

THE CENTRE POST

Issue 71, June 2023

A Look at the Past...



Centreville's New Newsletter

Issue One
June 21, 2005

BRINGING YOUR COMMUNITY TOGETHER!

The Centreville Newsletter

Congratulations to the community members, local business owners, and stakeholders who have been busily beaver away over the past several weeks to make the publishing of this newspaper a reality. A newspaper is an essential element in building the spirit and in drawing together a community. In 2000, our community emphasized the importance of communications by assigning it the number two priority in the development goals for the community and district.

The publishing of a community newspaper is hard work. Its success relies on the full cooperation of the entire community it serves. Lack of support within a community and its surrounding district is why its newspaper ceases publication, an event this community recently experienced. However a newspaper is too important to our community and district for us to give up.

The paper will be published four times in its first year, June 21, 2005, Sept 21, 2005, Dec 21, 2005 and Mar 21, 2006. Some will say that this is not often enough to keep folks informed about important community meetings and events. And in some cases that will be true and other means will need to be employed, however, by remembering your

newspaper and doing some forward planning most meetings and events can be covered in our newspaper. It is really up to you the community member.

So what will be published in our paper? If we as community members stop and think about Centreville and District, its rich history, its people, its story tellers, its artists, its farmers, its school teachers, its artisans, its past industries and businesses, what Centreville has contributed to Canada and the world, its clubs and organizations, and the thriving businesses you find in the community and district today, there is plenty to talk about. Also of importance, the paper is here to give our youth, individuals, groups, organizations, businesses, and stakeholders the means to inform, debate, and discuss issues that are important to the community and district.

It is your newspaper folks. It can only be vibrant and successful with your full participation. Lets us all show our strong support for Shari and Peter at learn@spiritustraining.com, Terry-Lee at 679-0777, and Jennifer at 678-6491 who have accepted the challenge to publish this paper and our appreciation for the numerous businesses that are supporting this venture with their advertising by filling the pages of your newspaper with your articles.

Mike Sweeney

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the world..."

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A Brief History of The Centre Post

Anne-Marie Waterbury, Editor

The current newsletter originated in June 2005: this issue marks its eighteenth anniversary. I thought it would be interesting to use the first page of that issue for the cover page of this one, potentially the last issue. It did not receive its name, *The Centre Post*, until the third or fourth issue: I'm not sure which because the only one missing on the website is the third, that of December 2005. By March 2006, it was *The Centre Post*.

Chronology

June 2005 - Dec 2006: Shari McKenzie-Ramsay and Terry-Lee Bourgeois-King were editors;

March 2007 - Sept 2007: Isabel Tait, Editor;

Dec 2007 - Dec 2010: Suzanne Trudeau did it all;

Mar 2011 - Dec 2015: Suzanne, Elisha Harper, and Anne-Marie Waterbury rotated issues.

This worked very well, and we were sorry to see Elisha go—she did a great job and was a valuable team member.

Mar 2016 - Dec 2017: Anne-Marie and Suzanne alternated issues;

Mar 2018 - June 2023: Anne-Marie has composed all the newsletters except one. Suzanne has continued to be the familiar face of the Centre Post Lady, with all submissions channelled through her. She also is an excellent proof-reader and, when needed, has a sympathetic ear.

We can't forget Mike Sweeney, who was with the newsletter from the start. He developed relationships with our advertisers and ensured the paper remained solvent and our supporters received what they paid for. We always knew which ads went into which issues. He was sorely missed when he moved away from the community. Geof Turner helped with the advertising for two years but recently told us his intention to resign.

I'm sure it's not surprising that Suzanne, after almost 16 years, and I, after 13 years, are ready to retire.

It should be noted that *The Centre Post* is not the community's first newsletter. Pam Bezanson started a monthly newsletter, *The Centreville Voice*, in February 2001. Unfortunately, there are only a few issues on our

website but, apparently, she looked after everything herself, including advertisements. I particularly liked her comment that her children were not allowed in the computer room nine days each month while she composed the paper...and I wonder how she did it so quickly!

We hope someone or several people will step forward, contact our loyal advertisers, and pick up where we left off. There are still three months until the next issue is due, and it wouldn't be the end of the world if a few were missed. Suzanne and I will be available to provide any assistance needed.

I've enjoyed the challenge of composing the paper and making all the submissions and ads fit in the available space, almost like a jigsaw puzzle. Thank you to our loyal contributors and readers, who made it worthwhile.

Anne-Marie

***Copies of all issues of
The Centre Post,
as well as some issues of
The Centreville Voice,
are available on the website:***

Website: www.centreville-kings-county.com

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My Experiences as the Centrepost Lady

Suzanne Trudeau, Lead Editor

I'm not sure exactly what year I started in this role. According to Anne-Marie, it was 2007. Mike Sweeney contacted me, thanks to Marilyn Kennedy. She suggested I might be interested in working on the newsletter because I had computer knowledge. He was completely shocked when I said yes, and had me repeat my answer!

Isabel Tait, the previous editor, trained me to do the newsletter. She was moving to Truro. It was a short training session but a good one, as I was able to fly on my own in a very short time. I found it to be less technical back then than it is now.

I enjoyed corresponding with the regular contributors by e-mail and telephone to get their contributions in on time. I did this with the help of sending them three reminders before the deadline.

I also enjoyed finding illustrations to go along with their submissions. As I mentioned to the regular contributors, I enjoyed working with every one of them, and I thank them immensely for all their support and cooperation over the years.

Anne-Marie nicknamed me the night owl, as I frequently sent her messages or forwarded articles late at night (midnight or later sometimes!), and she is a morning person. We somehow made it work and were a good team.

One of the reasons I worked so late and diligently on *The Centre Post* was that my husband was suffering from lung cancer. I guess I took my mind off of his illness in this fashion. Unfortunately, he succumbed to his illness. I carried on with the newsletter for many years. I gave up composing the newsletter in 2018 as I found it too stressful and did the proofreading instead.

Thank you for the opportunity to serve this community over the years. The time has come to relinquish the reins to newer, younger blood.

Sincerely,

Suzanne Trudeau, a.k.a. the Centrepost Lady

P.S. – My late husband, Dan Gormley, coined my Hotmail account centrepostlady@hotmail.com

Spreading the News...

Madeline Sheffield, Distribution Manager

About fifteen years ago, I was working part-time at Quik-Way when Mike Sweeney stopped in with *The Centre Post* to display for customers. We chatted, and he asked if I might be interested in volunteering to distribute copies of the newsletter to local stores. I said yes.

The post office is a busy spot, and folks can get them there. The community hall is another popular spot, with so many groups and outsiders using the hall. Folks like to get the paper to read or glance at there. I leave about a dozen copies at the seniors complex and several at the Baptist Church. The next stops are Brown's Convenience and Baked Inn.

Foote's Farm Market is a popular spot. The papers are by the checkout, so a large number go there. I have to replenish them regularly, especially when they first come out about the third week of March, June, September, and December. I also put several at the mailboxes at Ted Davison's apartments for the senior tenants' convenience.

The Kentville Library loves to get them as well, and I leave some at the Macdonald Concrete House Museum when it's open in the summer. I have sent them to former residents who were in nursing homes—they loved to read about hometown news.

There are a few other places that have changed hands, but I am usually welcomed with my armload of papers.

Having lived in Centreville for many years, I appreciate the friendly neighbourhood and know this paper will be missed by many. Thanks to all who have made this possible.

Thank you so much, Madeline, for going above and beyond to make The Centre Post accessible to all.

Centre Post Staff:

Suzanne Trudeau - Lead Editor
Anne-Marie Waterbury - Copy Editor
Madeline Sheffield - Distribution
Gail Salmon - Roving Reporter



Update from the Marsh

by Gren Jones

NS Senior Provincial Director
Ducks Unlimited Canada (DUC)

Dear Readers,

As I write this article, our fair province is under attack by wildfires. As a conservationist, I am deeply saddened by what has happened. I think about the losses for property owners in Nova Scotia, especially the lobster fishers in Shelburne County. I know many of them or their families, especially around Barrington, as I volunteer with the DU Shelburne County Chapter. The men and women who do the winter fishery there are brave souls. Some of these very people are worried not only about their properties but also about their costly boats and equipment. At the same time, I think about the destruction of our wild birds' and animals' habitats. I wonder how many birds have lost their lives and their young. I think about the risks to animals that roam freely in our beautiful forests, waterways, and wetlands. How long will it take to rebuild their communities?

On the last day of May, I went to Miner's Marsh with our DUC Atlantic Habitat Manager, a gentleman who has worked for 40+ years and was one of the people who designed and helped build Miner's Marsh. He loves the marsh, and when we met at 0900, we walked around and compared water levels. Levels are perfect in the eastern impoundment, but the water in the larger pond by the bridge has all but disappeared for the second year in a row. It is so disheartening. At first, Rob believed that muskrats could have caused damage to the berms, allowing the precious water resource to disappear. By the time we had walked around the marsh, Rob had changed his mind and is prepared to do what it will take to prevent the water from disappearing. He plans to have assistance from hydrologists and other engineers. I have faith in him and his plan to rebuild that impoundment.

Prior to the marsh water levels dropping, there was lots of activity in the marsh. Birds of all types came to mate, nest, and raise their families. The swallows came and are still there, enjoying the boxes built for them. They played happily while we walked around the paths searching for clues. The red-winged blackbirds were also very busy, playing in their cattails. The four families of geese had left for the safety of the river while mallards fed in the shallows, and we watched one momma duck with her four ducklings. I've been told that wood ducks are nesting there, too.

On another note, the KCA Grade 7 students have been learning about invasive plant species, and there are four types of interest in the marsh. The project chosen for their science and community project was to remove the goutweed growing at an alarming pace in the woods below Saint Joseph's Church. Kristen Noel discovered it last year. She, with her summer students, was the lead on May 25th. The work went well, and the students and their teachers were to have returned to plant "friendly plants" in the area where they had removed the invasive plant.

Later, after the other inspections, we returned to the parking lot behind the former Municipal Building. There were only a few cars and virtually no one going in or out of the marsh: the Town of Kentville had put up a barrier. Hopefully, the students will be able to make a second attempt to plant healthy plants later in June.

In June, I will be going to Ottawa to attend the 85th anniversary of Ducks Unlimited Canada. It will be quite interesting, as Nova Scotia currently has four national directors—three in the city. We have a strong vision for our province and the work we want to do regarding climate change and education. The Shubenacadie Wildlife Park and the Wetlands Centre are of great importance, especially to our youth, and we are also working to protect our environment. I recently sat in on a meeting with the town of Annapolis Royal, where they are concerned about what will happen sooner than later. Concrete walls will not withstand the force of nature. Fortunately for them, DUC will construct a series of wetlands near the town that would hold excess water, thus preventing flooding in the downtown core.



I have been a supporter of Ducks Unlimited Canada (DUC) since 1981, when the first dinner held in Nova Scotia was at the Lord Nelson Hotel in Halifax. I became a volunteer in 1983 and a national director in 2009. This is a photo of my 40-year award from DUC in its 85 anniversary - a hand-carved mallard drake decoy and a certificate.

con't next page

Update from the Marsh-con't from previous page

I think this photo is hilarious! It shows a goose that seems to be looking at a big sign on the berm in Miner's Marsh. In 2010, when the marsh was officially opened, there were pictures of waterfowl, songbirds, etc., but none of a goose. Jessica Van Luxemborg took this great photo, and it is my wish that this guy have his picture of "Who Lives in the Marsh?"



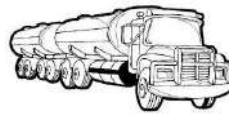
The moment that the goose realizes that it's not in the picture...

Finally, I guess this article may be my last. I hope you, dear readers, have enjoyed my updates on the work being done in our area and beyond.

***The Nova Scotia
Conservation Footprint:***

Projects: 433
Acres conserved: 49,155
Landowner partners: 665

***Yours in Conservation,
Gren***
'Vers un monde meilleur'



Just a Little Tug

by David Ward

My summer job when I was 18 was with a cartage and warehousing company in Moncton. One day, I was the swamper* for the driver of a tractor-trailer big rig on a freight run to Bathurst. Nicely out of town, the driver wanted me to take over the driving. When I said I couldn't drive that unit, he replied anyone could "drive it straight down the road and back it up in a field!" I was in my mid-50s when I got a Class 1 license.

One of my driving jobs was with a bulk-fuel distributor delivering to farms, construction companies, and oil-drilling rigs in the Edmonton area. The truck was a tandem-axle Ford L9000 with a 450-hp Caterpillar engine and a 16,000-litre fuel capacity tank. One cold winter evening and lots of ice fog, I had to deliver a load of diesel to the Pioneer Railroad Society just north of Edmonton. The long, single-track driveway to the roundhouse had shallow drainage ditches on both sides.

I drove to the roundhouse and noticed a 3/4-ton, four-wheel truck parked outside. The volunteer working in the facility said the fuel was for two diesel-electric locomotives - one on the tracks and one inside. The first one was filled and backed into the roundhouse, and the second one was brought out. My invoice was signed, and all I had to do was back my truck out of that long driveway.

The exhaust stack on my truck was on the driver's side, and, what with the ice fog, the cold, and the truck's exhaust, mirrors were not a great deal of help. And so, I put my truck in the shallow ditch. With no load, there was no traction. Remembering the 3/4-ton, I felt it could pull me out. After all, all I needed was a little tug. The railwayman didn't think his truck could do the job and asked where my truck was. When I told him it was near the curve in the tracks, he fired up a locomotive and came to where my truck was. I got out of the ditch with the help of two chains and a diesel-electric locomotive, which gave me the little tug I needed.

I've never aspired to have any claim to fame, but I'll wager I'm the only driver in the country who ever had his truck pulled out of a ditch by a diesel-electric locomotive.

** helper/assistant, except with driving*



Thank You...

Looking back through all the issues of *The Centre Post*, from the first one published in June 2005 to the March issue, I intended to identify and acknowledge all the businesses that supported the newsletter by purchasing advertising. Almost all eighty-plus names were familiar, but a few pre-dated my involvement with the paper. I hope I didn't miss any: my apologies if I did.

It's difficult to know who to thank first: Mike Sweeney, who made it his mission to develop a personal relationship with everyone he approached, or those who couldn't resist his sales pitch. I couldn't resist it, either: he was the one who suggested I become involved with its publication. We were so fortunate to have him for so long until he moved away just a few years ago.

Not only has the advertising income covered all the printing costs, but it has also allowed us to fund the CDCDA Bursary awarded annually to a local graduating NKEC student, purchase benches for the park, donate to the after-school program at the Baptist Church, and keep the paper available to our readers at no cost to them.

Thanks to all of you, past and present, from the newsletter's staff and our readers. *The Centre Post* as it has existed for the past twenty-three years wouldn't have been possible without you.



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Story From the Family Farm by Mack Frail

In the first week of April, I celebrated my 88th birthday. I was born in Centreville and have experienced its changing from an active, busy, close-knit farming community into a bedroom community. Areas that I remember as agricultural, forestry, and wetlands are subdivisions and residential homes. It gives me a good feeling that building lots are available to provide homes for families. I had not expected that practically the entire village of Centreville would become overcrowded with houses.

On April 20, I began to feel bad and tested positive for COVID-19. At the same time COVID-19 was settling into my body, I was experiencing pains in my right hip and leg. COVID intensifies pain, and I have suffered greatly. I spread COVID to my wife, Sheila, and we have both had a difficult time. After getting back on my feet again, I had a weakness in my body that I had never experienced before. I am still affected by this weakness. After more than twenty years of regularly submitting "Story from the Family Farm" to the Centreville Voice and the Centre Post, I had thoughts that my record would be broken. Not feeling well enough to do research to write a story, I have simply written about Centreville from memory. One problem is that the approximately 2,000 more recent residents have no interest in the Centreville where I grew up. The few remaining residents who have memories of Centreville may find something of interest.

I have a good memory and recall certain events and people from before the 1940s. I have an interest in history and have taken the time to learn more about the history of communities in the area. Centreville is one of those communities whose history has played a big role. The first road from Horton Township that passed through Cornwallis Township to the Bay of Fundy went through Centreville. The road still exists as Highway 359. This road played a big part in Centreville's growth and history.

Centreville was not only a great place to live, it was a place for business and the opportunity to provide for one's family. Centreville was originally located centrally within the Cornwallis Township. The New England Planter settlers applied the name Centre Village. Before the New England Planters settled in Centreville, it was a

busy French Acadian Village. The Acadians dug a drainage ditch that controlled the brook's water level and allowed them to grow crops on the meadowlands. They constructed a dam across the brook near Highway 221 East and formed the mill pond where the Acadians operated a grist mill. Evidence of French Acadians' presence in Centreville was prominent.

In the days before automobiles, large amounts of goods and cargo were transported by sailing vessels and picked up at the wharves with oxen or horse-drawn vehicles. The country roads were either dirt or gravel. The main road, presently known as Highway 359, was a gravel and dirt road that began in Aldershot at the ends of Lanzy and Aldershot Roads. The pavement ended at the end of these roads. Country roads were not built up as they are, and they followed the contours of the land. There were not as many gas-powered vehicles, especially during the war years when gas and tires were scarce and expensive to purchase. Yokes of oxen were working on the farms and pulling wagons on the roads. Teams of horses were relied on to do the work on the farm. Farm tractors before and during World War II were not efficient. During the war years, only a few farm tractors were manufactured. Some of the farmers made what was referred to as a 'cutdown' tractor. They were usually made from old trucks. The frame would be shortened and modifications were carried out to make it useful as a farm tractor.

In the early 1870s, a young man from Halls Harbour named Ruben Thorpe purchased a small store at the intersection of today's Highway 359 and Highway 221 East. From earlier days, Centreville was a place for business and shopping. Ruben Thorpe had the foresight to build a bigger store on the site. It was to become the largest merchant business in this part of the Annapolis Valley.

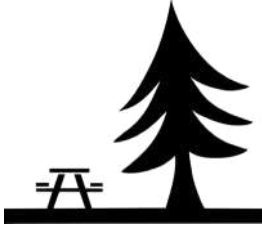
I have lots of memories of life in Centreville beginning before the 1940s, and I could continue sharing them. Realizing there are a limited number of readers who have an interest, I will not dwell on them.

Editor's Note: The community's newsletters have had many contributors over the years, and we are grateful to all of them for their submissions: without them, the newsletters wouldn't have existed. Mack's Story from the Family Farm has been in every issue since before 2001.

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Community Clubs



Centreville & District Park & Recreation Association *Submitted by Joy Acker, Secretary*

· Our fourth ballfield is now in use, and North Kings ball teams are busy each night through the week with practices. There will be various tournaments throughout the summer.

· A summer student has been approved, and we are looking for someone to hire for July and August. If interested, please send a resume to

centrevilleparkrecreation@gmail.com

and we will contact you. The job consists of mowing, whipper-snipping, dragging the ball fields, painting, garbage collection, and generally keeping the park clean and in good repair for our residents' use.

· The Play Box is back on site with some new equipment.

· The street light installation in the Saxon Street parking lot is still awaiting a site visit by the Nova Scotia Power Corporation, scheduled for June.

· Clean-up nights were very successful, with a lot of brush clearing, leaf raking, and general clean up accomplished. We are awaiting the use of a wood-chipping machine so we can clean up the branches that have been dragged out of the woods.

Centreville Day is Saturday, August 12th

· In the morning, the Baptist Church will host a free community breakfast for all to enjoy, 7 - 9 am.

· Plans for the day include a baseball tournament, a BBQ, wagon rides, children's games, a fire department water sprinkler, and a Bouncy Kingdom.

· We hope to have musical entertainment in the evening, 6 - 8 pm, and the cutting of the Centreville cake.

We are looking for volunteers to help out: if you can spare a few hours, please email us at

centrevilleparkrecreation@gmail.com

A car show, organized by Bernie LaRose, will take place on **Sunday, August 27th**, at the soccer field. Food vendors will be on site.

Please plan to come out this summer and support these worthy events, whether by watching our young people play ball, assisting on clean-up nights, participating in Centreville Day, or showing up at the car show. We are always looking for volunteers: you can email or message us on Facebook to get involved.

Centreville Good Neighbour Club



**Submitted by
Susan Wood**



The Good Neighbour Club would like to thank the community for making the Big Breakfast held on May 20/23—our first since COVID began—a success. **Another breakfast will be held on June 17/23**, then we will take the months of July and August off and start back up in September. If anyone would like to give us a helping hand, please contact a member of the club.

Centreville 50-Plus Friends Enjoying Friends



**Submitted by
Darrell E. Spurr, President**

As the end of June approaches, we have cancelled 50-Plus meetings for the summer months. We enjoyed a very successful season, with several new members joining and everyone learning new games. Club meetings will restart on September 6/23. We hope to see current members and welcome all seniors in the area.

Centreville's Volunteers

by Gail Salmon, Roving Reporter

Centreville became our home forty-two years ago. We looked at the affordable, small, one-and-a-half-storey house wrapped with green cedar shingles, wild wallpaper, and screaming 1970s décor in a quaint little village of 300 or so people and knew we were home.

Joining the Centreville Good Neighbour Club within a year of moving in, I met the wonderful women who volunteered in the community and had a wealth of information about the local history. I remember my Canadian History professor saying that Canada was built on the shoulders of volunteers. The heart and soul of this group of women is a commitment to supporting and improving life for Centreville residents. With help from family, friends, and volunteers who prepared and served Big Breakfasts for many years, they raised enough money for a much-needed new kitchen. They also assist community members who are in need.

The Girl Guide and Scout groups met at the hall, led by volunteers who gave up their time and passed their experiences and knowledge on to young people. How many Centreville residents earned badges and have memories of camps and new friends they met during childhood? There were, and are, many organizations that use Centreville Hall. It is also rented for weddings, receptions, and suppers. Thanks to the Good Neighbour Club!

The Pins and Needles Club is a group of busy seamstresses who meet at Centreville Hall for a day of sewing and socializing—some even bring their lunches and stay the day. They don't only make quilts for themselves: the group also donates some to families that have lost loved ones or homes. I am sure many readers have been to the fabulous quilt displays at the Centreville Baptist Church.

Centreville District Park and Recreation Association members look after the park—a wonderful place to walk through the woods. Walking trails have benches along the way, and there is a trail from Ellsworth Estates. There are also baseball and soccer fields, tennis courts, sheltered picnic tables, a BMX bicycle course, and a well-equipped children's playground.

Everything was built by volunteers who take pride in what they have done in the name of their love of their community.

When you read through *The Centre Post*, there is a write-up about Ducks Unlimited, a volunteer, non-profit organization whose cause is saving wetlands and, of course, ducks. I hope you have enjoyed the marsh walk, as many have. A group of volunteers makes it happen.

You have likely seen the sign at Centreville Hall saying the Centreville District Community Development Association (CDCDA) meets on the last Thursday of the month. The CDCDA was formed to provide a direct line of communication between the residents of Centreville and the Municipality of Kings. Members are volunteers who want to ensure Centreville residents have a say in issues that affect their community. Anyone can attend the meetings and join the association.

The Centreville Hall Association has a long history of finding government funding for upgrades. One of the first government grants came through in 1967 for the Little Red School House that became the Centreville Community Hall. The Centreville Hall Association is responsible for upgrades to the building. Mervin Steadman, President of the Hall Association, said the total grant amount to date is estimated to be between \$250,000 and \$300,000. Its generator has allowed the Kings Regional Emergency Measures Organization (REMO) to designate the community hall a Comfort Centre at times of extended power outages. Again, this is due to volunteers who believe in helping the people in their community.

As I read through *The Centre Post*, I am aware of all the activity at the Centreville Baptist Church. There are special soup lunches, exercise classes and an after-school program where volunteers help children with homework and provide fun activities and snacks.

I always read Mack Frail's stories of his past and the history of our village. He creates images of railroads, blacksmith shops, farming, and a strong sense of community. His vast knowledge of Centreville, its people, and the businesses around decades ago is fascinating.

con't next page...

When the first *Centreville Voice* came out in December 1999, I read the little paper, cover to cover. Names of contributors, businesses, and writers changed over the years, as did the name of the publication: it became *The Centre Post* in 2005. It is still free, as the advertising pays for the printing. Five hundred copies are printed in March, June, September, and December, and we run out of them at the post office, Foote's Market, Brown's Convenience Store, and other places. As an aside, the cost of ads in *The Centre Post* has not increased in anyone's memory...

In December 2011, I was asked if I would like to be a 'roving reporter' for *The Centre Post*. I accepted the challenge, found new businesses in and around Centreville, and interviewed the owners. I thoroughly enjoyed meeting all the new people who had decided to set up their businesses in Centreville and learning about the older homes and businesses that have been around for years.

When I was told that June may be the last *Centre Post*, I was sad. Those responsible for the newsletter's production feel it is time for them to leave, that new blood is needed. I am sure there are would-be editors with desktop publishing skills to edit and compose *The Centre Post* for printing. We also need a responsible, self-motivated, and diligent volunteer to keep the advertisements coming so we can continue to offer the newsletter free to readers. The people leaving would be glad to help volunteers learn the ropes. I am willing to continue writing and interviewing, but the paper has space for poetry and stories.

The Centreville Voice, the Centreville Newspaper and *The Centre Post* are stored in a vault at Acadia University to preserve the history of Centreville. Once a hub of Kings County, it was, and is, a "Good Place to Live and Grow."

To sustain the tradition of the paper and keep its publication going, we desperately need volunteers with technical skills in desktop publishing and fresh ideas to maintain costs and appeal to the evolving demographic that makes up our thriving community. Interested volunteers may contact Suzanne, Centre Post Lady (902-5678-7769) or our editor, Anne-Marie Waterbury (902-678-5700). I hope that this is not our last paper.

Arriving of the Summer Solstice

"She flew across the turbulent gust.

Her eyes fixed, her wings strong

She flies and flies and flies along.

To reach high to open her wings to the breathing sun rise".



*Debatrayee Banerjee from her book
A Whispering Leaf...*

Winter's bitter cold has softened. Sun's light tarries longer. Tree's sap begins to flow. Tis spring emerging, after all.

Each day, another window opens. Warming air wafts through the room, carrying the scent of growing green breaking through the soil. Sounds of toiling rakes and bird songs play the harmonies of spring. Life dances with the living.

On this particular day, the window opens wide wide wide. Blueness is round round round. Air so warm caressing the dance. The dancers instinctively in tune with rhythm. Tree, of many trees, fills the room outside this room. Tree is costumed in her birthing dress. Dancing winged seeds suspend from Tree's leafy gown.

On this particular day, in this particular moment, Tree holds yesterday and tomorrow, dancing even as the future slides into the past. The ungraspable moment - yet the moment of living.

In the dancing of moments, Tree fills the seeds with visions that only the inner eyes can see. Tree whispers the secrets of life to each seed. "Carry this message on your wings." says Tree.

It cannot be revealed here what Tree whispers to each winged and seeing seed. But we can know from how Tree is living her life that Tree trusts the ongoing cycle of life, that Tree is grateful for the sustenance of the holy elements of Fire, Water, Earth and Air and for the Spirit that brings Tree again and again to the birthing room.

Listen listen listen to what your heart sings...to the breathing sun rise.

Sylvia Gard



Recipes from Margie Brown, My Country Magic



Blueberry Orange Loaf

In a large mixing bowl:

- 2 cups flour
- 1 tsp. baking powder
- $\frac{1}{4}$ tsp. baking soda
- $\frac{1}{2}$ tsp. salt

Zest about one orange and add to the dry ingredients. Mix well. Save that orange!!

In a small bowl:

- 2 tablespoons soft butter
- Pour $\frac{1}{4}$ cup boiling water over this.

Mix until butter is all melted.

In a medium bowl:

- 1 egg
- 1 cup white sugar
- $\frac{1}{2}$ cup orange juice

Add the hot water/butter mixture.

Make a well in the dry ingredients and add the egg mixture. When well blended, fold in 1 cup fresh blueberries (or frozen berries – if using frozen, add about $\frac{1}{4}$ cup more).

Pour batter into a parchment-lined 9"x5" loaf pan and let the paper drape over the sides. Bake at 350° for about 1 hour and test with cake tester. Leave in pan for 15 minutes on cooling rack, then cool on rack until completely cool. Wrap in foil and leave overnight. Moist and delicious. This loaf freezes well in an airtight bag!

Variation: Prepare an orange glaze (similar to lemon loaf) by mixing up $\frac{1}{2}$ cup sugar, the juice of one orange and put in small saucepan over medium heat until sugar is melted – about 1-2 minutes. Pour immediately over your hot orange loaf (while it's still in the pan) and leave it for 15 minutes. Remove to cooling rack until completely cooled and then wrap in foil and leave overnight. Extra moist and delicious!!

Raspberry Muffins

- 1-3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/3 cup shortening
- 1 cup sugar
- 2 eggs, lightly beaten
- 1/2 cup milk
- 1 teaspoon vanilla extract
- 1 to 2 cups fresh or frozen
Vital Berry Farm raspberries
- Additional sugar

Directions

Combine flour and baking powder; set aside.

In a large bowl, cream shortening and sugar. Add eggs; mix well.

Combine milk and vanilla; add to creamed mixture alternately with flour mixture. Fold in the raspberries.

Fill greased or paper-lined muffin cups two-thirds full. Sprinkle with sugar.

Bake at 375° for 20-25 minutes or until center of muffin springs back when lightly touched.

Yield: about 1 dozen.

If you would prefer a less sweet muffin, try:

*increase the flour to 2 cups,

*increase the baking powder to 3 teaspoons, and

*decrease the sugar to 1/2 cup

Recipe for a Centre Post Newsletter

Ingredients:

1 Advertising Contact
10-15 Contributors
1 Roving Reporter
2-3 Editors/Copy Writers
1 Printing Business
Distribution Manager

Directions:

1. The **Advertising Contact** is an essential ingredient. This person must be self-motivated and dependable and contact all our advertisers in April of each year regarding their advertising contracts for the upcoming fiscal year. This can be done personally (the preferred method) or via email. Contract forms are available, as is the list of advertisers. The income from advertising covers the printing costs: without it, there would not be a free newsletter.

2. **Contributors** make the paper. We have a loyal group of writers who submit stories, poems, community news, etc., and keep our readers interested and coming back issue after issue.

3. The **Roving Reporter** conducts interviews of interest and introduces readers to new and old businesses in the community.

4. **Editors/Copy Writers** are responsible for reviewing all submissions for clarity and length and editing if necessary. Layout for printing is the most challenging and time-consuming, as options are endless—especially when all the ads are included in the mix. This is where having 2-3 people rotating from issue to issue is most helpful. When only one person does it, year after year, without a break, it can become overwhelming and result in burnout.

5. We have an excellent, efficient **Printer—Shannon at Webster Street Print Shop**. A test copy sent via email is printed within hours and available to pick up for proof reading. Once corrections, if needed, are made, 500 copies are printed, usually by the next day.

6. After the papers are picked up from the printer, the **Distribution Manager** delivers them to local outlets.

If even one of these ingredients is left out or fails, so does the newsletter.

A.M. Waterbury

Premier's Update on Health Care **Improving Access to Primary Care**

Premier Tim Houston

Nova Scotians deserve access to healthcare when and where they need it.

Whether you're attached to a primary care provider or not, access has been a challenge for too many. Over the past decade not enough was done to recruit for doctor retirements or plan for population growth.

Many Nova Scotians are attached to a family care provider but can't easily get an appointment. Others have access through virtual care, primary care clinics, mobile clinics or at their local pharmacy – but may want to be attached to a consistent provider who can follow their care.

Our government is working to improve both access and attachment so Nova Scotians get the care they need the way they want to receive it.

Recently we announced plans for more than 60 new and strengthened clinics, including collaborative family practice teams, primary care clinics and urgent treatment centres across the province.

What does that mean for you?

As clinics open, patients who might have had to go to an emergency department or wait weeks to see a provider will get better care, faster.

Expanding options and team-based clinics will help get Nova Scotians off the Need a Family Practice Registry and boost options for same-day/next-day appointments. It will also mean more healthcare providers will get the support they need.

This is just one of many actions we're taking to improve primary care.

There are now 26 pharmacy clinics offering appointments for patients with common illnesses or who take medications for chronic diseases. There are also several pharmacy walk-in clinics and ALL pharmacies can renew prescriptions.

VirtualCareNS is free for everyone on the Need a Family Practice Registry. If an in-person visit is needed, people will be seen at a primary care clinic. Mobile clinics are also travelling the province. You can find out when they'll be in your area by visiting <https://www.nshealth.ca/mobileprimarycareclinics> or calling 811.

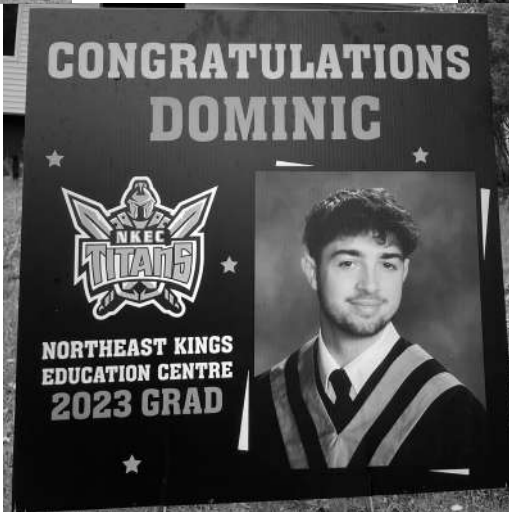
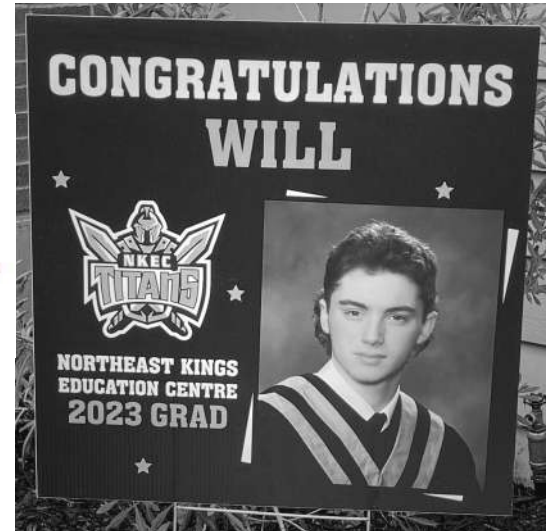
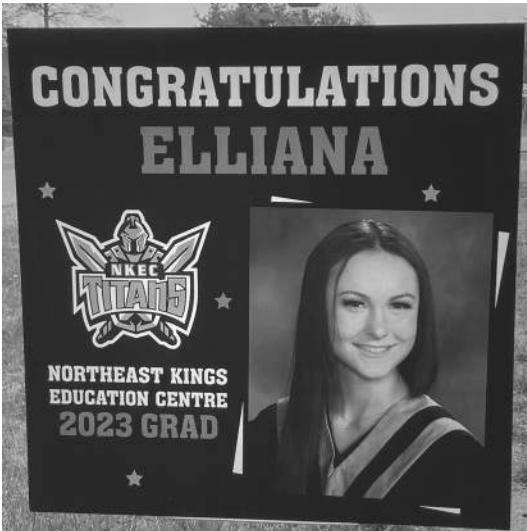
We're also recruiting nationally and internationally. More than 160 new doctors started practising in Nova Scotia between April 2022 and March 2023. After factoring in retirements, there are now 86 more family and specialty physicians in the system than there were last year.

We're changing how healthcare is delivered to help Nova Scotians get the care they need, faster. We will do what it takes to fix the system because when we invest in healthcare, we invest in Nova Scotia's future.

Tim Houston
Premier of Nova Scotia



Congratulations to all NKEC Graduates



*Sorry we couldn't
find more of you...
we drove round 'n
round and really
tried!!*



Community Groups



In case of emergency, Automated External Defibrillators (AEDs) are located inside the main entrances of the **Centreville Community Hall** and **Centreville Baptist Church** and attached to the side of the **Centreville Park Building**

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

Comfort Quilts

Quilters meet at the hall on the **first Tuesday of the month** to work on 'comfort quilts'. These are made from donated fabric and are sewn and tied, then given to organizations to provide comfort to those in need.

TOPS

TOPS meets at the Centreville Baptist Church, Murray Drive, on **Monday evenings at 6 pm**. 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 meeting. For more information contact Madeline Sheffield at 902-678-7584. **Please note changes to time and contacts.**

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 Christine at 782-232-1448. **Please note change in contact info.**

Good Neighbour Club

The Good Neighbour Club meets at the Centreville Hall at 7:00 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.

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!

Centreville Hall Rental

Contact Betty Harper

902-678-0041

timharper@eastlink.ca

'50-Plus' Club

The '50-Plus' Club meets at the Centreville Hall **every Wednesday, 1:30 - 4:00 pm**, except in July and August.

Meetings resume in September.

Centreville District Park and Recreation Association

The Centreville District Park & Recreation Association meets the **third Tuesday of each month at 7:30 pm** at Centreville Hall. **Please note the change in meeting day.** Anyone interested in becoming involved or wishing to share ideas or concerns is welcome. Reach out to us on Facebook.

<https://www.facebook.com/Centreville-Park-441549315950211>