

THE CENTRE POST

March 2017, Issue 46

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The End of an Era?

Gail Salmon



As a resident of Centreville for the past 35 years, I, like many others in Centreville, was shocked and saddened to hear that the Kwik-Way was closing. We moved here in August of 1981: I was pregnant with my son, Nathan, and knew no one in the area. My husband started to work as a substitute teacher in September and, on the days he wasn't called to sub, he worked at the Little Fish Nursery School with his brother in Wolfville. I was left by myself all day with no transportation and would walk around the block

and visit the store, which was then owned by Ralph and Ester Houghton. They were always able to take time out to chat with me when I stopped in to pick up some necessity I had forgotten to purchase at the grocery store. Sometimes another Centreville person was there, and I would get to know someone else in our neighbourhood. It was through this chatting that I learned about the area, the park, and the Good Neighbour Club.

When my two children were toddlers, it was a ritual for us to walk over to the store and buy a treat. Though the ownership changed over the years, it was always a friendly place to go: there was a sense of neighbourly acceptance and interesting chats. When my kids were older, they would take their saved allowances and buy their own treats. On those nights that I didn't feel like cooking, I could order and walk over to pick up food. 'Pizza Fridays' were wonderful, as the weekend began with not having to make supper. Corner stores are kind of like the television show, *Cheers*: everyone knows your name, and that friendly face that greeted you, a smile, and some friendly words could make your day just a little better even without the beer.

When I read in the *Advertiser* that the women who worked at the store thought of their co-workers more as family, I am sure the community thought the same way. Every time I went into the store a customer would be chatting and laughing, telling some personal stories or talking about the news. The atmosphere was welcoming and relaxed. I watched children go in to buy goodies and get a quick math lesson on counting money and figuring out taxes, as well as learning social skills by being polite in return for the courtesies shown to them.

I wrote, not too long ago, about how times were changing and corner stores were not the necessity they were a few years ago. It is a shame that the new generation of young children will miss the experiences corner stores bring: a safe place in their own community to walk to, to spend their saved allowance to buy their own treats; employees who know who they are and watch out for them, maybe even helping them learn a little money math; and that special sense of community. There are many people who will miss having the wonderful meals in the

Continued p.3

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.

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Happy Spring!



Thanks to everyone who makes this newsletter happen - especially our contributors, without whom the rest of us wouldn't be necessary!

Anne-Marie Waterbury, Associate Editor

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

Centreville Website

www.centreville-kings-county.com
info@centreville-kings-county.com

Dates to Remember...

- March 15.....Park Association Meeting
- March 16.....Good Neighbour Club
- March 18.....Big Breakfast
- March 20.....SPRING!!
- March 23CDCDA Meeting
- March 26..Band2Gether, Baptist Church
- April 14.....Good Friday
- April 16.....Easter Sunday
- April 19.....Park Association Meeting
- April 20..... Good Neighbour Club
- April 21... ..Clothing Give Away, Baptist Church
- April 27.....CDCDA Meeting
- May 12-13.....Quilt Show, Baptist Church
- May 14.....Mothers' Day
- May 17.....Park Association Meeting
- May 18.....Good Neighbour Club
- May 20..... Big Breakfast
- May 25..... CDCDA - AGM

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The End of an Era - Continued from page 1

diner - a place between home and work where one could have a wholesome breakfast, a quick lunch, or a wonderful supper. Their battered fish was wonderful! It was also a pleasant, central meeting place for friends to have coffee or a meal. They welcomed the staff of the *Centre Post* when we met there to discuss the particulars of the newsletter over coffee, and were longtime supporters of this paper through regular advertising.

So, I guess that is about all I have to say. I will miss the place. The building is up for sale as of February 27th. Much of the equipment and furniture has been sold, and Vicki and the other employees have essentially finished the difficult task of closing up shop. Whoever purchases the building may have a new agenda and the building will start a new history. All we know for sure is that life is always changing. I bid a huge thank you to all the employees and wish them well in all their new endeavours.

Story from the Family Farm



Mack Frail

I have experienced a lot of changes during my years, as generations before me would have also experienced change. I was born and grew up in Centreville and, with exception of a few years, have always lived here. I have written the history of Centreville and have gained a greater understanding of the community. When I think back over the years to when Centreville was a rural farming community, I find it difficult to comprehend all of the changes. I do not believe that all of the changes are beneficial to the community, but time may prove me wrong. Centreville has benefited from the many useful conveniences that have more recently been added to the community. I would like to mention them but it is difficult to place them in the proper order of importance to the community.

One of the negative changes that I refer to is that Centreville experienced more than two hundred years of merchant business and at present we are without a store. Statistics show that the large growth in population has not benefited Centreville in its support of local business. The 1871 census for Centreville records forty-three homes, one hundred and nineteen residents, one school, one Catholic Church, two blacksmith shops, one saw mill, and three stores. Presently there are about two thousand residents in Centreville, and there is less support for recreation, entertainment, social groups, and businesses than there was with only a few hundred residents.

Beginning early in the 1800s, Centreville was a community where people came from outlying communities to do business and shopping. The Ruben Thorpe General Store, which opened for business in 1874, became one of the largest merchant businesses in Kings County. It attracted a lot of people and assisted Centreville in becoming one of the busiest communities in Kings County. When we purchased locally, we knew that we were not only supporting the business but also those farming families that supplied produce. People believed in helping their communities by supporting local business. We have shopping malls where we purchase imported goods from chain stores. What we call progress has changed our communities, which fail to benefit from the changes.

Centreville is fortunate to have a farm market where a wide range of produce and items are available. It pleases me that they carry locally-grown produce and items that are of local origin.

I have no doubts that, in future, Centreville will continue to grow, and that those living within its boundaries will have a special attachment and express, as many former residents have, that "Centreville was a great place to grow up".

Preparation and Cell Phone

By Dave Ward

*“Remember me as you pass by,
As you are now so once was I,
As I am now so you will be,
Prepare yourself to follow me!”*

This was an inscription on a grave stone Trudy and I saw in Scotland on our 25th anniversary trip in 1989. ‘Preparation’ was the key word a little over 27 years later as we knew Trudy’s life was coming to the end; in other words, her death was not unexpected. Our wills had been updated, and everything we owned was in joint names – car, house, bank accounts, etc. Trudy passed away at home as she desired, leaving no estate. All the things that transpired in the following months were both expected and, well, unexpected.

Luckily, we knew where important documents were kept, things like our marriage license, wills, insurance policies, and even social insurance numbers. And when White’s Funeral Home gave us a folder full of information, I was surprised at the number of death certificates. As Trudy’s executor, I soon learned that all were necessary. They are needed to transfer joint bank accounts to single ownership. Together with copies of her will, they were needed for survivor benefits from her federal government pension and health plan, her Canada Pension Plan, and so on. Our lawyer provided copies of her will.

While some may not agree, I received excellent co-operation and help from all the government employees I dealt with via 1-800 numbers, even


when documents were returned for missing signatures. With their help, finally, all fell into place.

The unexpected? I learned that a death certificate was required to cancel a cell phone, that placing an obituary in newspapers was far more expensive than I realized, and that a South Shore monument firm was determined to sell me a grave stone. I got a phone call from a salesman who was told that a grave stone would not be needed. That didn’t seem to register with him, because a week or so later he mailed a business card disguised as a sympathy card, again trying to sell a stone. I wrote his boss indicating that I was not happy with his employee’s reminding me twice that my wife had died.

Then, needed things get lost around the house. Trudy wanted to see an old insurance policy she took out before we were married, when I became the beneficiary. We found it, but it is now nowhere to be seen. However, I found a ‘customer’ 1-800 number for the company and all got settled nicely. She also kept a spare car key in the purse she carried whenever we were in the car together. I got the key from that purse, put it away in a safe place, and am still looking for it! And I just realized that I must change the beneficiary on my insurance policies from Trudy to our children.

The journey Trudy and I travelled was made easier with the help of our wonderful neighbours and the assistance received from the palliative care staff of Annapolis Valley Health and the VON.

And the extra set of car keys is still missing!

 <p>KENTVILLE TOYOTA</p>	<p>Phone: 902-678-6000 Fax: 902-678-6455 www.kentvilletoyota.ca</p>
<p>840 Park Street, Kentville NS B4N 3X9</p>	<p><i>We Care</i></p>

Dementia

This anger is new; don't know quite what it is
But I see that I have it, what was the quiz?
Oh yes, I feel funny, never like this before:
I'm feeling quite strange and my stomach is sore.

Don't tell me that something is wrong with me now,
That I've not been eating, how could that be, HOW?
I made my own breakfast with oatmeal and all
Then sat down for a minute so I wouldn't fall.

I keep closing my eyes as I sit in my chair
And I can't understand why you sit and you stare.
There's a cup in my hand and the soup's very cold,
You say, "Eat your dinner, please EAT," you scold.

You say I've not eaten a thing for four days,
You tell me, "Drink Ensure, it will help in this phase."
My memory's a sieve, I just can't understand,
What the heck's going on? Please don't reprimand.

You say I was sick and the ambulance came,
My taking too many pills may be partly to blame.
The doctor did tests and nutrients are low,
And I have pneumonia, my breathing is slow.

The nurse, she will give me my pill in the morn,
At lunch, antibiotics, "Please take them", you warn.
"Are they coming with meals?" I ask you a lot,
And you patiently say, "I will call if they're not."

I've never felt like this, it's really not fun,
Sometimes I think that my memory's done.

I walk and I exercise and read every day,
This should not be happening, let it stop, I pray.

I am getting stronger; don't sleep all the time,
My health every once in a while is just fine.

"Your job", you say, "is just to have fun
And we will tackle each day when each day will come."

Gail Salmon



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The Natural Approach to a Happier, Healthier Pet!

Melissa Bahri

We love our pets - they mean the world to us and we want to give them the best possible life we can for the time they are with us. But often we find that they are not living as long as they used to. Look back about 50 years: did your grandmother go to the pet store and buy Fido the most expensive bag of kibble, or did Fido just get the leftovers from supper? Most of us pet owners have this idea that if we buy the best, most expensive grain-free kibble at the store, our dogs will be the healthiest that they can be.

So many dogs are now having skin issues, runny eyes, yeast infections, loss of fur, lack of energy, and the list continues. When our dogs present these issues we go to the vet, get some antibiotics, and switch their food, but then a few months later it happens all over again. You aren't alone! A few years ago, Amy's beautiful fur baby began to have some of the issues listed above. After many vet visits and the stress of trying to get her to feel better, she made the decision to change her dogs' diets. After months of research - going away to conferences, courses, and meetings with animal nutritionists - she then sat down with the owner and operator of Green Dog, a locally-owned livestock farm that produces raw food for small businesses. Together they began the journey of selling raw dog food at Pineo's Pet Spaw. Amy's dogs have flourished: they look great, feel great, and still have the attitudes and demeanors of young dogs. She hasn't had to take the dogs to the vet as often as in the past, and her smaller fur baby was able to go off all of his medications for the skin issues he was having. For those of you that come into the shop, you know how good he looks under his blue ears!

Amy and the staff at Pineo's Pet Spaw want the best for your pet: we love them just as much as you do and

we want to help you get started on your journey of creating a healthier diet for Fido. It sounds hard but it's simple - we just need to get you back to the basics and start caring for our dogs from the inside out. If you have the questions, we have the answers and are always willing to help you in the right direction.

If you are struggling with the question of feeding raw and don't know if it's for you and your dog, just sit back for a minute and really think about it. Would you want to eat the same thing every night for supper? If you were experiencing some of the symptoms that our dogs are, such as skin allergies, runny eyes, and diarrhea because of what you were eating, what would you do? Most of us would begin to change our diet. We would begin to cut things out and eat more natural foods. It's a lot harder for us to change our diet than it is for you to change your dog's diet - most of the foods they need are already in your fridge. If they aren't, then they are in ours!

Make the change today. Call us, 'Like' Pineo's Pet Spaw on Facebook, or stop by Monday to Friday 7:30 am - 5:30 pm and we can help steer you in the right direction. Spring is coming and we are getting our beach bodies ready for the summer, so why not get Fido ready so he can go to the beach with you!



Centreville Park and Recreation Association News

George Graves

The Area Rate Meeting was held February 15/17. George Graves, President, introduced members of the Park and Recreation Association as well as Councillor Pauline Raven. Neil Prince, Treasurer, gave a report on the park's finances and there was a slide presentation of the park, prepared by John Dekoe, which included photos of the last Centreville Day and what the park has to offer. Refreshments were served and the votes were cast: the result was unanimous approval to continue with the \$20.00 annual rate per Centreville dwelling.

We will be installing new playground equipment between the swing set and large playground this March. The new additions will include a 4-seat set merry-go-round and spring toys. Also new are six benches for placement along the walking trails.

Once the clearing of trees and brush leading to the soccer field is completed, the BMX Park will be created. Crusher dust will be applied to the tee-ball field.

As recommended by the Department of Natural Resources to implement a FireSmart program, we will be clearing approximately five feet on either side of the walking trails to reduce the risk of fire.

We are in the process of acquiring three summer students for grounds upkeep and to conduct children's day camps Monday to Friday mornings.

We will also have a spring cleanup: the time and date will be announced on the Community Hall sign. We will obtain a dumpster from Valley Waste Management to dispose of as much shrub debris as possible. If you would like to help out, please call George at 902-678-8136 or Neil at 902-678-5401.

North Kings ball registration will take place at the park on March 25 and April 8, 9:00 am to 12:00 pm.

FireSmart Program

Pauline Raven

Thanks to the efforts of many, and particularly park volunteer Clarke Lent, FireSmart representatives have made two visits to Centreville.



The goal is to help Centreville organizations and residents create a community better able to prevent or withstand a forest fire. Centreville is unique. It has several acres of mature forest in its centre (at the park) that are surrounded by subdivisions. If fire should get into the crowns of the trees, much damage could be done before any significant progress would be made in fire-fighting. Detailed advice was well received by a wide variety of community representatives. This included:

- Clearing underbrush in the forested area for at least 5-10 feet on either side of the established trails, as well as a perimeter of 5-10 feet where the park boundary meets residential back yards;
- Installing signage at the park about fire prevention;
- Hosting a fire prevention event with help from the Department of Natural Resources, the Kentville Volunteer Fire Department, and the provincial representative of Emergency Management for Kings County; and
- Finishing existing trails to the standard of our new trail installed in 2016, i.e., creating a gravel base and crusher dust top that act as fire retardants.

It is anticipated that these tasks will be accomplished over a period of 2-3 years.

Mascots of the Department of Natural Resources (Smokey the Bear) and the Kentville Volunteer Fire Department (Sparky the Dog) are very likely to be star performers at this year's Centreville Day. In the meantime, information on FireSmart can be found at <https://www.firesmartcanada.ca>.

Community Events



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

Friday May 12, 2017 - 10 am - 5 pm
Saturday May 13, 2017 - 10 am - 3:30 pm
Centreville Baptist Church
Murray Drive, Centreville, Kings County, NS

Admission \$5.00

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 & Saturday: Lunch \$8.00

Quilt & Rug Registration - Weds May 10th 9 am - 8 pm
For information:
Sharon at 902-678-2836 / mmanzer@eastlink.ca
Ruth at 902-678-4206 / ruthbentley76@gmail.com
Sponsored by the
Evening Workers Auxiliary

SPRING / SUMMER CLOTHING GIVE AWAY

Centreville Baptist Church
870 Murray Drive
(off Hwy #359)

FRIDAY APRIL 21, 2017
8:30 am to 11:00 am

Donations of clean clothing, bedding,
towels, and footwear gratefully
accepted. Items for children especially
appreciated.

***NO fall and winter clothing accepted
at this time.***

Items may be dropped off that week, up
to Thursday afternoon when we set up.

For more information call:
Marilyn 678-3939 or
Madeline 902-678-7584



Good Neighbour Club News
Susan Wood

The GNC has just celebrated the eleventh anniversary of our Big Breakfast. It is hard to believe that this time has gone by, except when you look at the Community Hall and the improvements that we have helped with. Thank you to the volunteers and for the community support we have received in doing this.

Our next general meeting is on March 16th at 7:30 pm, with our breakfast following on the 18th. Come and enjoy!

**Centreville District
Community Development
Association**

Annual General Meeting

Centreville Community Hall
Thursday May 25, 2017
7:30 pm

All Welcome

Charles Macdonald
Concrete House
by Fred Macdonald

The Cougar



"Not true!" some said. "Can't be!" said others, "Impossible!"

But for years, Charlie stubbornly insisted that there were cougars on the Valley's North Mountain and he had proof.

Since 1919, Charlie and Mabel Macdonald had camped at Huntington Point, a few miles west of Hall's Harbour on Nova Scotia's Bay of Fundy. It was there that Charlie and his workers /partners built five cottages out of logs, concrete, and stone in the 1930s when business was slack at Kentville Concrete. At the time, Huntington Point was remote and you let yourself through a wooded pasture of cattle to get there. Wildlife at the Point was plentiful and Charlie was in tune with nature. As testament, a fine rack of antlers hangs on the west wall of his red Point cottage to this day.

And so it was, early one summer morning after his usual breakfast of a raw egg sucked through a hole in its shell followed by a drop of iodine carefully deposited on the tip of his tongue, Charlie made his discovery. An imprint of a large animal's foot had been left during the night in the soft earth of the garden near the cottage. His smile became a wide grin. Naysayers be damned, for before him was proof that there were indeed cougars on the North Mountain! And to preserve his find he went to work filling the track with a mixture of fine cement and sand from which, after hardening, he would make copies. The Macdonalds spent their retirement summers at the Red Cottage, and over the years Charlie delighted in relating his cougar story, the proof proudly displayed on the fireplace mantle. In 1967, the year of Canada's Confederation, Charles Macdonald died.

Harold Whitman was a woodsman from Caledonia, in Queens County. When Charlie sold a cottage it was only to the right individual. Harold fit the bill, so he and his wife took possession of the Blue Cottage and became Charlie and Mabel's summertime neighbours. But having spent years in the woods of central Nova Scotia, Harold would never agree to Charlie's claim of cougars native to this area. As the years passed, the Blue Cottage fell into disrepair. The story goes that a hurricane had so frightened Harold's wife that she vowed never to return to Huntington Point. In the spring of the year of her death, Harold was back. New windows, fresh masonry, and electrical service enabled him and Bruno, his Doberman pinscher, to return to the tranquil summers of Huntington Point.

Harold enjoyed visitors, he loved a good story, and he played a better-than-pedestrian game of cribbage. But now, with passing years, Harold was showing his age. The Point was changing and he missed his neighbours. The crib board was out this day, but there was something on his mind. Getting skunked was unusual for Harold, but twice in a row? Looking up from the board, Harold said to his opponent, "You know...", and he went on to reveal a secret he had guarded since Charlie's death.

On a dark summer night, he and one of Charlie's former workers/partners had crept into the garden at Charlie's red Point cottage. There they stamped an impression in the soft earth. As a joke, they had used the foot of a bear that Harold had brought from home. Well, Charlie bought it hook, line, and sinker, and for the rest of his life he proudly displayed his concrete proof of the North Mountain cougar. And so it was, with a semblance of remorse (though not too much), Harold confessed that he never had the heart to level with Charlie about the forgery committed that night so long ago. And to this day, the 'cougar' track cast remains in its place on the fireplace mantle at Charlie's red Point cottage at Huntington Point on Nova Scotia's Bay of Fundy.



February saw Bill 75 rammed through the legislature in all-night sessions. The public interest in Bill 75 and the legislative process was amazing. Thousands watched throughout the week on Facebook's live streaming. Many have asked about the sanity of the Liberal Government's using all-night sessions to push the bill through. The simple answer is that the legislature hours are the sole decision of Government House Leader Michel Samson. Running around the clock has the benefit of limiting the number of question periods the government must endure plus passes the bill sooner. And a question period at 1:00 in the morning does not get the same number of viewers as one at 2:00 in the afternoon.

The fact that Bill 75 imposed a contract as it did is widely believed to be unconstitutional, and will certainly be challenged in court by the teachers. This will be expensive, as it has been for BC, which has already gone down this road and lost to their teachers' court challenge. Cutting off public input at Law Amendments Committee, an unprecedented move, has further damaged the relationship between the government and teachers.

What we did hear at Law Amendments was incredible angst from teachers over classroom conditions. It was stark and graphic descriptions of classrooms that bear no resemblance to what my generation knew about school. The stories of teachers being bitten, kicked, hit, verbally abused, and spit on were shocking. Remarkably, most of their frustration was not about that, but rather about not being able to do their jobs - teaching their students the course materials. Conditions are so bad in the classroom, many students are not getting their basic educational needs met and our teachers know it. Their demand to fix classroom conditions is really about doing their best for each student. Currently, there is no attendance policy, a no-fail policy, and no consequences for passing work in late. Our teachers

are overwhelmed with data entry requirements that duplicate themselves and bear little relevance to the classroom. Teacher morale must be at an all time low.

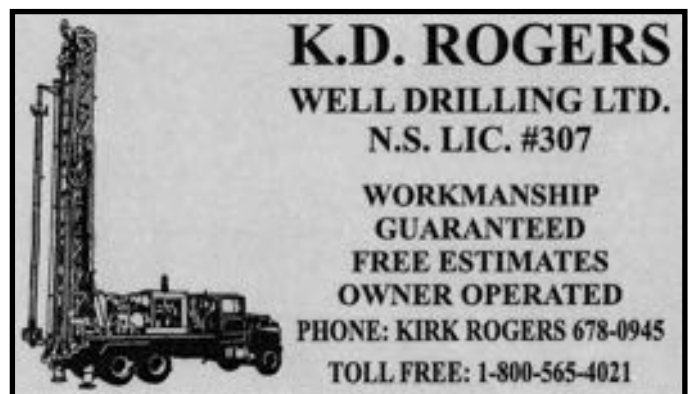
If there is a silver lining in the Bill 75 debate, it's the fact that the discussion about classroom conditions has now begun. That's a good thing, as this must be addressed - not for the sake of the union or the government, but for the sake of our children. If we can create the best possible environment for teachers to work in, I believe that it will also be the best possible environment for students to learn.

Thanks,
John Lohr
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The opinions expressed in this article do not necessarily reflect those of the staff of the Centre Post.



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Piriformis Syndrome - “What a Pain in the ...”

Jennifer MacKenzie RMT

Registered Massage Therapist at Valley Massage
Therapy Clinic

Most people have never heard of a piriformis muscle, but it can cause considerable irritation and pain in individuals - from the 10-hour-a-day desk worker to the high achiever at the gym.

‘Piri’ means *pear* and ‘form’ is for *shape*. This pear-shaped muscle resides in the buttock area with a group of muscles that act as postural stabilizers and function as movers of the femur (thigh bone).

Piriformis syndrome can be caused by (but not limited to):

- Prolonged sitting or driving
- Motor vehicle accident
- Slip or fall
- Prolonged activity such as jogging
- Overuse in lifting heavy items
- Postural imbalances
- Pregnancy

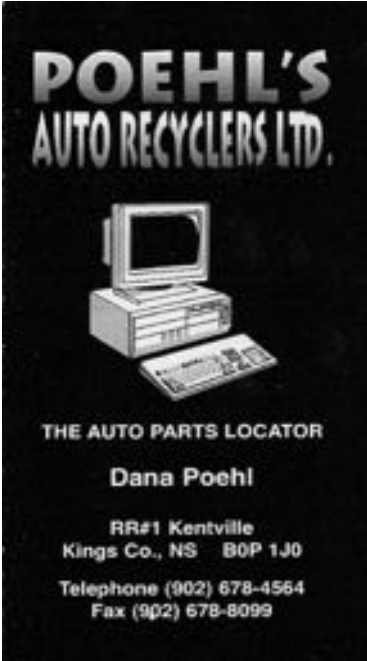
Typical symptoms of a dysfunctional piriformis include localized pain, sciatic nerve pain (numbness, tingling or shooting pain down the back of the leg and into the foot), low back pain, and joint pain where the pelvis meets the sacrum (tailbone). Watch also for a decreased range of motion with the leg and possible muscle weakness, as well a pain when walking or climbing stairs.

If you think piriformis syndrome is an issue for you, it is important to check with a health care professional to rule out other conditions with similar symptoms. Examples are a lower back disc issue or inflammation.

Massage therapy treatment to release the piriformis muscle is effective in most cases. Combined with regular stretching and reduction of causative factors, massage therapy should make this ‘pain in the butt’ a much more manageable condition.

References:

1. Rattray, Fiona, Ludwig, Linda. 2000. Clinical Massage Therapy; Understanding, assessing and treating over 70 Conditions.
2. Dimon Jr. Theodore. 2008. Anatomy of the moving body: A basic course in bones, muscles, and joints, 2nd edition. North Atlantic Books.
3. www.spine-health/conditions/sciatica/what-piriformis-syndrome



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Update from the Marsh **Gren Jones**

Apart from some late snowy weather and a period of cold, it would appear that spring is on its way. This is very evident, as the waterfowl activity indicates that there are lots of geese and ducks around the Minas Basin and in the rivers. As the snow has rapidly melted on the fields, I've observed a lot of feeding on cornfields around the Habitant River near Canning. To me, it is further proof that climate change has already had an impact on migratory routes. Increasing numbers of ducks and geese are not travelling as far as they did traditionally.

With regards to migration, I read an interesting article in the winter edition of the Ducks Unlimited Inc. magazine concerning eiders. Acadia University's Dr. Mark Mallory, the Canada Research Chair in Coastal Wetlands Ecosystems, has been doing a study with his students on the migratory habits of eiders. This particular bird is a coastal visitor with a wide range, from Labrador to New England. Last spring, 12 eiders were banded and fitted with satellite transmitters as part of a breeding and wintering behavior study. Some eiders tend to migrate to Cape Cod for the winter months. As luck would have it, a hunter happened to harvest one of these birds in Maine. While examining the bird band, he discovered the wire tucked under one of the wings. The hunter reported the band, but also contacted Dr. Mallory to report the bird from his study. Dr. Mallory said, "The insight provided by this data helps us understand which areas are important to these birds."

Banding birds began in 1904. It is a powerful tool for scientists who study the movement, survival, and behavior of birds. More than 60 million birds have been banded in North America and about 4 million bands have been recovered and recorded. With technology, scientists have perfected a way to track birds with transmitters that transmit data to satellites. For the students at Acadia, this offers them an opportunity to track the breeding and wintering behavior of this particular sea duck. In the case of the Acadia eiders, the bird in question was captured and fitted with the transmitter in May, 2014: they received the report 18 months later.

In addition, I would expect that Acadia University will receive lots of attention from our neighbours to the south given that this magazine reaches a very large supporter group!

I will finish with an update concerning our local fundraising chapter, the Valley Chapter. I was co-founder of this committee in 1984, and the chapter has done fundraising and outreach in the community since then.

Recently, the volunteer recognition dinner was held for DU volunteers in Western NS, including the Acadia University, Bridgewater, Digby, Shelburne County, and Southwest Nova (Yarmouth) chapters. Two prestigious awards were handed out during the evening's events. Barry Faulkner, chair of the Digby Chapter and the Nova Scotia Provincial Council, earned the Volunteer of the Year award while the Valley Chapter, with Chair Scott Gouthro, received the Chapter of the Year for Atlantic Canada!! This was quite an award for the Valley, and I would like to congratulate Scott and his team of volunteers for an amazing dinner event!

More news from the Valley Chapter: This year, the fundraising dinner will be held at Wheelock Hall, Acadia University, on Saturday, April 29.

Ticket inquiries:

Scott Gouthro - 902-679-0036 or 902-698-0036

On-line - www.ducks.ca / attend an event..

Care to make a difference? Interested in contributing to the conservation efforts of Ducks Unlimited? Visit www.ducks.ca or contact me for a personal visit!

< gc_jones@yahoo.ca >



Barry Faulkner with Jamie Young and Gren



Members of the Valley Chapter with Scott Gouthro

Pauline
Raven
902 670-2949

Your voice. My voice.
Our voice!
Councillor District 2

Right on the Money?

Your Municipal Council and staff are in budget season. Council has been presented with the draft operating and capital budgets being recommended by staff.

We have given some preliminary feedback and revisions are underway. The second drafts will be discussed more fully on March 20 (operating) and March 28 (capital). The motions made at that time will influence what will be adopted by Council as its 2017-2018 budget. If all goes well, the final budget documents will be approved on April 18.

Whoever said “the devil is in the detail” was correct. It takes time, effort, and knowledge to complete a task to the best of our collective ability. I’m thankful for our skilled finance staff’s ability to answer our many questions.

Council has close to 46 million dollars worth of funds to consider this year.

I want you to know that I have asked that capital work on sewers be set aside during this four-year session of Council to permit funds available for capital work through our federal government to be used for installing the remaining sidewalks on our priority list. This list of several sidewalks includes Scott Drive and Mee, McKittrick and Sherman Belcher roads in District 2, which have been slowly making their way up and down the list as priorities change. Isn’t now the time to get our communities walking? I have seen no evidence that sewers should be put ahead of sidewalks as we work to improve the health of our communities.

Staff are again targeting a zero increase in the **tax rate**. However, the property assessments are up – so homeowners will see a modest increase in their tax bill. In general, these small annual increases cover the cost of inflation in municipal costs (policing, education, libraries, recreation, solid waste management, etc.).

A tax increase of one cent would add \$15.00 to the average tax bill and would provide \$350,000.00 extra revenue. This would be another, though likely unpopular, way to make progress on some languishing projects.

As always, I am interested to hear from you on any topic, but particularly on the draft budgets. They should be ready in sufficient numbers for distribution in mid-March. Read and comment if you have time. It is **YOUR** money!

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Where old friends meet to sit and relax.*



Raspberry Lemon Muffins

*Submitted by Margie Brown,
Blueberry Acres U-Pick*

The secret to the sparkling flavour of these delicately-crumbed muffins is the strips of lemon zest finely ground into the sugar. Enjoy the muffins warm right from the oven.

Ingredients:

- 1 lemon
- 1/2 cup sugar
- 1 cup nonfat buttermilk (see Tip)
- 1/3 cup canola oil
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup white whole-wheat flour, or whole-wheat pastry flour (see Shopping Tip)
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 cups fresh or frozen (not thawed) Vital Berry raspberries

Preparation:

1. Preheat oven to 400°F. Coat 12 large (1/2-cup) muffin cups with cooking spray or line with paper liners.
 2. Use a vegetable peeler to remove the zest from the lemon in long strips. Combine the zest and sugar in a food processor; pulse until the zest is very finely chopped into the sugar. Add buttermilk, oil, egg and vanilla and pulse until blended.
 3. Combine whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a large bowl. Add the buttermilk mixture and fold until almost blended. Gently fold in raspberries. Divide the batter among the muffin cups.
 4. Bake the muffins until the edges and tops are golden, 20 to 25 minutes. Let cool in the pan for 5 minutes before turning out onto a wire rack. Serve warm.
- **Make Ahead Tip:** Wrap each in plastic and freeze in a freezer bag for up to 1 month. To reheat, remove plastic, wrap muffin in a paper towel and microwave on High for 30 to 60 seconds.
 - **Tip: No buttermilk?** Mix 1 tablespoon lemon juice into 1 cup milk.

Centreville Baptist Church

870 Murray Drive, Centreville

We are here to serve the community. Our excellent facilities may be available to you - simply contact the church.

Steven Hopper, Senior Pastor
902-678-1946 (Office)

www.centrevillebaptist.ca

Centreville welcomes Rev. Dr. Steven Hopper and his wife Diane and family to the community. They have moved into their home on Murray Drive, and Senior Pastor Steven has become busy with his new pastorate in the Centreville Baptist Church.

Activities have been brisk at the church: following are some of the many weekly activities that may be of interest to community members.

- Monday: 10 am Ladies Morning Out – exercise in the gym, all are welcome (free)
9 am - 2 pm Women meet to quilt; lunch provided, freewill offering
2:30 - 4:30 pm Children’s after school program
- Thursday: 10 am Ladies Morning Out – exercise in the gym, all are welcome (free)
7 pm Youth Group
- Friday: 10 am Walking exercises in the gym; all are welcome (free)
11 am Lenten lunches begin
- Saturday: A day that is open for activities
- Sunday: 9 - 10 am Adult Sunday School
10:30 am Worship Service

Upcoming Events:

- * March 26 at 7 pm: An evening of entertainment with ‘Band2Gether’ performing. Refreshments provided and a social time after the performance. Freewill offering, everyone welcome.
- * The Annual Quilt & Rug Hooking Show, May 12-13
- * Youth Group activity: Spring Forth, Moncton, May 12-13

Submitted by Mack Frail

For more information and a full list of church activities, visit www.centrevillebaptist.ca or call 902-678-1946.

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 and August). 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.

Centreville Hall Rental

Contact Minnie Sheffield at
902-678-6391

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 - April 19/17

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: March 23, 2017

Annual General Meeting May 25, 7:30 pm

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
Pat 902-678-9100 patmutch@hotmail.com
Margot 902-542-1466 margotwithat@hotmail.com

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.