

# THE CENTRE POST

March 2021; Issue 62

Next Issue: June 17, 2021

Submissions Due: June 1, 2021

## ***Centreville Convenience Store is Coming!***

*by Gail Salmon*



I am sure many of you have seen the signs and watched the Centreville Dodge building get a facelift. There has been a lot of buzz and anticipation about a new convenience store opening locally. The Centreville Convenience Store, a Kwik-Way franchise owned by Dick Brown, will be opening on Easter Monday, April 5th.

Dick Brown, Eric Turner, and Jeff Keizer have been friends since school days and lived close to each other growing up. They decided to work together to purchase the building and took ownership on January 25th. The renovations started two-and-a-half months ago, and the building now has a new roof, new siding, and many new windows.

Dick Brown has lived in Centreville for fifty-one years. He attended Aldershot and Cornwallis

schools, raised his children here, and lives with his wife, Nancy. Dick worked a long time for Midland Transport as a long-haul driver and needed a change. He wanted to open a convenience store for the people of Centreville. Dick reminisced about when the area had two general stores and knew that the community needed a convenience store again. It has taken him a while, but everything came together.

When I met Dick Brown and Vicki Johnston at the store, I was welcomed by high ceilings, a large, spacious area with bright, newly-painted walls, lots of natural light, and two smiling faces. The new floor tiles will be installed in early March, followed by shelves, the ordering of supplies, and stocking the store. "We are on schedule," says Dick. In the early spring, they will make sure the store is accessible to all, and there is lots of parking.

Many of you remember Vicki, the manager of the Centreville Kwik Way that closed three years ago. She will be managing the new store, sharing all of her experience and skills, and will help organize the opening. Dick assured me that you would see him behind the counter 50 hours a week. I am sure he will have an enthusiastic grin on his face as he greets customers. The store will have 'necessity' items fully stocked. They also plan to offer in-house-made pizza and submarine sandwiches for take-out, along with coffee and tea. Lotto tickets and cigarettes will also be available. More items to delight and entice us all are yet to be determined.

The store will be open seven days a week, and the hours—subject to change—will be 7:00 a.m. to 8:00 p.m. Staff has been hired, and you will see some familiar, cheerful faces along with new ones.

They will have specials on opening day, April 5th, and they hope people will drop in to say, "Hi!" In fact, if you want to peek in to see the progress, feel free. When the weather starts to get nicer and warmer, make sure you check for information about the grand opening. They are planning an outside BBQ with hot dogs, cake, and many grand-opening specials.

The contractors have also renovated the entire upstairs. Dick hopes he will be successful in renting the two upper units, perfect opportunities for new businesses. If you are interested, call Dick at 902-679-8670. The existing businesses, the Baked Inn and Good Guys Auto Sales, will remain.

## **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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## **Editor's Note**

I'm sure there are many area residents who are looking forward to the opening of the new Centreville Convenience Store. I also suspect there are many of us who could benefit from the services offered by another new business, Turner's Handyman & Snow Removal. Thanks to Gail, our roving reporter, for getting us the scoop on what's been happening. Welcome to the new owners of the building, and we wish you success in attracting even more businesses beyond those that are currently there. The building has had many uses over the years—perhaps some of us will stop calling it the Centreville Dodge Building now...

As always, thanks to our advertisers and the talented contributors who make this newsletter possible - we appreciate your submissions and support more than you'll ever know!

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Anne-Marie Waterbury - Editor  
Geof Turner - Advertising  
Madeline Sheffield - Distribution  
Gail Salmon - Roving Reporter

Oops...If you've noticed that we seem to have jumped from Issue 60 to Issue 62, it's a correction necessary because December's was actually Issue 61, not 60 as published...

We welcome a new contributor this issue. Thanks to Victoria Merrett, a local Grade 12 student at NKEC, who gives us an idea of how the pandemic has affected students.  
Anne-Marie Waterbury

# *Happy Spring...*



When these crocuses bloomed two weeks ago, on March 11th...

...they had no idea what was yet to come.



# Another new business!!



## Turner's Handyman & Snow Removal

by Gail Salmon

Eric Turner is one of the owners of the Centreville building. He has been the owner of Turner's Handyman and Snow Removal business full-time since 2009 and part-time before that while employed at ACA Co-Operative Limited. His business operation is in Kentville, but he is looking forward to moving to the same building as the Centreville Convenience Store. Turner's Handyman and Snow Removal will be moving into the bay next to Good Guys Auto Shop. Eric has four employees, but his business is growing, and he is looking to hire more. Please contact him if you are experienced and interested.

His company does a variety of jobs that are necessary for any homeowner:

- Moving
- Painting and interior spray painting
- Cutting trees, with clean-up and removal
- Brush removal
- Cleaning out garages
- Yardwork and mowing
- Snow clearing and removal
- Salt spreading
- Carpentry
- Commercial cleaning

and other maintenance work you require.

The company has six trucks, and his experienced team is delighted with their new home in our community. Their location should attract many new customers, and they are willing and ready for this challenge. Eric is excited to breathe new life into the old Centreville Dodge building. He and his partners Dick Brown and Jeff Keizer purchased the large landmark, in hopes that its revival would help Centreville grow and develop into the thriving community we all know it can be. We wish good luck and much success to Turner's Handyman.





**Jason Vander Honing**

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**News from the  
Municipality of Kings**

**Lexie Burgess Misner  
Councillor District 2**

As I write this, we are heading into March, and it has been three months since my last submission. I hope the holiday season found you all well, and the new year, so far, has been kind to you.

2021 has been a busy year for my family so far. My youngest started daycare, leaving me with more time for council work when I have no daycare children. I've also started Dalhousie University's Local Government Program, with my first course being Financial Management. This course has been immensely insightful as we enter into the budgeting procedure for the upcoming fiscal year.

On the council front, we have been working hard on strategic planning and prepping for the budgeting process, which we will be starting this month. We took part in "Overcoming History" training with the Valley African Nova Scotian Development Association. This was an opportunity to identify some of the biases we all hold and improve our hiring practices. The Municipality of the County of Kings is the second elected council in the province to take this training, and the only municipal council so far to do so. Council has also been working with a designer to implement a new brand for the County of Kings, so stay tuned for that in the coming months!

We have recently changed some of the terms in our community grants program and have extended application deadlines. For most, you now have until April 1, 2021, to send completed grant applications to our grant coordinator. I've had a few people reach out to me with questions and looking for grant information; if you need any assistance in the process, contact me.

I'm hoping, as the warmer months come upon us, that I will be able to get out and about in the community and interact with more of the constituents in District 2. If you'd like to meet or chat anytime, please don't hesitate to reach out. I hope March treats us kindly, and the spring comes in like a lamb. 'See' you again in June!

Lexie


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## News from the Nova Scotia Legislature



The political world we have known for the past eight years has now changed forever, with Premier McNeil's stepping down. He led us together through a tumultuous 2020, for which we are all grateful. Thank you, Premier McNeil! While we are not entirely through COVID-19, there is certainly light at the end of the tunnel. Thanks to vaccines, we are almost there!

Many have asked about vaccines and vaccine registration. We have been assured that the registration system will work better in a few days. The vaccine will be administered locally at the New Minas Baptist Church.

The legislature will resume next week, after 364 days of not sitting. That is an unfortunate record in our country, as all other legislative assemblies did meet this past year. Our session next week will be mostly virtual, with only a few actually in Halifax.

COVID-19 and the rollout of vaccines will certainly be subjects asked about during the question period. Ongoing concerns about our ambulance services will also be asked about.

If you have an issue that you want addressed in the legislature, please contact me, and I will do my best.

I remain very grateful to represent Kings North in the Nova Scotia Legislature. I am thankful for the opportunity to serve and for your support.

Please do not hesitate to contact me at my office if you have questions about government programs and services.

Thank you  
John Lohr  
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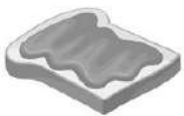


## **Bread and Peanut Butter** *by David Ward*

Some of you will remember the words *store-bought bread*; it was a rare item in our house when I was growing up. Mothers, in those days, baked bread every week. Mother's bread was, as they say in PEI, some good. It was good indeed but would never have won a prize as the best-shaped loaf—it always spilled over the sides of the bread pan. Many times it was over-baked, no doubt due to trying to regulate heat in a coal-fired stove. Ever since I've always loved crusty bread!



In retirement, my late wife and I were fortunate to travel overseas, including to France and Greenland. I took a solo trip to Holland a few years ago. I can't decide which country baked the best bread, because all three baked lovely, crusty bread. I got used to these European-style loaves of bread during our years in Edmonton, which had many of those bakeries. Boyle is a small town we stopped at on our way to Lac La Biche, northeast of Edmonton. It had a bakery that made the best cheese bread. We stopped there on one very cold winter's morning for, well, their cheese bread. The clerk asked us to wait a few minutes because it would soon be out of the oven. We did, and the very hot loaf was given to us in a paper bag. As I opened the car door, there was an audible poof, and the loaf collapsed. But we ate it anyway, and it was crusty!



I had an afternoon newspaper route for four years in Moncton, delivering after high school. I'd drop my books at home, pick up my newspaper bag, and walk to the drop-off spot for my bundle of papers. If it was mom's bread-baking day, I'd cut off the shoulder of bread and smear it with peanut butter. Quite frequently, a small Acadian girl a few houses away would be on the street and always asked me what I was eating. My reply always was, "Peanut butter."

Many years later, on a visit home, I was on the street walking my dog when an extremely attractive young woman walking towards me called me by name. I didn't recognize her, and she said, "I'm peanut butter!"



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**Editor's Note:** Colin Duncan, a co-operative education teacher at Northeast Kings Education Centre (NKEC), contacted Suzanne, the Centre Post Lady, in January. He was inquiring about the opportunity for a local student to volunteer on the newsletter. His student, Victoria Merrett, required volunteer hours to meet the requirements for his course. She is considering journalism as a possible vocation, and it was an opportunity we were happy to offer. I met with Dan and Victoria to discuss options and develop a plan. We decided the main component of her participation would be to write an article about the effects of the pandemic on her school life and, in particular, on her continuing education plans. The following is what she wrote. A.M.Waterbury

## **COVID-19: A Student's Perspective**

**by Victoria Merrett**

COVID-19 has changed the lives of everyone in the world in ways that no one could have anticipated. The Friday afternoon that started March break of 2020 was a strange day, saying goodbye to teachers and friends for the expected seven-day vacation. As I was walking out the door at the end of the day, I remember my biology teacher saying, "See you guys in a week... hopefully."

The news of COVID-19's being in Canada was new: we hadn't seen the effects and implications of the virus, let alone how fast it could spread. Quarantine started quickly after March break, a time when many people my age really started to understand themselves. They found out new things about themselves, and many developed hobbies they never would have picked up on. As strange as it sounds, I honestly feel that all the time spent inside and away from others benefited me immensely. It felt nice to be a teenager without the typical high school influences and the drama that comes along with it.

Now, almost a year later, the school experience has changed completely. To limit the spread of the virus, we wear masks at all times. Most doors are locked during school hours to limit the number of people entering the building. Social distancing is in full effect, with desks placed in rows, and water fountains only have bottle-filling capabilities. This is far from what I pictured my last year of high school to look like, and sometimes, for all of us, it can feel like there's no end to the madness. The pandemic has been a scary experience. Knowing that I had been in close contact with a peer who had contracted the virus was probably the scariest thing that's ever happened to me. I know that many other students who were in close contact feel the same way.

As I weigh my options for furthering my education, COVID-19 plays a major role in my decisions. I'm sure that my peers have had similar feelings. I've had the opportunity to take two classes at NKEC, sociology and co-op, that previously were highly-based around guest speakers. These classes haven't had any community members to speak on very relevant topics because of COVID-19 restrictions. This feature of these classes was highly beneficial, and I'm disappointed I didn't get to experience it.

I feel that my teachers and counsellors have still given me the information and knowledge needed for next year, which I will spend at the University of King's College in Halifax. I worry that the university experience will be nothing like how it once was. Schools have gone online for the majority of the last two school years, which makes me expect to spend my first year at King's with mainly online learning. This is something that intimidates me: I fear, without the direct guidance of a teacher, I will feel more overwhelmed than I would have before the pandemic. The aspect of moving away from home to go to school has even more implications now than ever before. My parents might not be permitted to visit me at times and, with campus restrictions, I'm still undecided if I want to live off-campus or in residence.



This pandemic has shaped me into the person I am today and has changed the world forever, hopefully for the better.

***We wish Victoria nothing but success as she furthers her education.***

## Update from the Marsh

by Gren Jones



NS Senior Provincial Director  
Ducks Unlimited Canada

### Treasured Wetlands of Nova Scotia

Dear Readers,

After a rather moderate winter in the Valley and the on-going impact of COVID-19, everyone is ready for spring! This is also an exciting time when migratory birds of all types, sizes, and feeding habits begin to arrive in our beautiful area.

Perhaps one of the most impressive species that tend to be here in the spring is the Canada Goose. The Minas Basin has an increasing winter population of sedentary, resident geese, born and raised in local farm ponds and marshes. In the spring, many thousands more arrive from the United States' Eastern Seaboard. In fact, most of these migrators choose the Valley route, with open fields for feeding and socializing. Some of the local geese might find a mate and head north with them along the Atlantic Flyway. Their nesting destinations are Newfoundland and Labrador, as well as Greenland. Canadian Wildlife Services (CWS) banding studies have shown that some of these birds travel a long way.

The Canning area is the best place to watch the geese while they are staging locally. They are everywhere, including the Habitant River behind Canning's stores, fields in Medford, Kingsport, Hillaton, Lower Canard,

Wellington Dyke, and near Starr's Point around the mouth of the Cornwallis River. Silver Lake, on Hwy 221, is a popular spot to watch them in spring and fall, as it's a safe haven for freshwater.

In 2018, Ducks Unlimited Nova Scotia, in partnership with the Department of Lands and Forestry (formerly the Department of Natural Resources), created a unique program: **Treasured Wetlands of Nova Scotia**. The public announcement was made on DUC (DUCK) Day at Shubenacadie Wildlife Park at the Wetlands Centre. (This is also where Shubenacadie Sam performs on Groundhog Day/World Wetlands Day!)

The program is intended to encourage people of all ages to enjoy nature by visiting these special wetlands. If you're on FaceBook, look up Treasured Wetlands on the Ducks Unlimited Canada (DUC) page.

This year, it was decided to have on-line followers vote for their favourite wetland. Brookfield Marsh (beside

Highway 102 near the Lafarge plant) and Miner's Marsh in Kentville were the final contestants. On February 24th, it was announced that Miner's Marsh was voted Wetland of the Year, with 71% of the popular vote! Congratulations to the Town of Kentville and all the nature lovers who have adopted this beautiful place to walk and enjoy the wildlife.

Here are the Treasured Wetlands of Nova Scotia for 2018-2020:

- \* Blomidon Provincial Park Vernal Pool
- \* Annapolis Royal Marsh Trail, near the tidal station
- \* Swaine's Road Bog, Barrington, with unique flora and fauna
- \* Cole Harbour Salt Marsh Trail (HRM)
- \* McIntosh Run, Spryfield (HRM)
- \* St. Mary's River Floodplain, on the Eastern Shore
- \* Black River Fen, Inverness, Cape Breton
- \* Missaquash Marsh, Amherst (This is NS's largest DU wetland, with over 6,000 acres and located on the NS/ NB border.)

I sincerely hope you will take advantage of a nature walk on at least one of these sites. Although there are over 400 projects in Nova Scotia, many wetlands are on agricultural land and difficult to access.



If you are a landowner or farmer in need of water or assistance in managing water, feel free to contact me. If you need help starting a nesting box project, don't hesitate to ask. [gc\\_jones@yahoo.ca](mailto:gc_jones@yahoo.ca)

Con't next page



In a recent issue of CONSERVATOR Magazine, there is an excellent article on "Measuring what Matters." It's a significant report on what DUC has accomplished across Canada, as well as the economic value of goods and services in the Canadian economy. If you become a supporter of DUC, you will receive the magazine as part of your membership. (\$35/year)

Here are the facts:

- Since 1938, 11,299 habitat projects protect 6.5 million conserved acres, including 3.4 million acres restored. Also, 190.6 million acres have been positively influenced through policy and partnerships. In the last year, DUC has conserved 108,274 acres of habitat and influenced 24 million acres! The 2019 bird survey indicates that there were 38.9 million breeding ducks. Duck populations since 1970 have increased 150%!!
- The importance of wetlands for all species:
  - A) 338 species of birds, B) 101 species of mammals, C) 43 species of amphibians, D) 38 species of reptiles, E) 31 species of fish.
- Climate Regulation: \$1.58 billion (carbon storage)
- Water Supply: \$1.48 billion (drinking water, agricultural & industrial use)
- Water Purification: \$969 million (treating and purifying water by absorbing pollutants)
- Pollination: \$459 million (providing habitat for honeybees, butterflies and other species of pollinators)
- Regulation of water flow: \$306 million (controlling how water moves across landscapes)
- Biodiversity: \$102 million (maintaining habitat that supports a host of living things mentioned in #2.)
- Food: \$102. Million (providing sources of food like fish and game, fruit)
- Erosion prevention: \$51 million (stopping soil erosion)
- Biological control: \$51 million (supporting plants and organisms that provide pest and disease control)
- Nature related recreation & tourism: \$244.3 million
- Contribution to the Gross Domestic Product: \$ 90.3 million

DUC Trivia: Did you know that Canada loses wetlands at an alarming rate despite the efforts to prevent this? It's about the equivalent of 40 soccer playing fields each day! Many provinces, including the Maritimes and Québec, have a policy known as "No net loss of wetlands." In NS, for example, developers are required to replace each acre lost with funding for three acres in replacement.

In closing, I urge you to join the flock! Visit [www.ducks.ca](http://www.ducks.ca) to learn more about the tremendous work being done across the country. You won't be disappointed. Membership, with CONSERVATOR magazine, is \$35.00 annually.

Monetary or land donations are tax receiptable, as DUC is a registered charity. Legacy gifts welcome.  
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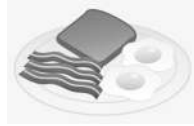
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# Community Groups and Associations

## **The Good Neighbour Club**

*by Susan Wood, Secretary*



The Good Neighbour Club (GNC) served its first Big Breakfast on Feb 18, 2006: we would have celebrated our 15th anniversary last month. We served 117 people that day, thinking we would be lucky to have 25. The women did a lot of running to get supplies as we ran out. We went to Foote's Farm Market and home to our deep freezers. We boiled potatoes for hashbrowns and cooled some things in the snowbank outside. Dishes were all washed by hand. Our Big Breakfast's success has helped make possible a kitchen extension with a dishwasher, cupboards, and a large sink, along with many more benefits for Centreville's community hall. When the hall is permitted to reopen, we will be able to celebrate once again.

*Until then, stay safe and healthy.*

## **Centreville 50-Plus Club**

*"Friends enjoying Friends."*

*by Darrell E. Spurr, President*



Members of the Centreville 50-Plus Club look forward to the time when we can again meet on Wednesday afternoons. Our last session was on March 11, 2020. Just guessing, we may be able to start up by September 2021 but will wait for permission from the Department of Public Health. Although we have avoided COVID-19, we are saddened by the number of members who have passed away. Our thoughts and prayers go out to the families of these members. Several members have been suffering from various illnesses. We wish everyone a speedy and complete recovery and hope to meet again soon. Wishing everyone a healthy spring and summer.

## **Centreville Park and Recreation Association**

*by George Graves, President*

- We are still meeting on the third Wednesday of the month at the Centreville Baptist Church.
- Four nights were spent burning brush next to the soccer field.
- As always, the park remains open. The driveway at the main entrance on Sherman Belcher Road is accessible by vehicle only as far as 100 feet past the gate to protect the parking area until the mud dries up and hardens.
- Work on the path along Sherman Belcher Road will resume once the weather improves.
- We are hoping to get at least one student this summer.
- We expect to complete the new backstop by Saxon Street by April or May.
- We hope our baseball program will be permitted to resume this summer and generate some much-needed revenue for the park.
- One of the lawn tractors is no longer repairable, and we must find a way to replace it.

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# A Word Nerd!



by Steve Hopper  
Pastor, Centreville Baptist Church

I love words. I enjoy researching their meanings, discovering their nuances. I like figuring out the origin of a word and how its meaning developed. My wife calls me a word nerd. I try not to be offended! Here is an example: the word square.

**Square.** It seems like such a simple word. It refers to a shape that has four equal sides and four right angles. I remember the blocks we used to play with as young children, stacking one on top of the other. As is so common with the English language, however, that is not all it means.

A square can refer to a parcel of land in an open area surrounded on all four sides by buildings in a town. Often it is a type of courtyard where markets operate on fine days. Some cities even have indoor 'market squares' for shopping.

Square can also mean even, as in a debt that no longer exists. For example, a neighbour blows the snow out of your driveway while you are away on vacation. When you get home, you tell the neighbour that you owe him. Then your neighbour goes away in the summer and so, in turn, you mow his lawn. When he comes home, you say, "Now we are square," meaning neither of you owes the other.

We also use the expression "squared away" to describe well-ordered or properly organized things.

A fair person was called a square in the sixth century. If you were honest and upstanding, you would be complimented when someone called you a square.

Interestingly, over time, words sometimes change their meaning. In the American Jazz community in the 1940s, it referred to people out of touch with musical trends. Gradually, it grew to refer to anyone who was conventional or old-fashioned. Huey Lewis and the News sang a song about this that became a hit in 1986, Hip to be Square. The song ironically pointed out that, frequently, something old-fashioned could now come back in fashion, like wide ties.

All carpenters have a tool called a square. It has various uses, but perhaps the most important is to make sure that right angles are ninety degrees. Recently, I helped a friend build a set of cellar doors. First, we built a frame for the doors to sit on. It needed to have four 90-degree angles. The top board was required to be the same length as the bottom, and the two sides needed to be the same for the doors to sit straight. When this happened, the door frame was perfectly square or 'true'.

If the frame were not square, the doors would not only look crooked, but they wouldn't close properly. They would not shut together evenly. Exposed cracks would let the weather and critters into the basement. The doors would stick together and be hard to open.

Jesus, the Son of God and the Son of a carpenter, once said, "Be perfect even as I am perfect." Those words referred to our living lives that are perfectly square, or true, to His example. Our actions are to be honest and upright. But alas, we all fall short. We are all out of square. The Bible teaches us how to stay square. We invite you to become involved with our church to discover how God helps us live true to His principles.

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**870 Murray Drive, Centreville**

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**902-678-1946 (office)**  
**info@cbckc.ca**





## Country Magic

Recipe from Margie Brown



### Raspberry Buttermilk Cake

A simple, tender buttermilk cake topped with a nice, sugary crunch.

#### Ingredients

- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 stick unsalted butter, softened
- 2/3 cup plus 1 1/2 tablespoons sugar, divided
- 1/2 teaspoon pure vanilla extract
- large egg
- 1 cup fresh raspberries (about 5 ounces)

#### Directions:

Preheat oven to 400°F with rack in middle. Butter and flour a 9-inch round cake pan. Whisk together flour, baking powder, baking soda, and salt. Beat butter and 2/3 cup sugar with an electric mixer at medium-high speed until pale and fluffy, about two (2) minutes, then beat in vanilla. Add egg and beat well.

At low speed, mix in flour mixture in three (3) batches, alternating with buttermilk, beginning and ending with flour, and mixing until just combined. Spoon batter into cake pan, smoothing top. Scatter raspberries evenly over top and sprinkle with remaining 1 1/2 tablespoons sugar.

Bake until cake is golden and a wooden pick inserted into center comes out clean, 25 to 30 minutes. Cool in pan 10 minutes, then turn out onto a rack and cool to warm, 10 to 15 minutes more. Invert onto a plate.

*Jesús Neito Rangel, our raspberry u-pick supervisor for the past several years, passed away January 13<sup>th</sup>, 2021, in Mexico. Jesús was a fantastic employee and a very dear gentleman. His obituary can be found at:*

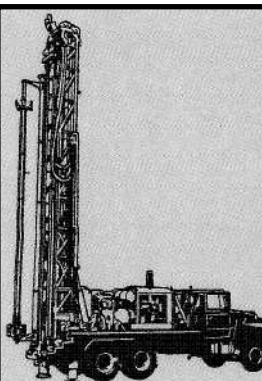
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# ***Story from the Family Farm***

***by Mack Frail***

My life has been an adventure, filled with surprises. Most have been pleasant, and some have not. We are experiencing a terrible pandemic that, worldwide, has changed practically every aspect of our lives. Although I was aware of the possibility of a virus getting out of control, I had not expected that I would be experiencing it. Sheila and I have been informed by our family doctor that we would have a limited chance of surviving COVID-19. Sheila is asthmatic, and I have a weak heart. With the exception of staying close to home and not having normal contact with society, we are not greatly affected by COVID-19. My thoughts are with the many others who feel the effects in various ways. It would be difficult to mention all of those, from the most to the least affected. Along with feelings of sympathy and concern, there is a feeling of pride that we are doing well at abiding by the rules to beat this terrible virus that threatens us.

I was a child when World War Two began in 1939, but I have memories of those years until it ended in 1945. I know that it was a terrible period that affected the entire world. Along with my memories, I also rely on my interest in history to supply me with information. It is over seventy-five years since the end of World War Two and, before that, atrocities appear to have taken place more frequently. It is not my intention to go back into history to remind the readers of terrible events. I make mention only as a reminder that, through history, they have been a part of life. COVID-19 will be beaten and will become a part of our history. Suffering and loss of life cannot be ignored or forgotten. Nor can we forget all of the other difficulties connected to the virus.

I think back on my life and realize that I have experienced a lot of changes. It has been an interesting adventure. I was born in the middle of the 1930s, during the Depression years before World War Two. The war years were also difficult times in rural communities, and it was the only way of life that I was aware of. I was happy and contented living in poverty conditions. It was a life of sharing and helping each other. Living on the family farm, we worked together and were grateful for what we had. I was contented and happy growing up on our family farm, and I hardly noticed that we were poor. It was after I had reached my teenage years that I began to realize the way that it was.

For most of the families living on the farms, poverty was a way of life, and they made the best of any difficult situations. They had large families that were happy and content to live with a lot less than we have today. We had lots to eat because the farm provided most of our food requirements. We didn't have television, but we listened to the radio to supply us with entertainment. As children, we amused ourselves with games and activities. Children living in today's world of electronic devices are not interested in the world that I grew up in. Most youth in today's society would have difficulty understanding the pleasures that we experienced from our activities.

I grew up with the understanding to work and to make myself useful. If there was work that required doing, we were expected to help out. From an early age, I was used to manual labour. Most people did not mind doing a day's work on the farm. Being trained for certain occupations did not prevent them from working at farm labour until their own type of employment was available to them. During the years that I was employed, I was pleased to accept jobs that were available. Most people would rather work than be unemployed. During my time, if we didn't work, we didn't have any money. Some of the jobs did not pay big wages but, in comparison to not having a job, they were a help. The present arrangement is to have migrant farmworkers do jobs that local unemployed people could be doing.

For most of my life, I have been active and busy. My busy life began as a child living on the farm and helping other people in the community. Besides helping, there were various other activities that I was involved with. It has been an

adventure for me and not one that would be of interest to most people. Some of my activities have been a challenge because it was something that I wanted to do. I look to the North Mountain from our home, and my thoughts are a feeling of sadness because of the changes and because I have climbed it for the last time. My senior years and health problems have slowed my body from doing things that I would like to do.

I was 75 years old when I had open-heart surgery. I continued growing plants at my nursery until age 77 when we sold our plant nursery business and moved into our new home on the back of the farm property. I was able to do our landscaping, including a rock and concrete wall around a flower garden. Now, nine years later, I would have difficulty lifting the large rocks that I used to build that wall. I grow the plants we use in our vegetable and flower gardens from seeds in my two small greenhouses. I am busy all spring, summer, and fall doing yard work on our large property. Not to become bored during the winter days, I work in my workshop, mostly restoring vintage furniture. Evenings I am occupied with genealogy, ancestry.ca, writing, reading, and research, mostly concerning history. Keeping busy gives me a feeling of being useful and of accomplishment.

From my early days of growing up on the family farm, life has been an interesting adventure. There are experiences in my life that are part of a lot of happy memories. The mixed farming operations and the way of life in those early days are unique and a part of our history. The changes that have taken place during my life are part of the adventure. It is not only the memories of my past adventures that come to mind, but also the wonderful people that I have come in contact with.

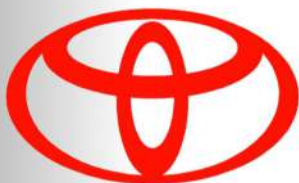
After the winter months of staying closer to home because of COVID-19, I am looking forward to spring and summer when I can spend more time outside. I am fond of spring and the changes that take place with the weather and nature around us. Our home is surrounded by forest, and we enjoy the changes that take place during the spring and early summer months. To me, nature is wonderful, and I am concerned and upset to see it diminish and destroyed. I feed the wild creatures that visit us. One of the pleasures that I miss the most is my walks through the forest and along the nature trails. From my early days travelling through the forests in Centreville to the present, only about half of the forests remain. It is my wish that the forest where I live remain as a habitat for wildlife.



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## **YOU ARE HERE**

*by Sylvia Gard*

On the bulletin board is tacked a post card with the words YOU ARE HERE in bold type alongside a silhouette of a backpacker. Yes, it is a postcard for an international hostel, Planet Traveler.

A year ago, in March, I travelled by bus on a day trip to Halifax. Hardly an international journey. Hardly a need for a hostel. And yet now, looking back, there is a sense of still travelling toward home. Still arriving from a great distance.

*What Do We Know* is the title of a book of poetry by Mary Oliver. This book stands on the dresser beside my bed. These are the first words I see in the morning and the last ones before turning off the reading lamp in the evening.

In her poem, *Gratitude*, Mary Oliver asks a series of questions as she reflects on the walk from which she has just returned. In this pandemic year, I ponder also these questions, even as I am still arriving home.

*'What did you notice?'*

The yellow tape across the entrances to Centreville Park;  
walking people, walking dogs;  
sidewalks narrowing.

*'What did you hear?'*

Saws, the rhythm of hammers hammering;  
the uneven silence at eventide.

*'What did you admire?'*

Tomatoes, sunny succulent fruit;  
sunflowers nodding radiance;  
hornets gathering in warm crevices;  
golden leaves drifting down.

*'What astonished you?'*

The muskrat sleek and brown swimming through the  
water's edge of the Canard River.

*'What would you like to see again?'*

Human faces, unmasked, as free and expressive  
as the companions who trot along beside them.

*'What was most tender?'*

"Touch me," she said, sitting in her hospital room.

*'What was most wonderful?'*

Two circling eagles in a radiant sky,  
the rising moon in the east,  
the falling sun in the west,  
while standing in the stubble of a corn field.

*'What did you think was happening?'*

Crows in the tree-tops, noisy, watchful;  
*the never-ending story of being here.*

# Community Groups

**Centreville Hall Rental is not available at this time. Most meetings are cancelled until further notice. Contacts are provided for several groups and organizations and may be able to provide additional information.**

## 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 afternoons at 2:00**. 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 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 Sue at 902-681-6446.

## 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:** Zoom

**When:** **Fourth Wednesday** of the month

**Time:** 7:00 pm

**Exceptions:** June, July, August, and December  
by notification

All meetings are open to the public —  
Contact Anne-Marie Waterbury at 902-678-5700  
for the link to the meeting.

## Cancer Support Group

For women with or recovering from any type of cancer. Meetings are held the **second Thursday of each month** at 1:00 pm at alternating locations.

### 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)



In case of emergency,  
Automated External Defibrillators  
(AEDs)  
are located inside the main  
entrances of the  
Centreville Community Hall and  
Centreville Baptist Church