.com
Margot	902-542-1466	margotwithat@hotmail.com



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