

# THE CENTRE POST

Issue 40, March 2015

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

## *Pins and Needles*

*by Gail Salmon*

February's brutal snowfalls and cold had this humble reporter looking for a little comfort out of the house, and I found it when I went down to visit the Comfort Quilt, offshoot of the Pins and Needles group, at the Centreville Hall. I met Ruth Peskett, Ann Cameron, Ada MacDuff, Marj Taylor, Sandra Cook, and Helen Archibald, who are only a few of the many who meet the first Tuesday morning of the month to quilt. They are also Pins and Needles members, but found that they needed more room than available at the Thursday Pins and Needles meetings to plan, set out, and work on their quilts. They enjoy being able to discuss colours and patterns with the other quilters, as well as chatting over coffee and lunch.

But the Comfort Quilt group provides so much more. They make about 50 quilts a year, which are all donated where needed. These quilts have been donated to the IWK Hospital, Valley Regional Hospital, Chrysalis House, Inn from the Cold, nursing homes, the Salvation Army, the Chemo Unit, the Pregnancy Centre (baby quilts), and to community residents, such as for the sick or for victims of fire. They made two Quilts of Valour that were donated to injured soldiers. As each quilt is labeled or embroidered with a note that reads, "*Especially for you. Pins and Needles Group, Centreville, Nova Scotia*", one of the soldiers was able to write a thank-you note in response.

Community members, Pins and Needles members, and people in surrounding areas donate the fabric for the quilts. The quilters also supplement with their own material; the batting and thread, however, are provided by the Pins and Needles members. To offset the cost, tickets were sold on a quilt: enough money was raised to purchase supplies. As the quilters only meet once a month, much of the work is done in their homes. They do find the extra space at the hall is a great advantage for laying out their quilts. There are many other volunteers who work on other jobs such as tying the quilts. In fact, one of the husbands helps with tying and is enthusiastic when a new quilt is brought home.



The Pins and Needles group is abuzz with knitting, felting, hooking and many other kinds of craftwork. They meet the first three Thursday mornings at the Centreville Hall and the last Thursday of the month at the Centreville Baptist Church. Pins and Needles is a non-profit group that began on January 27, 2005, when two Centreville residents, Ada MacDuff and Ann Steadman, decided that it would be fun to be able to sew and socialize at the same time. After setting up a place and time, the group formed with nine members the first year. Since that time the membership has grown to over 50, who come from all over Kings County. The Hall provides them with a large place to set up sewing machines (which they bring) and room to set up material and patterns. All pay three dollars each time they come as rent for the hall or the church, and this money has helped for upkeep and upgrades to the two buildings.

Some women knit items for donation, such as children's hats, mittens and sweaters, preemie hats, and afghans. Others just bring their sewing, which has included hemming, decorating, mending, and curtain making: it seems that if you can bring it, you can make it there and chat with a wonderful bunch of women. Everyone brings her own snacks and/or lunch, and all enjoy the chance to visit while they eat (though I found that they tend to chat about their crafts). There are no classes of any kind but you can watch and learn and ask a question or two, as their knowledge is extensive. The social part of the group includes a Christmas party and a June closing dinner. For the Christmas party they bring in items for the Food Bank in lieu of a gift exchange. Ada said that with so many members they find it hard to find a restaurant, and end up having potlucks. If they cook nearly as well as they do their crafts, the food must be delicious!

In May, the Centreville Baptist Church will host a quilting show. Many of the Pins and Needles quilts will be on display and many of the quilters will volunteer their time to help out.

All donations of fabric are appreciated, and anyone is welcome to join.

**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 902-678-7769  
E-mail: [centrepostlady@hotmail.com](mailto:centrepostlady@hotmail.com)

**To place an advertisement:**

Mike Sweeney at 902-679-2780

**Associate Editor's Note**

We have had a hard winter this year with a lot of snow. Hopefully spring will be here soon, bringing with it warmer weather and melting snow.

Thank you to everyone who submitted articles for this issue of *The Centre Post*.

Happy Spring!

Elisha Harper

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

I'd do some spring cleaning, but then I'd just have to turn right around and do it again next spring.



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**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.

**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](mailto: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:

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**Centreville 'Events' Website**

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## Ducks Unlimited Rebuilds the North Branch in Sheffield Mills

by Gren Jones

The Habitant River runs through Sheffield Mills en route to Canning, and eventually to the estuary near Kingsport. In 1978, Ducks Unlimited created two wetland projects, the larger of the two being located near the Hennigar Warehouse on Middle Dyke Road not far from Bains Road. The second wetland is located below Bains Road just east of the intersection of the Black Hole Road. This area is very rich in habitat for fish and wildlife while also catering to the needs of the farming community by providing water for crops.

Like its larger sister project, the Bains Road wetland has a fishway to allow fish to move freely through the watercourse between the Mills and Canning. It is not visible from the road, but this rebuild is very important for the wellbeing of the Habitant River and its wetlands. Acadia University students have involved this system in a graduate study on fish habitat.



In 2013, Ducks Unlimited requested permission from the Department of Fisheries and Oceans to rebuild the North Branch. It was in great need of repair. The dam and the control structure had been untouched for over three decades. The culvert was almost completely destroyed.

The approval to rebuild was given this year and a new plan for an enlarged fishway and larger dam were planned. The fish ladder has five steps and is about 20 feet long. The dam is now three feet higher than the original. In addition, the federal government's Fishway Initiative provided necessary funds to help cover the cost of this extensive rebuild. Work began in late August and continued in earnest through September and October. Howard Little Excavating Ltd. was the successful bidder, and the rock that was used came from a nearby quarry, helping to keep costs within the budget.

I have been to see the project numerous times to check on the flow and it is handling the large volume of water brought on by the rains without any difficulty. Local landowners along the project should be very pleased with this new work.

If you have any questions about the work that DU is doing in this area, or if you are interested in creating a wetland on your property, here's my email: [gc\\_jones@yahoo.ca](mailto:gc_jones@yahoo.ca).



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## CDCDA Bursary

The Centreville District Community Development Association (CDCDA) is again offering a \$500 bursary to a graduating NKEC student. To be eligible, the student must live in the Centreville District, be graduating in the spring of 2015, and be enrolled in an educational program in the fall of 2015. Applications and further details are available at the school.

## Centreville Baptist Church

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## **After School Program**

### **Centreville Baptist Church**

The After School Program at Centreville Baptist Church is an initiative that was created in partnership with Aldershot Elementary School. After much time researching the Centreville community, engaging with many residents, and conversations with Aldershot Elementary, our team at Centreville Baptist Church gained great insights into the needs of those in our community. The After School Program team used the results of the research to intentionally and carefully design the After School Program. The After School Program gives students a safe, well-supervised place to go after school hours, where they can socialize with their peers and adults. Aldershot Elementary informed our team that many students are not getting an adequate amount of physical activity during the day, many students are not able to make healthy snack and meal choices, and many students are not experiencing enough social interaction time.

The After School Program has been strategically designed in order to combat many of these issues that young people are facing. The primary focus of the After School Program is tutoring and healthy living. Each student is partnered with a tutor who works one-on-one with the students, completing individually designed educational support. A second primary focus of the After School Program is healthy eating. Students learn how to make healthy snacks, and are given an opportunity to put those new skills to use. A third primary focus of the After School Program is thirty minutes of physical activity. Students get time to play and interact with each other, which is something that this generation needs.

Currently, the After School Program runs once a week, for three eight-week sessions. It is our desire to grow this program to run twice a week, for the entire length of the school year. In order for our team to be able to run this program more frequently and maintain a high level of success, our team will need to secure the financial resources to make this growth positive.

For more information about the program, contact Patrick Brightman at Centreville Baptist Church (902.691.0195)

*The Centre Post is pleased to have been able to provide financial support for such a worthwhile project.*



## Charles Macdonald Concrete House

by Fred Macdonald

www.concretehouse.ca

### Our Uncommon, Common Man in Havana

On May 6, 1898, Charles Macdonald went to sea, sailing from New York on the three-masted sailing ship *Francis S Hampshire*. Becalmed for days off the coast of Brazil, Charlie watched as steamships effortlessly passed by. Realizing the end of the days of sail were at hand, in Barbados he signed on to the SS *Buffon* of the West Indies trade and for the next year and a half steamed to ports throughout the Caribbean and Gulf of Mexico.

While many are familiar with sketches and watercolours of his worldly travels, few are acquainted with his talents as a photographer. A surprise discovery by the Charles Macdonald Society is a photo album of his visits to Cuba at the end of the Spanish American War. The photographs offer a social, political, and military snapshot of turn-of-the-century Havana. Cuban officials in charge of the ongoing restoration of Old Havana, a UNESCO World Heritage Site, have conveyed their historical value to us. This summer we will exhibit reproductions of this never-before-seen collection at The Charles Macdonald Concrete House here in Centreville. Watch for dates so that you may join us for this one-of-a-kind look at Havana, Cuba, during a pivotal point in her history.

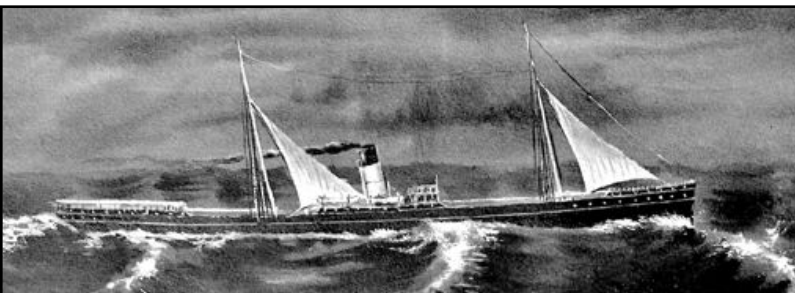


### Blue Cottage News

In the 1930s, Charles Macdonald and his compatriots at Kentville Concrete fashioned a community of five concrete cottages at Huntington Point on Nova Scotia's Bay of Fundy. It was an experiment in design and functionality demonstrating the merits of concrete as a building material. In subsequent years, Charlie realized a small business in renting the cottages to friends and acquaintances for holidays. In recent years, The Charles Macdonald House of Centreville Society has carried on in similar



fashion, offering the Blue Cottage to members/guests for weekly vacations. By carefully managing the funds generated by the practice, we are now happily in a position to retire our banking obligations at the end of this year's season. And to celebrate, we are hoping to offer an unprecedented weekend of tours of the four remaining Charles Macdonald Concrete Cottages in early October. Watch for updates in future editions of *The Centre Post* and on The Charles Macdonald House of Centreville Facebook site.



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## Good Neighbour Club News

by Susan Wood



No lack of snow and nasty Thursdays meant the Good Neighbour Club's February meetings were cancelled. As a result, Valentine's Day was celebrated at our March 5th meeting. April meetings will be held on the 2nd and the 16th.

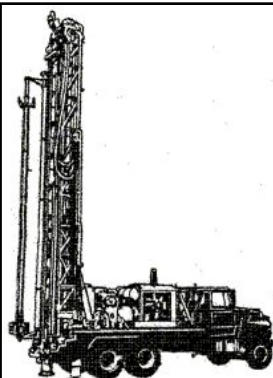
On February 21, 2015, we had a successful breakfast despite losing power. Our anniversary banner was hanging in the Hall: nine years have passed since the first breakfast was held on February 18, 2006. The breakfast crew at that time was expecting 25 – 50: we served 117 people! Losing the power made it feel like our first breakfast, with all the running around trying to figure out different things, such as which electrical outlets worked. Luckily the generator kicked in and some people didn't even realize that the power was out. NS Power was called, and they were very prompt in coming out. They repaired a transformer that had blown and once again everything was back to normal. Since the first breakfast we have learned a lot of how to, how come, and just how to get things done!

Our next breakfasts will be held March 21st and April 18th. Come and enjoy eggs, juice, tea, coffee, homemade beans, homemade hash browns, sausages, bacon, and toast - all for just a donation at the door.



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## Centreville "50" Plus

by Darrell Spurr

The Centreville '50-Plus' seniors group is enjoying a very active winter season. Before taking a short break over Christmas and New Year, we had our annual Christmas social. Sixty members and guests were served a Christmas dinner, and gifts were presented to all.

As most storms seem to occur on Wednesdays, we have been fortunate to only have to cancel once. We held our Valentine's Day social in February, with prizes, treats, and cake. We are now planning our St. Patrick's Day social, when we will all wear green and claim to be Irish! Another upcoming event is the Movie and Lunch social, to be held on April 9th in New Minas. Many from our group enjoy this annual event.

We meet every Wednesday afternoon (weather permitting) from 1:30 - 4:00 at the Centreville Hall. Monthly birthdays are celebrated on the third Wednesday of the month. Area seniors are invited to drop in any Wednesday afternoon to visit or join our group.

**"If we had no winter, the spring  
would not be so pleasant: if we did  
not sometimes taste of adversity,  
prosperity would not be so welcome."**

- Anne Bradstreet

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## Centreville Park Association News

Suzanne Trudeau

The Centreville Park and District Recreation Association held its Annual Area Rate Meeting and vote on February 18, 2015, at the Centreville Hall. A week prior to this, 600 meeting notices were printed and distributed by the Centreville Post Office to all Centreville ratepayers.

The meeting began with President George Graves welcoming all in attendance and Neil Prince, the treasurer, giving an updated financial report. Pauline Raven, our Councillor, spoke briefly and presented a slide show prepared by John Dekoe. Helen MacDonald gave an update on the new snowshoe loan program and future projects to be implemented next fall and winter.

George Graves gave a brief overall update on the new playground to be set up when the snow declines, as well as our spring plans for new benches and picnic tables to improve the quality of the park. He also thanked the CDCDA, and specifically *The Centre Post* group, for their financial help in our on-going work for our 40-acre park.

Tea, coffee, and donuts were made available to all attendees.



The votes were tallied and the result was 56-0 in favour of the \$20.00 annual area rate.

The snowshoe program started out slowly due to a lack of snow. However, since then the many storms have provided more opportunities to lend snowshoes to a few families. The planned family snowshoe hike at the park scheduled for the February 16th holiday was cancelled due to a storm. Helen's hopes are to have a family hike the week of March break, with the date still to be confirmed. Please keep checking the Centreville Park Facebook site. The snowshoes can be booked using the following email address: [centrevilleparkrec@gmail.com](mailto:centrevilleparkrec@gmail.com)

Our North Kings Minor Baseball Association registration will take place in March and April 2015, with dates to be announced shortly.

We will continue to improve our park for the Centreville community and hope to see you at our monthly meetings (the 3rd Wednesday of every month – except for June, July and December) to share your ideas and give us a hand at our spring and fall cleanups. The October 4, 2014 cleanup was devoted to clearing the playground area. Thank you to all the volunteers who gave up some of their time and energy to prepare what will be an incredible play area for our children. We plan to have benches and picnic tables in the area for parents to watch their children enjoy this new feature for many generations to come!

Thank you to all who came out for the presentation and who took the time to vote.



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## My Travel Tips For Cashing In On The Currency Drop!

by Heather M. Kennedy /CTC

Every time the Canadian dollar drops against the US greenback, we Canadians worry about travelling to the US and beyond because of the difference in the exchange rate. As such, I have here a "Top 10" list of travel secrets designed to enable you to maximize your travel dollars this year, despite the drop in the loonie.

1. Buy your tour and attraction tickets in advance. The majority of our tour operators have pre-negotiated rates for the season for theme parks, attractions, and a variety of tours. By buying in advance in Canadian dollars, you avoid paying a hefty exchange rate once you arrive at your destination.

2. Look for "Kids Eat Free" offers. Some of our tour operators offer a "Kids Eat Free" dine-around card when booking destinations such as Orlando and Kissimmee, Florida.

3. Book your hotels and car rentals here in advance. By pre-booking hotels and car rentals in Canada in Canadian dollars, you avoid paying locally in the US dollar. But watch booking online, as many sites are US-driven.

4. Coupons, discounts and BOGOs. A simple online search for official tourism office web sites of your intended travel destination may yield numerous special local coupons, discounts and the "Buy One, Get One Free" offers for dining, smaller attractions, and local adventures.

5. At-Par offers. As the loonie continues to dip, "Canadian Dollars at Par" programs are sure to resurface. In most destinations, Canadians are the No.1 international travellers into that market, and as such many tourism partners have a vested interest in attracting us Canadians.

6. Choose a destination with like-for-like currency values. There are a number of destinations that are being equally hit by the same reasons for the recent drop of the Canadian dollar. By searching for these destinations and booking accordingly, there are savings available.

7. Pre-purchase your personal products such as sunscreen, antacid, etc., which can be costly when purchasing in a destination or at your resort's gift shop.

8. Pre-book breakfast-included hotels. For non-all-inclusive stay destinations like Anaheim, Orlando, New York, etc., pre-book your hotel(s) in Canadian dollars that have breakfast included.

9. When exchanging currency you should shop around, as exchange rates do vary. For instance, changing money over at the airport tends to come at a premium. Additionally, it may be better to exchange into local currency (for non-US destinations) from Canadian dollars.



10. Book an all-inclusive getaway and pay just one price in Canadian dollars and forget about trying to manage the exchange rate. This, I feel, is often the best option out there as there are no surprises or calculations required if you stay on the resort.



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# Story from the Family Farm

by Mack Frail



The severe snowstorm that we experienced on February 15, 2015 reminded me of the storms that we used to have when I was growing up on the family farm in Centreville. Today we have a lot more conveniences that help us cope much better with severe weather. For example, years ago homes were not insulated as they are now, because modern insulation was not yet available. Wood stoves heated most of the homes in Centreville. On cold nights, like those we have had this past winter, we would warm our beds with hot water bottles, or with bricks that had been heated on the stove and wrapped in a cloth. On cold winter mornings, as we got out of bed, the frost on the window panes was so thick that it was difficult to see outside. We would grab our clothes and run for the kitchen where my father would have already lit an early morning fire in the wood-burning cook stove. It was cozy and warm there in the kitchen, with the door remaining closed until the rest of the house was heated. Eventually we had a wood-burning furnace installed in our basement, and then later a forced-air oil furnace. The woollen Stanfield's underwear (referred to as "long johns") were a bit itchy, but they helped a lot of people survive the cold winters before we had warmer homes to live in.

I can recall winters when the snow reached up to the tops of the utility poles and we could walk over, or duck under, the wires as we made our way to school. Vehicles stranded on the roads, or parked there, would often become completely covered with snow and difficult to locate. I recall the tunnels that we children made under the snow.

Without the more efficient snow plow equipment that we have today it took much longer before the roads were cleared. The only other form of snow removal was a shovel. When I was about seven I remember looking out the farmhouse window and watching teams of horses pull large sleds, one team following the other, to make a "sled road" around the snow drifts. The teams were from the North Mountain and on their way to Thorpe's Store for groceries and supplies. It is not my intention to imply that the snowstorms that we have experienced in recent times were necessarily less severe than those that occurred years ago, but simply to share some of my memories and experiences.

During the first years that I attended the Centreville two-room schoolhouse it was heated by two wood stoves, one in each room. I have a clear recollection of the stove in the room on the south side of the building. It was located in the middle of the room which was known as the "little room," since this was where the lower grades were taught. The primer class was seated in a row along the south wall (by the windows), followed by Grades One through Four as you made your way to the north side of the room. During the winter of 1948/49 any boys attending the Centreville School, who were willing and able, were allowed time off from their studies to shovel snow for the Dominion Atlantic Railway. I recall that our work would take us along the line from Centreville to Kingsport. The experience of travelling in the caboose on the North Mountain Railway line from Centreville to Weston is among my most treasured memories.

One of the chores that we had to do at our home during the winter months was to keep the wood box filled with firewood. This was not an easy task at a time before we had power saws to cut the wood into the required length. My parents relied on their sons to do the job by hand with the use of a crosscut saw, a buck saw, or a pulp saw. It was a time-consuming job to keep a supply of wood available when the requirement for our wood stove for the winter months was about eleven cords. As young boys my brothers and I liked to have our Saturdays free to go ice skating or to play hockey, either on outside ice that we had cleared of snow, or at the closed-in rink in Centreville. We were not allowed to go anywhere until our chores were done. I recall Saturday mornings working at the wood pile, two boys using the saw with one on each end, cutting the wood into the proper length. As the youngest boy it was my job to carry the long lengths of firewood from the wood pile and then lay them one at a time on the saw bench. I would then move these ahead for my brothers to cut into the required length. This was no easy task, especially when my brothers were not in the best of moods after having been prevented from enjoying their planned activities.

We had great times after our work was done. During the winters we skated and played hockey at the Centreville rink or on outdoor ice. We also skied and coasted on the slopes in Centreville. Adults and parents were often there to support our hockey and baseball games or to serve as referees, but they seldom became involved with organizing our games for us. There were a lot of very good hockey players at the Centreville rink. Many of them grew up here in the community but not usually on the farms, since that would limit their time at the rink to practice. Most of the players that excelled at hockey played for fun and recreation, with no consideration for a future career as a professional player. Centreville had a women's hockey team that played

*continued on p.10*

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*Family Farm continued from p.9*

at the rink. Minnie Sheffield, who lives in Centreville and is well known in the community, was a great skater and hockey player for that team. I am not aware of any men currently living in Centreville who played on the men's team.

I was one of the boys at the rink who would scramble to be first to get a discarded broken hockey stick. It was a treasure to take home and repair. The younger generations might now consider it amusing to compare what they have today in terms of sports equipment to what most of those who grew up during the period before 1950 had. Nevertheless, we managed to have lots of good times doing simple things, even if these might not seem very appealing to the present generation. I was one of the fortunate children living in Centreville who didn't have far to walk to the rink or to other activities because most of our activity requirements were close to where I lived in the community.

I have walked to Kentville lots of times with other young people to attend a movie, or just to walk around the block on a Saturday evening. In those days it was considered 'the thing to do.' Saturday was the last workday of the week, and also payday. Workers quit at 5 p.m. on Saturday, an hour earlier than on other workdays. Saturday evening was the time to do the weekly shopping, and there were hundreds of people in Kentville. For many it was a social attraction before the days of establishments where alcoholic drinks were served. It was an opportunity to socialize with old friends and to make new acquaintances. As a few generations came and went, going to Kentville on a Saturday evening became the expected thing to do, a tradition almost.

After the five-day work week began in about 1955, a smaller group of people came to Kentville on Saturday evenings. This 'extra' free day meant that people had time to go shopping during the day on Saturday, and to then stay home in the evening and watch television. For a few years a smaller number of people continued to come to Kentville on Friday evenings, but eventually this, too, fell out of fashion. For many years the large corner store in Centreville, Thorpe's, was a busy place on Saturday evenings.

Most of us have at least a bit of nostalgia concerning the communities where we grew up. People in my generation who grew up and lived in Centreville, as well as those generations who came before ours, have expressed the view that it was a great community. My wife and I are happy and contented where we live on Bains Road in the Centreville District.



**Centreville's  
Annual  
Quilt &  
Rug Hooking Show**

**Fri. May 8, 2015 - 10am-8pm**  
**Sat. May 9, 2015 - 10am-3.30pm**

Centreville Baptist Church  
Murray Drive, Centreville, Kings County N.S.

Admission: Freewill Offering

**Featuring:**  
Display of Handmade Quilts & Hooked Rugs  
Sale of selected Quilts, Hooked Rugs  
and handmade/homemade items  
**Merchant Mall**  
Display by The TARTS - A local quilt artist group  
Demonstrations & Door Prizes

**Friday: Lunch \$8.00**  
**Saturday: Lunch \$8.00**

Quilt and Rug Registration - Wed. May 6th - 9am-8pm  
For information  
call Sharon at 678-2836 or  
email at mmanzer@eastlink.ca

Sponsored by the  
Evening Workers Auxiliary



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info@bluehorizonmassage.com bluehorizonmassage.com

**Spring is when you feel like  
whistling even with a shoe full of  
slush.**

- Doug Larson



**Edgewood Estates  
Subdivision**



Sewer-serviced lots  
Quiet neighbourhood  
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Nearby golf course  
Access to walking/  
hiking/skiing trails  
Five minutes to hospital  
10 minutes to shopping

679-1729 or 678-6732



## Recipe From Between the Bushes Restaurant

Submitted by Margie Brown  
The Nova Agri Group of Companies

### Lemon-Berry Pudding Cakes

The fruit-swirled tops of these individual lemon desserts conceal a delicious surprise: the rich citrus pudding underneath. There's no trick to creating the two layers — simply fill ramekins, dot with fruit sauce, swirl, and bake in a pan with water. The moist, gentle heat makes the tops light and cakey and the centres smooth and creamy. These treats are fitting summer fare; their flavors are a sweet (and tart) nod to the season.

Oven Temp: Preheat to 350 degrees fahrenheit

Ingredients:

- 1/2 pint Country Magic blackberries (try raspberries or blueberries)
- 1/2 cup (about 3 lemons) fresh lemon juice
- 1 tablespoon fresh lemon juice, for berry sauce
- 1 cup sugar
- 3 tablespoons sugar, for berry sauce
- 3 tablespoons unsalted butter, melted, plus more for ramekins
- 3 large eggs, separated
- 6 tablespoons cake flour (not self-rising), sifted
- 1 cup milk
- 3/4 teaspoon salt
- Boiling water, for pan
- 4 ounces (about 1/2 cup) creme fraiche

1. Process 2 1/2 ounces fruit (12 to 15 berries), 1 tablespoon lemon juice, and 3 tablespoons sugar in a food processor or blender until smooth. Pass mixture through a fine sieve into a small bowl; discard solids. Set sauce aside.

2. Butter inner top inch of six 6-ounce ramekins; set aside. Whisk together egg yolks and 3/4 cup sugar in a medium bowl. Whisk in flour and milk in two batches each, beginning with the flour. Whisk in remaining 1/2 cup lemon juice, the salt, and the melted butter, and set aside.

3. Put egg whites in the bowl of an electric mixer fitted with the whisk attachment; beat on medium-high speed until very frothy, about 1 1/2 minutes. With mixer running, add remaining 1/4 cup sugar in a slow, steady stream; beat until whites hold stiff (but not dry) peaks, about 2 minutes. Whisk half the whites into reserved lemon mixture until combined; gently fold in remaining whites with a rubber spatula.

4. Place the ramekins in a high-sided roasting pan or baking dish, and divide the batter among ramekins, filling each almost to the top. Spoon a few drops of berry sauce onto cakes, and use a toothpick or skewer to swirl sauce into batter. Transfer to oven; pour boiling water into pan, a bit more than halfway up sides of ramekins.

5. Bake until cakes are set and the tops are just starting to turn golden brown, 35 to 40 minutes. With tongs, transfer the ramekins from pan to a wire rack, and let cool 15 minutes.

6. Meanwhile, beat creme fraiche in a clean mixing bowl until it holds soft peaks. Serve cakes warm with creme fraiche and remaining blackberries.

## SPRING /SUMMER CLOTHING GIVE AWAY

**One Day Only**

Friday April 17th 8:30 am - 11:30 am

Centreville Baptist Church, Murray Drive

Donations of clean spring/summer clothing and footwear, bedding towels, and curtains gratefully **accepted the week prior** to the giveaway up to Thursday afternoon (April 16th) when we set up.

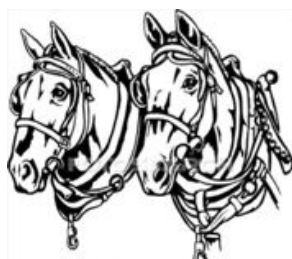
For further info: Marilyn 902-678-3939 or Ellen 902-679-6539

Everyone welcome.

Thank you from the Mission In Action group

## CENTREVIEW FARM Wagon & Sleigh Rides

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Cell 902 670 0387  
Home 902 678 3773



**The fragrance of flowers spreads only  
in the direction of the wind. But the  
goodness of a person spreads in all  
directions.**

- Chanakya

## Our world is changing, and Kings County is changing with it.

The Municipality of Kings has published 'draft for consultation' **planning policies** and **zoning maps** that guide where and how development takes place.

Read more, view maps, and tell us what you think.



www.kings2050.ca  
902.678.3335  
kings2050@county.kings.ns.ca  
FutureofKings2050  
@kings\_2050



**KINGS  
2050**  
Planning for our Future

### Kings 2050 – Phase 3

*What should Kings County look like in the year 2050?*

The Kings 2050 initiative intends to answer this important question by developing a long-term vision for the region and improving Municipal regulations to better achieve our community's long-term goals.

In 2013 Council for the Municipality of Kings endorsed the *Kings 2050 Vision*. Now, the Municipality has reached three major milestones in putting the *Vision* into action.

#### Municipal Planning Strategy – 'Draft for Consultation'

The Municipal Planning Strategy is Council's plan for development in the Municipality of Kings. It includes background information and policies that guide all of Council's planning decisions.

Highlights of the 'Draft for Consultation' – Municipal Planning Strategy include:

- Building on the 70s era planning framework by continuing to direct development to urban areas, protecting agricultural lands, protecting the environment, and managing land use conflicts.
- Covering new topic areas, including energy, infrastructure, and economic development.
- Providing more flexibility and reducing barriers to development in urban areas.
- Refining and being more strategic about where non-farm residential development is permitted in agricultural areas, while providing more flexibility for agriculture and other rural businesses.
- Updating floodplain mapping, modernizing stormwater management, and refining the protection of lakes and coastal shorelines.

#### Land Use By-law – Summary of Proposed Changes

The Land Use By-law is the document that puts the Municipal Planning Strategy into action. It includes the detailed rules and regulations and applies zoning to determine what kinds of development can be built in different places, and what those developments can look like (how tall, where on the lot they can be located, etc.).

The full text of the proposed Land Use By-law will not be released until later in 2015, pending detailed public consultation on the proposed direction. However, the Municipality has released a summary document that outlines the purpose of each proposed zone, and highlights

some of the major changes proposed for each zone.

#### Draft Zoning Map

The Zoning Map shows where the different zones outlined in the Land Use By-law are actually applied. The Municipality has released a handy online tool that allows residents to use their assessment account number (AAN) or property identification number (PID) to look up the proposed zoning on their property.

\*\*\*

The 'Draft for Consultation' Municipal Planning Strategy and Land Use By-law are—just as the names imply—drafts intended as a starting point for more detailed public consultation and Municipality of Kings Council discussions. Now is the time for your feedback. What can we improve on? What did we get right? Are there things that need to be clarified?

There are a variety of ways to provide feedback. Discover them all at [www.kings2050.ca](http://www.kings2050.ca) or by calling 902.678.3335

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February 23, 2015

Dear Friends,

Members of the Kings-Hants NDP have chosen 33 year old Morgan Wheeldon to carry their banner into the coming Federal election. The Gaspereau Valley native won the nomination Sunday, after an amiable contest with rival Stephen Schneider, a Saint Mary's University professor specializing in criminology.

Morgan, whose career focus is policy analysis, has experience in mental health rights advisory services, immigration, health charity advocacy, and public procurement. Most recently, he worked with a team of young adults to form an organization called Fusion Annapolis Valley to improve employment outcomes for the youth demographic in the Valley region. He is also a member of the Rotary Club of Wolfville.

Morgan's educational background includes an undergraduate Combined Honours degree in Journalism and International Development Studies from King's College and Dalhousie, and a Master's degree in Public Policy and Administration from the collaborative program at the University of Guelph and McMaster University.

He currently resides in Wolfville with his wife Jen and infant daughter, Norah.

Please join me in wishing Morgan well and in giving him all the support we can!

Judy Swift  
President, Kings-Hants NDP



## TJ's Convenience Store - Irving Gas Bar



Located at 466 Aldershot Road in Kentville.

We are open from 6 am until midnight Monday until Saturday and 7 am until midnight on Sunday.

We are well known for our huge selection of magazines.

On site you will find our "State of the art" self-serve laundromat.

We have 5 grades of self-serve fuel available for your selection including Regular, Mid-grade, High test, Diesel and furnace oil at VERY competitive pricing. We also have

Propane for exchange! Don't run out half way through that steak on the grill!

Stop in today and enjoy a delicious meal of Chester Fried Chicken made fresh daily.

Finish that off with a hot cup of delicious Robin's coffee and a sweet treat baked on site.



You're always welcome here at TJ's. Where old friends meet to sit and relax.

## Girl Guides on the Air (GOTA)

by Gail Salmon

I recently sat down with Helen Archibald, of Glenmont, who is secretary of the Kings County Amateur Radio Club (KCARC). I did not even realize that there was a local ham radio club: I had many questions to ask Helen, but I will save that for another issue. February was Lord Baden-Powell Month, which the Guiding and Scouting organizations celebrate with "Thinking Day". This is the day when all Guides and Scouts celebrate the Scouting movement and an awareness of all Guides and Scouts worldwide.

Helen met with 55 Girl Guides and leaders and enabled the girls to participate in "Girl Guides on the Air" (GOTA), which is celebrated during the week of Thinking Day, February 22nd. They focused on the awareness and sensitivity of global concerns. Helen communicated with Britain, British Columbia, Saskatchewan, and Ohio to talk to and ask questions of residents and Guides. She said that there are not many stations in Canada, but there are lots in Britain: the government provides funding because that is where Baden-Powell started the Scouting movement. Lots of



information and stories were exchanged and the girls enjoyed sharing their stories. James, a radio operator from Ohio, taught each girl how to do their name in Morse Code, which thrilled the girls.

Helen has been involved in Girl Guides of Canada since 1986, as a leader and in several administration positions. She says that she became interested in GOTA because she had been a member of the Girl Guides: "Now I only belong for the fun, as a member of Trefoil Guild." When Helen and her husband built their new radio shack, the Guide visitors were taken into account. I am sure that future Girl Guides will enjoy this experience as well.



Girl Guides  
of Canada  
Guides  
du Canada



**No matter how long the winter, spring is sure to follow.**

- Proverb



## Budget Over Troubled Waters...

Low growth in the County of Kings residential property assessment and a first-time decrease in our commercial assessment is leaving your municipality with less tax revenue than needed to keep pace with our mandatory expenses. Is this our year of reckoning? A warning to get our operations in order for the lean years ahead?

"Now or Never" sounded a well-publicized alarm a year ago that followed several warnings first raised by key economic forecasts in the seventies. This year the county's operational budget may be showing the impact of inaction by previous provincial and municipal governments.

For 2015 our Budget and Finance Committee brought a new budget application process forward. The result was that approximately 50 organizations attended chambers to present their proposed budgets to council. As well, three full days were set aside for committee members to delve into all the details related to applications and operational expenses.

Delving didn't happen. Before 3 PM of the first day the committee had approved what was tabled. A draft operational budget is now slated for delivery to council on March 16. The target date for final approval is April 14.

All is not well. Here's some of the ways Budget and Finance got through its agenda in less than one day instead of three.

Zero increases **across the board** for fire departments.

A twenty percent cut **across the board** for 13 organizations of various sizes (indicating little concern for relative impact for the organization or county).

Zero funds **across the board** for 19 organizations. These funds were requested for key economic development initiatives, senior's safety, farmland protection, etc.

Zero increases **across the board** for the Community Hall Assistance Program, the Community Park Development and Program, and the Municipal Economic Development Program (largely aimed at community economic development projects, youth leadership and community festivals).

From where I sit, this application of blunt, across-the-board cuts is a crude way to deal with applications that were carefully prepared as a way to address the needs of Kings County. This method of decision making largely ignores the details submitted by our fire departments, the Chamber of Commerce, and many other non-profit organizations. Let's take a closer look at fire department applications to understand what was dismissed.

Council has been fully informed about the escalation of fire protection costs over the last several years. Four million dollars will be the annual costs paid by residents to fire departments when this fiscal year ends on March 31st. For the year beginning April 1st, some fire departments are requesting large increases. These deserved a closer look:

Five of 13 asked for increases of 20 percent or more.

Two asked for an increase of more than 50 percent.

One requested an increase of 90 percent.

Your fire chief, Ryan MacEachern of the Kentville Volunteer Fire Department (KVFD), is seeking an increase of 5.5 percent. Part of this is for a data-collection pilot project aimed at eventual cost reductions. Interestingly, KVFD serves 1 in 4 rural county residents, including those in Centreville. Its budget for 2015, even with the 5.5 percent increase, would still be lower than it was in 2011. Your department has an eye on its bottom line.

I hope this helps you see that the "nobody is getting anything" response of the Budget and Finance Committee to fire



KVFD Controlled Burn Training on  
Saxon Street 2014



*Budget continued from p.14*

departments is particularly brutal. Weighty fire protection questions, important to good decision making, are left unanswered. These include:

Are the carefully-prepared budget applications of fire departments, large as some are, truly needed in whole and/or in part?

As we look to our future is there a need for fire chiefs and the county to jointly assess if we have too much, enough, or too little equipment to provide appropriate and affordable fire services to residents?

Is planning required now to ensure that when future alarms are raised the right equipment with the right number of qualified fire fighters will continue to roll out of our fire halls on time?

I am concerned that in some departments much equipment is there, but our decreasing and ageing population may be creating problems with volunteer recruitment and retention. Many of the requested increases reflect a need to train and equip new volunteers. Shouldn't we at least consider increases related to training and outfitting new volunteers?

Every taxpayer can appreciate that outside service providers have been given a crucial message on behalf of the taxpayer: "Sharpen your pencils."

That message needs to be louder inside our own organization, where the noted operational saving for the upcoming year is charted at less than \$70,000. In an organization as large as the Municipality of the County of Kings, with over 50 employees and several key internal departments, is that the best that can be done?

As always, I am interested in your views, and can make the best decisions possible when I hear from you. Please do not hesitate to be in touch. 902.670.2949.

## Ice Woes

by Gail Salmon

T'is the beginning of March and I look all around  
Not a hint of spring all around can be found  
The snow banks are so high, I can't see the street  
And there's ice and there's snow lying under my feet.

We have a big scoop so we push all the snow  
But the snow that we push just has nowhere to go.  
I have a shovel, "ergonomic", they say  
And I shove up the snow but the bank's in the way.

I am heating by wood, I am heating with oil  
And hauling the wood has become a great toil.  
The darkness in morning, the darkness at night  
The lamps are all on so I can have light.

The sidewalks are nasty, though some places are fine  
But the ice and the lumps are a strain on my spine.  
I drive on the streets, straight ahead is just dandy  
But turning and merging, a long neck would be handy.

I've felt the wind shake me right down to my boots.  
And the trees and the branches are shaken to their roots.  
The wind whips the snow cross the roads and the  
highways  
With the whiteouts and drifting, it's hard to find my way.

We complain to our friends, to our neighbours and  
strangers,  
Of the cold and the snow, the inconvenience and  
dangers.  
With school and office closures some might find it tough  
I know that you're with me when I say enough is enough.

Sometimes when the heat's on and I'm toasty and warm  
And I see the sun shining and there isn't a storm.  
I dream of the warmth and the grass and blue sky  
Spring is my dream if only Mother Nature'd comply.

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

### Acadia Lifelong Learning Centre (ALL)

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

ALL membership benefits include free Acadia credit course audits; access to the Vaughan Memorial Library; free ALL seminars, lectures, and readings; reduced ALL course fees; special events and outings, and e-mail notices of ALL and community events. The annual membership fee is \$25.00.

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

For more information or to register, call 902-585-1434 or 1-800-565-6568, or  
e-mail [all@acadiau.ca](mailto:all@acadiau.ca)

# Community Groups

**To book the Centreville Community Hall,  
please contact Minnie Sheffield at  
902-678-6391**

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

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

New members and guests are always welcome.

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## **Pins and Needles**



Anyone is welcome to join us at the Community Hall on Thursdays. Bring along a craft you are currently working on and a paper bag lunch, and stay for the day. Tea and coffee are available. We also get together once a month to work on 'comfort quilts': These are made with donated fabric and are sewn and tied, then given to organizations to provide comfort to those in need. January 2015 marked the Pins and Needles Group's 10th anniversary.

For further information call **Ann Steadman** at  
**902-678-4472**

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## **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 \$36.00 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 **Hope Shanks**  
at **902-678-1302**.

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## **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 in Centreville**.

For more information, please contact **Beverley** at  
**902-678-4798**.

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## **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.

## **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.

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## **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!

---

## **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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