

# THE CENTRE POST

December 2016 Issue 45

## *Foote's Ice Cream Window*

Next issue March 21, 2017  
Submissions due March 1, 2017

By Gail Salmon

Every time I go into a store and see ice cream, my taste buds perk up and all I can think of is ice cream, cones, milkshakes, sundaes, cakes, sandwiches, ice cream, ice cream, and ice cream. So, when I got the chance to talk with Kim Foote about her 'baby', the Ice Cream Window that opened on May 1st and the in-store ice cream treats, I was excited! Foote's Farm Market has served Farmers hard ice cream for several years, but after the completion of a walkway and door to the warehouse and their ice cream window, they had the room and money for the soft ice cream machine.

The grand opening of the Ice Cream Window was held on May 1st, and there were smiles all around as customers enjoyed their favourite flavours on a cone, a waffle cone, or in a cup. On Mother's Day, they gave out free ice cream to all the mothers who came to the market; thank goodness I was there buying all my healthy fruit and vegetables that day and was able to enjoy the yummy frozen treat!



Though we have had snow and Christmas is creeping quickly around the corner, Foote's will still be selling many of their soft ice cream specialties. Kim said that they will not be serving hard ice cream during the winter months: they will reopen their ice cream window for that next April 1st. However, there are many treats in the freezer case made from Farmers soft-serve ice cream (made from real cream!) such as double chocolate and vanilla ice cream sandwiches, and

candy-cane ice cream sandwiches for the Christmas season. There are root beer floats, sundaes, banana splits, waffle cones, milkshakes, and other specialty delights for the Christmas season, like the eggnog milkshakes that they began selling on December 1st. They also make ice cream cakes for any occasion, which they will decorate with incredible creativity - they just need a 24-hour notice for orders.

Kim says they are always forward thinking and plan a strawberry shortcake topped with ice cream and whipped cream when strawberry season returns - an idea that sprang up from a holiday her father-in-law, Brad, experienced while in Florida. Kim will be planning more interesting specials and looks forward to the new year and more inspiring ideas.

Next time you are at Foote's Farm Market buying your fruit, vegetables, meat, bread and other fresh and yummy healthy foods, look in the freezer or ask an employee for a special treat to keep the kid in you alive and happy.

<https://www.facebook.com/footesfarmmarket/>



**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

Email: [centrepostlady@hotmail.com](mailto:centrepostlady@hotmail.com)

To place an advertisement:

Mike Sweeney at 902-679-2780

### Centreville Website

[www.centreville-kings-county.com](http://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 from you. If you have an upcoming event you would like posted, send the information to:

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

### Acadia Lifelong Learning Centre (ALL)

<https://openacadia.ca/index.php/all-home>

The Acadia Lifelong Learning Centre (ALL) provides courses, seminars, outings and special events in literature, science, fine arts, writing, and more. Participation is no longer restricted to those 50+ years of age, with the exception of free credit course audits. Annual membership fee (Aug 1 - July 31) is \$25 and you can join at any time.



For more information visit their website, phone 902-585-1434 or 1-800-565-6568 (toll free) or email [allinfo@acadiu.ca](mailto:allinfo@acadiu.ca)

### Centreville Hall Rental

Contact Minnie Sheffield at  
**902-678-6391**

### In this Issue...

Footie's Ice Cream Window Gail Salmon .....	1
For Your Information.....	2
Macdonald House Museum Fred Macdonald.....	3
Kwik-Way Diner Gail Salmon.....	4
Update from the Marsh Gren Jones.....	5
Good Guys Auto Sales Gail Salmon.....	6
Foot Reflexology & Neuropathy Fiona Thorson.....	7
Story from the Family Farm Mack Frail.....	8,9
Recipe from Between the Bushes Margie Brown.....	10
Christmas Tree Lighting.....	11
New Hall Sign.....	11
Christmas Service Covenanter Church.....	11
Good Neighbour Club Susan Wood.....	12
50-Plus Association Darrell Spurr.....	12
Park and Recreation News George Graves.....	13
History of Centreville Mack Frail.....	14
In Touch Councillor Pauline Raven.....	15
Community Groups.....	16

### Assistant Editor's Note...

Another year is coming to an end and, as it does, many of us will reflect on the year that was and plan for changes in the year that will be. Think how wonderful the coming year could be if we kept the sense of good will that so many of us feel at this time of year. Perhaps this could be expressed by becoming a volunteer - there are so many worthwhile organizations in need of help that you're bound to find one that matches your interests and skills. Give it some thought...

Thank you to our advertizers, our contributors, and our readers: enjoy the holiday season and all the best in the new year.

Anne-Marie waterbury

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

### Dates to Remember...

December 21: First day of winter

December 25: **Merry Christmas!**

January 1: **Happy New Year!**

January 18: Park & Recreation Association 7:30 pm

January 19: Good Neighbour Club 7:30 pm

January 21: Big Breakfast 7:00 - 10:30 am

January 26: CDCDA 7:00 pm

February 15: Park & Recreation Association

#### Area Rate Meeting

February 16: Good Neighbour Club 7:30 pm

February 18: Big Breakfast 7:00 - 10:30 am

February 23: CDCDA 7:00 pm

March 15: Park & Recreation Association 7:30 pm

March 16: Good Neighbour Club 7:30 pm

March 23: CDCDA 7:00 pm



## 2017 at the Charles Macdonald Concrete House

by Fred Macdonald

The upcoming year, 2017, promises to be a banner year at the Charles Macdonald Concrete House for three reasons.

Firstly, 2017 is the 150th anniversary of Canada and the 50th anniversary of Charles William Macdonald's death. During Charlie's travels abroad, he often wrote to his younger sister, Daisy, in Steam Mills. In a missive from Cuddalore, India, he imagined himself as a journeyman walking and working his way "from Halifax to Puget Sound, from Baffin Island to Bear River, and from Black Rock to Canada Ditch, if you like...all over the fair land of Canada." Charlie died on May 28, 1967, one month short of being able to celebrate his "fair land's" centenary.



Secondly, 1917 is the year that Charlie relocated his concrete business to Kentville. It is also the year that Kentville installed sidewalks and North Kentville was a much better source of sand for Kentville Concrete Products. The original factory in Centreville became house and home for Charlie and his bride, Mabel Misner of Chipman Brook.

Finally, it's the 20th anniversary of the Charles Macdonald House of Centreville Society itself. Yes, it was 20 years ago that a group of concerned individuals, led by the late Martha Crosbie, formed a not-for-profit society and pooled resources to secure a bank loan to purchase the Charles Macdonald House. Their mission statement? "To celebrate the lifeworks of Charles and Mabel Macdonald." For twenty years now, we've maintained the landmark yellow concrete house on Saxon Street, offering it to the public in the summer months to consider aspects of the seafaring, artistry, business acumen, and politics of Nova Scotia's "Uncommon Common Man". When the Blue Cottage at Huntington Point was offered for sale, the society took advantage of the opportunity and purchased it on its two-and-one-half acre waterfront property. Also included in the mission statement is a pledge to rebuild Charlie's "Teapot Cottage", which was bulldozed into the Bay of Fundy in the 1980s. To that end, we are embarking on a plan to create a suitable memorial to the Teapot Cottage: a seaside park, accessible by the public, in a fashion not unlike Charlie and Mabel's former picnic area at the beach end of Huntington Point Road. I'll expand on this in future editions of the *Centre Post* as our plan develops.

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## ***Kwik-Way Diner Growing Up***

by Gail Salmon

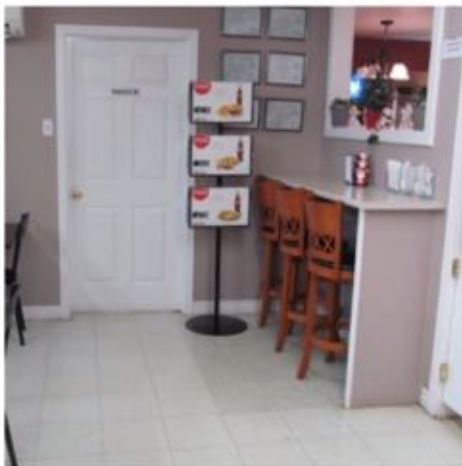
It seems that just a short while ago I wrote an article about the expansion of the Kwik-Way Diner and Ice Cream Corner. I recently interviewed Vicki Johnston and we discussed the



changing needs of our community and the corner store, and I shared a bit of my memories of this neighbourhood store.

We moved to Centreville in 1981 and at that time the Lydiard store was owned by Ralph and Ester Houghton. The store was attached to their house and we could buy many groceries, hardware, and other items, rather than driving into town. At that time, most stores closed at five or six o'clock and were not open on Sundays, so the corner store

certainly was a convenience. A few years later, in 1984, Ron Jones purchased the property and store. He started making pizzas, burgers, and fries, and sold them at the entrance to his home. It was wonderful to buy the odd pizza when, as a mother of two young children, I was too frazzled to cook supper. A few years later the house and store were destroyed by fire and, with the new regulations, he was only allowed to rebuild a store. This store was operated under the Kwik-Way franchise. The rest, as they say, is history.



Vicki Johnston said that Kwik-Way sells some groceries and staples but, as most grocery stores are open late into the night and Sundays, many people feel that they should just make the trek into New Minas or Kentville. In the past, more women stayed home with the children and would walk to the corner store for items needed for lunches and baking supplies, as there was more time for baking. As it costs more to run a household today and most families have two working parents, there is less time for cooking and baking and more need to have restaurants and pick-up foods, especially after a long day's work. There is a need for convenience foods and quick meals. The area has a fairly substantial senior population who enjoy going to the small community restaurant where the employees and owners know them. They get one-on-one attention and the food is very good.

To meet these needs, the Kwik-Way Diner has expanded to seat thirty people. The seats are in the front of the store next to the kitchen area and a large window provides inviting lighting and a relaxed atmosphere. Shelving had to be taken out to accommodate the expansion, but most of the inventory was related to baking. The menu has changed to provide country-type dinners like roast beef, corned beef and cabbage, and baked beans and ham. There are specials every day and you can look at their Facebook page for information on specials and read comments on the food. Vicki says that she invites people to leave comments, good or bad, so they know what to keep and what to change. She also reiterates that times change and so do peoples' needs. She believes that the restaurant puts them in a moving forward position: from the increased patronage, she is probably correct. Feel free to find out for yourself with their varied menu and talented chefs.



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## Update from the Marsh

by Gren Jones



As the year draws to a close, I thought I would contribute several items that fall under the umbrella of Ducks Unlimited here in the Valley and beyond.

Since our youth will someday be taking care of the planet, or at least part of it, here is a shining example of the research being done at Acadia University by Master of Science candidate, Erika Holland. I have been following her work with great interest.

One doesn't have to walk or drive very far to see garbage on our roadsides, in parks, gardens, and in wetlands and waterways. I have always been disturbed by the amount of waste that is created in North America, much of which is plastic.

Apparently, Erika feels the same way and she has put her effort into research: "Since the 1960s, studies have found plastics in the stomachs of many seabirds. In 2015, 56% of seabird species ingested plastic and current estimates suggest that without major changes, 99% of all seabird species will be ingesting plastics by 2050. These high ingestion rates correlate to high volumes of litter present in marine ecosystems."

Erika goes on to say: "Seabirds often mistake plastics for food, leaving a variety of negative effects, including internal abrasion, false feelings of satiation which leads to starvation and death. These plastics can be released directly into the oceans by beach-goers and vessels, or may be transported via freshwater systems."

If this isn't disturbing enough, consider this: "Our wastewater is released into freshwater systems, often carrying with it plastics too small for wastewater treatment plants to filter. In particular, microplastic particles are defined as being less than 5mm and can be deliberately manufactured or inadvertently created through the breakdown of larger debris. This can occur in anything from drink containers to your laundry!" Here is what is very disturbing: Erika has discovered through her research that, "With a single load of laundry containing acrylic fabric, up to 700,000 microplastic fibres can be released."

In view of this information, along with other disturbing facts too numerous to mention, Erika questioned why research on freshwater birds was not being conducted. A year ago, Erika began her research by contacting hunters across Canada to save the digestive tracts of waterfowl. She received 350 submissions and was able to dissect and analyze their diets. "I found 11% of birds had human-derived debris in their digestive tracts across all 18 species studied, including metal, plastic, rubber and paint flakes." This year, she has broadened her research to help determine where birds pick up debris and once again she has launched an appeal to anyone who hunts or frequents our abundant wetlands.

It is sad to think that waterfowl have become victims of our human footprint. How often do we walk on beaches or paths and see this very waste? Whether it's at Miner's Marsh or beautiful Carter's Beach on the South Shore, I am appalled by what I see. Why can't people put their unwanted trash in trashcans or, at the very least, hold onto it until they are in their vehicles or home?

I am thankful for the work being done by this young lady and wish her well as she continues her research.

On a more positive note, the Kings County Wildlife Association (KCWA) has been involved in a program known as "Fish Friends." KCWA and Ducks Unlimited (DU) are connected through various interests. The wildlife group has supported DU with fundraising for Miner's Marsh, and more recently for the dedication to Hugh Fairn at the Sheffield Mills Marsh. For the past 20 years, KCWA has been doing a program in the schools whereby classes can raise trout in their classrooms in special aquariums equipped with chillers. Following a period of about four months, the fish are big enough to be released into nearby streams. Two local schools, New Minas Elementary and Evangeline Middle School, have 20 years under their belts! Congratulations to both schools as they continue to raise fish and awareness. This year, more schools have requested tanks and the program will expand. It is hoped that 8 or 10 local elementary schools in Kings County will be involved.

Care to make a difference? Interested in contributing to the conservation efforts of Ducks Unlimited? Visit [www.ducks.ca](http://www.ducks.ca) or contact me for a personal visit!

< [gc\\_jones@yahoo.ca](mailto:gc_jones@yahoo.ca) >



Gren, with other senior DUC directors and staff on Parliament Hill in October - a very successful round of meetings with MPs and Senators on environmental issues was held.



**GOOD GUYS**  
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**Jason Vander Honing**  
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### ***The Newest Business... By Gail Salmon***

You might have noticed some automobiles sitting on the corner of the old Centreville Dodge parking lot. If you look closer you would see that they have tickets on them with information about the cars and a phone number in case you need more information or would like to purchase one. Jason Vander Honing is the owner of Good Guys Auto Sales.

Jason has worked on the oil rigs in Alberta, Saudi Arabia, and Vietnam for several years and, though the pay was good, he was away from home for much of the year. After a while he wondered what he was working for and realized that he wanted to work back in the Valley area. After a lot of planning and dealing with all the paperwork and government regulations required to open a used car business, Jason is enthusiastic at seeing the end of the planning and renovating and starting his business. He worked as a mechanic at a business on Nichols Avenue but has decided that he would rather buy, sell, and detail cars instead. Jason has hired a mechanic to work on the cars and do the Motor Vehicle Inspections, and he will do the detailing himself in the newly renovated bay. He hopes to increase his inventory: he has around ten cars on the lot and has sold seven cars to date.

Jason commented that he expects the winter season to be a little slow and plans to have his grand opening in the spring when the weather is better. He may have a barbeque to welcome potential clients and residents in the area: as the time nears, more information will be made available. In the meantime, he wants everyone to know that he is open now, he has all his permits in place, and he plans to have his signs up in the next month or so. As soon as the painting is finished he will bring in the office furniture and machinery necessary for his business. If you are interested in purchasing a pre-used vehicle or just curious about the cars on the lot, you are welcome to visit Jason on the premises or call him at 902-698-1511.



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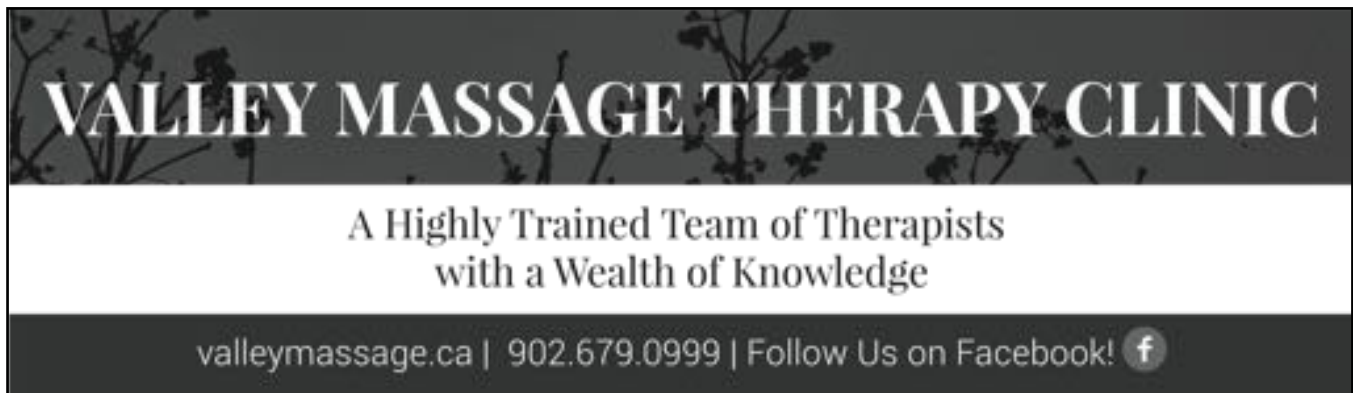


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### ***Foot Reflexology May Benefit Diabetic Neuropathy***

by Fiona Thorson at Valley Massage Therapy Clinic

Most of us know that people with diabetes must watch what they eat, monitor their blood sugar, and perhaps take insulin shots. What many of us don't know are the numerous complications that can arise in someone who is living with this disease and what kinds of natural, non-invasive ways there are to assist in improving quality of life while living with diabetes.

A common occurrence in diabetic patients is neuropathy - damage to the nerve fibers in the body - that can affect a number of systems including the digestive system, the urinary tract, and the heart. One type of neuropathy, *distal symmetric polyneuropathy*, usually starts in the hands and feet and can work its way up the arms and legs. It is characterized by numbness to touch and temperature, pain, weakness, burning sensations, and often a loss in reflexes, especially in the ankle. If the disease progresses far enough, there is a risk of losing a limb or of developing a Charcot joint, a condition in which the nerves of a joint (often the foot) become damaged and there is a loss of sensation, swelling, and instability (mayoclinic.com).

How can one prevent the progression of distal symmetric polyneuropathy? One study suggests that foot reflexology may assist diabetic patients in this area. Reflexology is a hands-on technique in which reflex points in the feet are massaged and stimulated. Each point corresponds to a part of the body, similar to what may be found in acupuncture. By promoting movement in the neural pathways and meridians of the body, it is believed that the body can allow better movement of energy, inducing a more rapid healing process. The goal of this particular study was to stimulate reflex points in the feet corresponding to all major systems of the body, including the lymphatic system, the urinary and digestive systems, the brain, and the spine to create homeostasis in how these systems functioned (Dalal, et al). Two groups of participants were studied over six months: both groups underwent conventional therapy, such as medication, while one group also underwent foot reflexology and the other did not.

The findings of the study proved significant results on most factors in the reflexology group. For example, patients reported improved hot and cold sensitivity in the limbs, an improved sense of vibration, improved nerve conduction velocity, and an overall better quality of life. These areas did not prove significant in the non-reflexology group.

One area that did not prove significant data in the reflexology group, however, was in regulating blood glucose levels. While some sources may suggest that reflexology can assist in regulating blood sugar, the results of this study state otherwise. Therefore, if you are undergoing treatment for diabetes and wish to add reflexology to your treatment plan, it is important that you not stop your medication or alter your treatment plan without first consulting with your physician.

While living with diabetes comes with many challenges, it does not have to be a life sentence of pain. Reflexology offers diabetes patients the option of a treatment without the side effects of many medications and may keep painful symptoms at bay so you may continue to do the things you love.

Sources:

*Determination of efficacy of reflexology in managing patients with diabetic neuropathy: a randomized controlled clinical trial.* Krishna Dalal et al. <https://www.ncbi.nlm.nih.gov/pubmed/24527055>

*Diabetic Neuropathy* <http://www.mayoclinic.org/diseases-conditions/diabetic-neuropathy/basics/definition/con-20033336>

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## ***Story from the Family Farm***

***by Mack Frail***



When growing up on the farm in Centreville, harvest was a very busy time. Without the use of the advanced mechanized equipment presently in use on the farms, it was a slower process to harvest crops. During the early years a lot of potatoes were grown on the Centreville farms, providing work for a lot of people. As children, we took advantage of the opportunity to earn money - especially to buy Christmas gifts. Potatoes were removed from the soil with a whirligig potato digger pulled by a team of horses. They were picked up by hand, put into bushel baskets, and dumped into barrels. The pay was 10 cents a barrel, and I remember my brother Gerry earning \$4.00 for a day's work picking up potatoes. It was a lot of money for a boy to earn when it was about equal to a man's daily wages for working on the farm. A dollar during those days would buy a lot more than it does now. The bushel potato baskets that were made by the Mi'kmaq people were heavy for a small child to handle when filled with potatoes. The potatoes were stored in the Centreville warehouses, where they were graded and packed into suitable containers to be put on the market.

Potatoes and other crops are now harvested very differently, with a lot less hand labour. I have many special memories of working and harvesting crops on the farms. There were feelings of accomplishment and gratification when all of the crops were harvested and in storage before the cold winter weather arrived. It was a time when work on the farms slowed down a bit - a time to relax from the stress of harvest and prepare for the coming festive season.

Christmas, when we celebrate the birth of Christ, has always been a special time for me. My first Christmas was 80 years ago, celebrated in my parents' farm house where I was born and grew up. I have experienced a lot of changes from the days when we made most of our Christmas decorations, and our gifts that we were pleased to receive were very simple by today's standards.

Going to the forest with siblings to choose a Christmas tree was a special time for me. We always had difficulty deciding the best one to take home. None of the Christmas trees that we decided on to be decorated and put on display to be complimented by our friends and neighbours compared with the perfectly trimmed trees that are in today's homes. My hat off to Charlie Brown and the moral behind the Charlie Brown Christmas tree, that perfection is not what is important: we enjoyed Christmas every bit as much then, with our poorly shaped Christmas trees that we found in the forest. And to go further, what would people think today if we were to decorate our homes with the homemade decorations that we used during those early days?

I often see photographs of Christmases from the past, and I notice the happy families with children and their gifts around the Christmas tree. Looking through the branches, the family portraits can be seen hanging on the wall and the decorations on the opposite side of the tree are visible. Someone near me will usually make the remark with a chuckle, "What an awful looking Christmas tree." I always feel a bit upset because I remember those Christmases years ago, and to us the trees were beautiful. We were happy with our Christmas trees and handmade decorations. We had a lot less then, but we were happy. We had the love and security of a home where we cared about each other. We gave simple gifts to each other, and the gifts that we exchanged were given and received with love and appreciation.

There are a lot of changes but the Christmas season remains a special time for me, and my memories of Christmases from the past add to the joy of Christmas. I remember my trips to Kentville with my mother to do Christmas shopping, and the stores would be decorated. The sidewalks and streets in Kentville were very busy with people preparing for Christmas. A lot of people would be travelling on the train that went from Kentville to Kingsport and stopped at all the stations along the way. We walked to the station and back home and, when we got off the train in Centreville, Prescott Neville, the station agent, was there to assist us and to attend to his various duties. Shopping baskets, cloth and knitted shopping bags, and paper shopping bags were used to carry the items purchased - no plastics back then. Wooden sleds and carts were convenient to transport items from the station to the homes. We waited anxiously for the mail order package from Timothy Eaton's that contained winter clothing. These were gift wrapped and placed under the tree, and we received them as presents on Christmas morning.

*con't next page*




*Story from the Family Farm - con't from previous page*

A few of the Christmases that I celebrated over the years stand out in my memory. One was when I was eight years old and we were looking forward to the two oldest family members arriving home for Christmas. The day before, we experienced a terrible snow storm. John, the oldest of our family of eight children, was arriving home from Camp Debert where he was stationed with the army. Mary, the oldest of my three sisters, was arriving home from Truro where she worked in the offices of Bentley's Department Stores. We were excited at having all of our family at home for Christmas. The trains arrived as far as Kentville from Halifax, and the roads to Centreville were blocked with snow. A lot of people on their way home for Christmas were stranded at the Kentville Railway Station. Mary and John were among those people stranded and anxious to arrive home for Christmas, as were several others from Centreville and beyond. On Christmas Eve my next oldest brother, Ron, hitched my father's team of horses to the big sleds, and through the drifts of snow and a fierce storm delivered the anxious and happy holiday travellers as far as Centreville. We were all happy and relieved to have our family home for Christmas because it is a special time for family and loved ones.

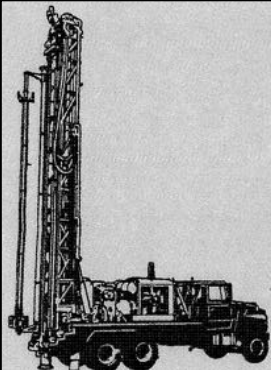
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### Recipe from *Between the Bushes*

*Submitted by Margie Brown*

#### **Blueberry Oatmeal Breakfast Cake**

- 1-1/3 cups flour
- 3/4 cup quick-cooking oats
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoons salt
- 3/4 cup milk
- 1/4 cup vegetable oil
- 1 egg
- 1 cup frozen Blueberry Acres blueberries\*

Preheat oven to 400°F. Grease an 8-inch round baking pan; set aside. In a medium mixing bowl combine flour, oats, sugar, baking powder and salt. In a one cup measure stir milk, oil and egg; pour all at once into flour mixture. Stir just until moistened (batter will be lumpy). Fold in blueberries; spoon batter into prepared pan. Bake until cake is golden and pulls away from sides of pan 20 to 25 minutes. Cool on a rack, 5 to 10 minutes. Serve warm.

Yield: 8 portions

\*Blueberries should be firmly frozen when used in baking. Out of season, frozen blueberries are available at the Nova Agri office at 1225 Middle Dyke Road, in 5 lb boxes.

### **Clothesline Program®**

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Wal-Mart	9097 Commercial St.	New Minas
Carpool Lot	5400 Prospect Rd.	New Minas
Needs	252 Main St.	Kentville
Save-Easy	451 Main St.	Kentville
Joe's Pizzeria	5705 Hwy #1	Cambridge

100 per cent of net proceeds raised by Clothesline® directly support the Canadian Diabetes Association and world leading diabetes research, education, advocacy and programs. Your generosity to the Clothesline® Program will make a positive difference in the lives of the more than 9 million Canadians living with diabetes or prediabetes.

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*We Care*



## 'Tis the Season...

### Christmas Tree Lighting



Approximately seventy-five people gathered at the Centreville Hall on Monday, December 5th, for the Centreville District Community Development Association's 10th annual Christmas Tree Lighting. Held earlier in the evening this year than usual in hopes that young children would be able to attend, there appeared to be more youngsters present than in previous years. Darrell Spurr did a great job emceeing the event and introducing Mack Frail, who turned on the tree lights. A carol sing was followed by refreshments in the hall.

Thanks to Ken Morse for once again donating a beautiful tree, and to those who decorated it and organized the event.



### A new Hall sign...

...advertised the event, the original one having suffered irreparable damage last winter. The sign, fabricated by Auto Trim and Signs, was made possible by a Municipality Economic Development Fund (MEDF) grant and donations by community groups - the Good Neighbour Club, the Park & Recreation Association, the *Centre Post*, and the Evening Auxilliary Workers. Thanks to Ted Davison and to Crown Fibre Tubes for donations of equipment and material. This is a perfect example of our community's working together for a common cause.

Let it snow - this sign will withstand pretty well anything that snow-removal equipment can throw at it!



### Covenanter Christmas Eve Service



There will be a Christmas Eve service at the historic Covenanter Church at 1989 Grand Pré Rd, Grand Pré, NS at 11:00 pm, December 24. The evening will feature scripture readings,

poetry, carols, and prayers to celebrate the welcome presence of Hope, Peace, Joy, Love, and Christ in our world. Special music will be offered by tenor Stephen McClare, the Gaelic Choir, and choir members and friends of Orchard Valley United Church. The presiding ministers for the service will be Reverends Ivan and Judy Norton. There will be no sermon. This traditional and much-loved service is organized by the Covenanter Committee of the Orchard Valley United Church, for the benefit of all. Freewill offering. Everyone is welcome!





## The Good Neighbour Club News

by Susan Wood

The Good Neighbour Club's Christmas party was held on Dec 1, 2016: twenty-five members and guests enjoyed a delicious potluck supper and a very entertaining social time. Thanks to those who planned the event and to those responsible for the beautiful decorations.

Our next meeting will be on January 19, 2017; also, there will be a breakfast that weekend on January 21, 2017. In the new year the club is going to try out having one meeting a month rather than two: starting in January there will be a meeting on the third Thursday of each month only. Any other changes will be announced in the *Centre Post* or on the Hall sign.

Thanks for the wonderful support we have had with our successful breakfasts, and wishing everyone a Merry Christmas and a happy 2017 from the Good Neighbour Club.



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## Centreville "50" Plus Association

'Friends Enjoying Friends'

Darrell Spurr, President



Meet the men of 50-Plus who took on the Movember challenge in support of prostate cancer research.

*Back row (L-R):* Darrell Spurr, Mel Bartlett, Reg Saunders

*Front row (L-R):* Don Welton, Lloyd Bell, Jim Hoyt.

Missing from the photo are Doug Brown and Charlie Taylor, who also participated. As a result of their efforts, \$200 was raised and donated to the cause.



Myra Spurr presented Reg Saunders with the Mr. Movember plaque in recognition of his having raised the most money.



## **Park & Recreation Association**

*submitted by George Graves, President*

We are expecting the arrival of new playground equipment shortly, including a merry-go-round and teeter-totters; these will be installed between the swing sets and large playground. The new equipment is slated to be installed in March or April of 2017. The extra sand that is in this area now will be moved over to the new clearing by the large baseball field to build a parkour-style BMX bike area. Signs will be placed at the BMX park stating, "No 4 wheelers or destructive vehicles."

We will clear more bushes, poplar trees, and small pines to increase visibility and accessibility between the baseball and soccer fields. Stumps and brush will be burnt.

The small baseball field, used for tee-ball, was cleared and will have crushed dust laid and leveled for the 2017 season.

All three new picnic tables will be put into the new gazebo for the winter and the four new benches will be put in the park building if space is available after the new playground equipment is stored inside; if not, they will be placed in the tennis court until spring.

Many thanks to all volunteers who helped out at the October cleanup.

Also, I would like to thank the individual(s) who took the time to decorate a couple of trees by the new gazebo. It looks very festive and, when the sun is shining, they look spectacular and help brighten up those dull, dreary days!

A reminder that snow shoes can be borrowed, free of charge, by contacting [centrevilleparkrec@gmail.com](mailto:centrevilleparkrec@gmail.com).

The Area Rate Meeting will be held February 15, 2017.

**Note:** The dog-waste boxes will be out of commission until March: please take it home for disposal.



*The new accessible gazebo: it is definitely worth a visit. The decorated trees nearby add a festive feel...*





## A History of our Community



Mack at the Kings County Museum

Bria Stokesbury photo

Mack Frail, a well-known resident of Centreville and history buff, has been contributing to this newsletter since the first issue. He has recently completed a project he's been working on for several years - a history of Centreville. When asked why he wrote it, this was his reply:


*"Writing the history of Centreville was an opportunity for me to give something back to the community where I was born and grew up. Many other seniors have made the statement that Centreville was a great place to live and grow up, and I agree. It was a caring, close-knit farming community where we had everything required to be content and happy. The Centreville that we senior citizens knew is lost, and I want the history to preserve some of those years. Writing the history was a labour of love, where I had the opportunity to describe Centreville from the past and some of the people living there. I feel that the history is not complete unless I write about the early families and the people."*

History of Centreville is available at Foote's Farm Market, Qwik-Way (both Centreville and Kentville), the Tartan Shop, and R.D. Chisholm's.

*A people  
without the  
knowledge of  
their past  
history, origin,  
and culture is  
like a tree  
without roots.*

*Marcus Garvey*

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### ***The 2016-2020 Council Term***

The election is past and the future starts now. We elected Peter Muttart as our first ever Mayor and just moments after council was sworn into office he wasted no time in asking us all to take the pledge: "To make the place we call home the very best it can be."

Thanks everyone who took the time to vote. While voter turnout was very low in Kings County, the ballot box count showed a 74 percent level of confidence in my return to chambers. I was humbled by that. With my council colleagues and members of the community across this district, great things can be done. It's up to us. By working hard and smart, many of our hopes for this district can be achieved, or be well underway, by the time we go to the polls in October, 2020. Let's dream big.

### ***A New Municipal Building***

At time of writing, the new municipal complex is listed on council's agenda for discussion. It's been confirmed that there is no need for haste in council's vacating its current home. Many problems with the current plan to move to Coldbrook remain. During the election, I stated a clear position. After much and continued study, I am convinced the plans of the last council to build a 20,000 square foot building in Coldbrook is truly flawed, both in process and design. I remain firm in that position and trust that a majority of the new council will become more informed than the majority of the last.

### ***Divert NS is Celebrating 20 Years of Stellar Solid Waste Management***

This column closes with some amazingly positive facts. Simply put, when it comes to solid waste management, Nova Scotia rocks! Some results of our commitment to reducing, recycling, and reusing for the past 20 years are:

\*Close to 600,000 tonnes of green house gas emissions saved.

\*Over 5 billion beverage containers recycled (80 percent recovery rate).

\*More than 18 Million tires being kept out of our landfill sites.

Overall, our achievements can be summed up as follows... On average, a person in Nova Scotia wastes less than half of Canadians in other provinces. And, we have the lowest annual disposal rate of 384 Kilograms per person. These kilograms per person include household, commercial, and construction waste. It's all thanks to you and our friends and neighbours at Valley Waste Resource Management. As Jeff MacCallum, Chief Executive Officer of Divert NS was pleased to point out at a recent presentation I attended, our very own VWRM is a constant leader among Nova Scotia's seven provincially-mandated resource management centres.

As always, please do not hesitate to be in touch if you have any questions, opinions, or ideas to share. I can be reached at 902.670.2949.



*Jeff MacCallum, CEO Divert NS and Pauline Raven, Councillor District 2.*

# Community Groups

## Good Neighbour Club

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

## '50-Plus' Group

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



## 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 \$48.00 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 Sheila Frail at 902-679-5274 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 and August. **All batteries can be turned in except car batteries.**



## 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 18, 2017**

## 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 26, 2017**

## Cancer Support Group

For women with and/or recovering from any type of cancer.  
Meeting the 3rd Wednesday of each month.

### Info:

Dorothy 902-538-3374 [msalsman@xcountry.tv](mailto:msalsman@xcountry.tv)

Pat 902-678-9100 [patmutch@hotmail.com](mailto:patmutch@hotmail.com)

Margot 902-542-1466 [margotwithat@hotmail.com](mailto:margotwithat@hotmail.com)

## 'Big Breakfast'

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

Free-will Offering

Next breakfast is on January 21, 2017

**Centreville Hall Rental**  
Contact Minnie Sheffield at  
**902-678-6391**