

THE CENTRE POST

Issue: March 2019, Issue 54

Scuff-n-Buff

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Article and Photos by Gail Salmon



Ron Sanford, of Sanford's Garage, housed R & D Scuff & Buff for several years. It was owned by Ray and Debbie Ridley, who were also the owners of the Delft Haus B & B. The Scuff & Buff was located around the side of Sanford's garage. When I interviewed Ron, the new owner of Scuff-n-Buff, I learned a little bit of the history of this shoe repair business and how he became the new owner.

There used to be a shoe repair business in the County Fair Mall, started by John Murphy and Sandra Layton. It later changed ownership and was called D & J's Scuff & Buff before being sold to Ray and Debbie. Ray had worked at his Scuff & Buff business for twelve years when he sold it to Ron. Ray and Debbie moved to Bedford, Nova Scotia.

Ron has owned the business since September 2018 and was trained by Ray. He bought the business because he did not want to see it disappear, and felt that he should be the one to become a cobbler. He has gained a lot of experience since September and has had steady business since opening. When I interviewed Ron, he was still in the old area at the side of the garage. He has done renovations and will have a new store at the front with a new door into Scuff-n-Buff. He has created a much larger area for his work and storage.

The machines are incredibly interesting. Ron demonstrated his 1940s Singer Patcher Model 29, which has a hand crank for stitching and a head that rotates 360 degrees, making for easier stitching in hard-to-reach items. He also demonstrated a special 'prying' machine that allows for easier removal of the plug from high-heeled shoes - it's much easier than fighting with pliers. There are cutting machines, buffers, and grinders. The current small business area is very cramped and full of leather, inventory, hardware, and many cobbler tools. I fully understand Ron's need to renovate.



Ron is excited about his new business and anxious to be in the larger space so he can organize all of his machinery and inventory. It has been difficult for him to find things in this small, rather cluttered, space. On completion of the renovations, I will return to see his Pfaff Walking Foot Flatbed - a specialized sewing machine with two feet to hold onto the material. His skill as a mechanic has fared well, as he has had to repair some of his older machinery. The Bridgewater Sewing Centre, which repairs industrial sewing machines, has been very helpful (such service is not available locally). He also has Ray's phone number on speed dial should he run into some difficulty or problem.

There are several Birkenstocks in need of new soles, boots, shoes, slippers, purses, and all the usual items that one would expect to see in for repairs. But Ron has repaired all kinds of things: he has been working on an antique hat box with a broken zipper, put in new zippers, replaced a leather collar on a jacket, and fixed a fiddle case, several golf bags, suitcases, and other cherished items customers have brought to Scuff-n-Buff. At one time, Ron had forty items to repair, which certainly kept him busy since he also works in the garage. Ron has leather to repair belts, as well as buckles, snaps, rivets, and grommets to repair tarps.

The new shop area should be completed by early March, complete with a new window for more natural light. Ron looks forward to working in this new area and being able to have the space to store and find supplies. His hours are the same as the garage hours, and items can be dropped off at Sanford's Garage.

Note: When Ray Ridley owned Scuff & Buff, he created a contract with Vail's Dry Cleaning. When Ray left, his contract was cancelled so items cannot be left there for Ron's Scuff-n-Buff.

*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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Cell Tower Update

From: Mark Fredericks

GIS Planner

902-690-6276

Community Development

Municipality of the County of Kings

**Update on Proposed Telecommunication Tower off
of Highway 359 in Centreville Kings County, NS
(File #18-06)**

Municipal Council **did not** support the application from Eastlink to build a telecommunications tower in Centreville. Council passed this vote on January 8/19. Following Council's decision of non-support, Eastlink may choose to apply for the federal approval, or they may choose not to.

Cell towers are regulated and approved through the federal department of Innovation, Science and Economic Development Canada. The municipality hosts a public engagement and provides a council vote for support or non-support. In this case Municipal Council heard from the community of Centreville that many residents had concerns, and decided not to support the tower. However, the next steps are with Eastlink and the federal government. For questions regarding the tower, Eastlink staff (Stephen Banks) can be reached at:

Stephen Banks

Site Acquisition Manager

Stephen.Banks@corp.eastlink.ca

Editor's Note

As I put the finishing touches on this - the spring! - issue of the newsletter, I'm wondering if there are crocuses under the snow. I also wonder if I was the only one who was surprised to learn it was time to set the clocks forward. I always remember the year, a very long time ago, when the change occurred on Easter weekend. My mother and I (in my new hat and white shoes, of course) met everyone leaving church as we arrived...

Thanks to all our advertisers and contributors for making this newsletter possible. We encourage anyone who is interested in contributing material or becoming involved in the production of the paper to contact Suzanne:

centrepostlady@hotmail.com

Happy spring!

Anne-Marie Waterbury

What's Inside...

Scuff-n-Buff Gail Salmon.....	1
Cell Tower Update Mark Fredericks.....	2
Arm Wrestling Steven Hopper	3
Valley Massage.....	4
Story from the Family Farm Mack Frail.....	5
Notes Along the Road Sylvia Gard.....	7
Update from the Marsh Grenville Jones.....	8
News from the Legislature John Lohr.....	10
Park,GNC,Community News.....	11
Thank You to the People... Scott Brison.....	12
News from the Municipality Pauline Raven.....	13
Webster Street Print Shop Gail Salmon.....	14
Recipe from Blueberry Acres Margie Brown.....	15
Community Groups.....	16

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**To view scheduled
events, see the calendar
on the website.**

ARM WRESTLING



by **Steven Hopper**
Senior Pastor
Centreville Baptist Church

Last Sunday, as I began my sermon, I asked this question: have you ever arm wrestled? I suspect many of you have. I remember spending many lunch hours in middle school sitting across the desk from an opponent, ready to tackle this feat of strength by pinning my foe's arm to the table. As I think back, I learned many life lessons from these matches.

For starters, I learned the hard way that you can't tell a book by its cover. There was one little guy, he didn't look like much, but he would win matches against guys much bigger than he was. He never seemed to be intimidated by the size of his opponent, whereas I would psych myself out, thinking I was never going to beat that guy who's got the biggest biceps I have ever seen on a 13-year-old.

Gradually, I came to believe in myself and my abilities. Instead of worrying about what my opponent was going to do, I learned to focus on what I could control. I learned to visualize the match and play the tape in my head of what I needed to accomplish to secure a victory. I knew what to expect. I was going to win or lose, and either way afternoon classes would begin at 1 pm.

My experience taught me the importance of training. There was no substitute for going to the gym and doing preacher curls. I just had to strengthen those biceps if I was going to win against Brutus. (I can't say I ever did see benefits from doing those curls, but I did become a preacher so I guess all is not lost.)

I learned the absolute necessity of humility. You win one match and you think you're Hercules. No one will ever beat you until someone does, and all the air goes out of your ego. No matter how good you were on any given day, there was often someone better the next day. 'Don't let the lows get you too low or the highs get you too full of yourself' should have been my mantra.

I realized there were no shortcuts. I needed to master the technique and develop a strategy if I was going to win consistently. I learned the importance of securing the right grip and of securing your opponent's elbow in place. I learned that 12 o'clock was the start position and, right off the start, you wanted to get your opponent to 10 o'clock. I would hold him there for a moment and then let up slightly, go back to 12 o'clock, and would more easily give up the next distance to 2 o'clock, trying to psych out my opponent so that, with one push of all my strength, I could take his arm down and win the match. It sounds foolproof, but it wasn't always.

You may not be into arm wrestling, but I'm guessing you are wrestling with something even now as you read this. A major decision is on the horizon, and you are wrestling with the pros and cons and trying to decide what's best. Is there something that is keeping you up at night, robbing you of your sleep?

The Bible teaches us to cast all of our anxiety on God because He cares for us. (1 Peter 5.7) He is not some transcendent being who resides beyond the clouds and is rarely heard from. The images used to describe Him in the Bible are those of a loving father, a good shepherd, and a merciful God, to name a few. He is a God who wants us to talk to him through prayer and enlist his help with the problems that we wrestle with.

He loved us so much that, even when we were rebellious, he did not write us off. Instead, he sent his son into the world that we might experience forgiveness, and be reunited with Him. This is the story of Easter that we will celebrate next month.

I invite you to attend our worship service on Easter Sunday morning as we celebrate these truths. Our service times are 10:30 am and 7 pm each Sunday. Come and see us. We may even be able to find a good table for an arm-wrestling match.

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Amy McCormick RMT, RAPID Therapist

*Registered Massage Therapist at Valley Massage
Therapy Clinic*

RAPID NeuroFascial Reset is a new soft tissue movement-based therapeutic technique. This technique addresses the central nervous system's role in alleviating tension and restrictions within muscles, tendons, ligaments, fascia and nerves.

Some of the conditions include:

- headaches /migraines
- back pain
- carpal tunnel syndrome
- shin splints
- shoulder pain
- sciatica
- plantar fasciitis
- knee problems
- tennis/ golfer's elbow
- whiplash
- TMD
- bursitis
- bunions and arthritic joints

Neurological Hypersensitivity

These conditions all have one important thing in common: the pain caused is often a direct result of neurological hypersensitivity. Neurological hypersensitivity means that the nervous system has become hyper-vigilant and sensitized. Neurological hypersensitivity is the direct cause of neurogenic inflammation caused by the chronic artefacts of inflammation. This can happen in several important ways:

- acute conditions (pulls, tears, collisions, etc.)
- accumulation of small tears (micro-trauma)
- old injuries (chronic inflammation)
- not getting enough oxygen (hypoxia)

Each of these factors can cause the brain to lock down the tissues, producing pain, loss of strength, and decreased range of motion in the affected area. This neurological block bundles and glues down tissues. As this process continues, muscles become shorter and weaker; tension and friction on tendons can cause tendinitis and nerves can become entrapped.

What is a treatment like?

Every session is a combination of examination and treatment while the RAPID provider uses her hands to evaluate the texture, tightness, and movement of muscles, fascia, tendons, ligaments, and nerves. The treatment of the hypersensitive area is administered by combining precise, direct tension with specific movements. The techniques can be quite uncomfortable during the movement phase. During the treatment session, the patient is fully clothed (activewear) to prevent friction on the skin.

Rapid NeuroFascial Release treatments are available for 30- and 60-minute sessions at Valley Massage Therapy Clinic through our RAPID therapist, Amy McCormick, RMT.

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Story from the Family Farm

by Mack Frail

We have come to the end of another winter and can look forward to warmer weather. My early memories of winters are from the late 1930s and 1940s when growing up on our family farm. During those early winters, we always seemed to get a lot of snow. The only snow removal equipment in those days was the snow plows that were used to clear the roads. Snow was removed with the use of shovels. Paths were shovelled through the deep snow to the barn, and to other locations on the farm. Roads became blocked with snow, and it could be weeks before they were cleared.

The early snow plows did not have the power to clear the snow drifts as the larger powerful machines do now. During the early days, the smaller plows would go through the larger snow drifts by making many attempts to eventually break their way through. Chains were used on the back tires of vehicles for traction. There were no front-wheel-drive vehicles or snow tires. If the chains were loose on the wheels, they could hit on the frame or body of the vehicle and make enough noise to be heard from a long distance. I missed not hearing this sound after chains were no longer in use. Teams of horses from the North Mountain pulling large sleds would pass by our home. Their usual destination was the large general store on Centreville Corner. I realize that most utility poles were shorter than they are now but the snow drifts sometimes reached the wires, and we could duck under or step over them.

When smaller schools were located in communities, they were seldom closed because of bad weather. Children walked to school, and some of the Centreville students walked about two miles from their homes in the mornings and back home in the afternoons. They carried their lunches that they ate at school.

We were always pleased when the warmer spring weather arrived. The time had also arrived when there was more work to be done on the farm. During the earlier days, farm work was more labour intensive. We did not have the modern farm equipment that they have today. Growing up on the farm was a good life, and most did not mind doing the work that was involved. We had a feeling of working together, and whatever was accomplished was from our own efforts. It was during a period when most people worked very hard and had a lot less material items than they have today. I am thankful that I lived during the period, and that I have experienced life as it was before a lot of changes have taken place.

During the years that I grew up in Centreville, it was a close-knit, vibrant, working community. Some of the people that lived in Centreville during the same period have expressed to me their fondness for the community. I expect that I will always have the same feeling of fondness for Centreville. I also have a feeling that I would like to give back to the community that has provided so much for me during those years. Writing the *History of Centreville* and the many stories under *Stories from the Family Farm* is my attempt to give something back, and to keep the community alive. I had realized that the community would experience changes, but I did not expect that practically everything that Centreville was would disappear, and mostly all that is left is a place to live or, to use a more modern term, a bedroom community.

In 2002 I was asked to contribute an article to the *Centreville Voice*. It was Centreville's first newspaper, and I considered that it would be a benefit to the community. I had thought that writing an article for the *Centreville Voice* was an opportunity for me to restore some of Centreville's past history, and to write about the people that had lived here. Since that date, I have written at least 100 stories, and about 85 have appeared in the *Centreville Voice* and the *Centre Post*. I make an effort to submit stories that may be of interest to the readers. I include events concerning people that I know, and those with strong ties to the community. Most other events are included in the *Centre Post* under various headings.

con't on next page

Story from the Family Farm - con't

Centreville lost one of its former residents on January 22, 2019, when Muriel Blanchard died at age 98. She was born in Centreville in 1921, the daughter of James Roy and Ella May (Burns) Margeson. Muriel and her three sisters and one brother were born in the second house on the right beyond the first hill on Highway 221 West. Three families had previously lived in the home that was brought by vessel from Massachusetts in about 1775 and reassembled on its present location. Muriel was predeceased by her husband, Arthur Blanchard. The first house on the left of Highway 221 East after Centreville corner was the Blanchard home. Arthur and Muriel Blanchard's children, Kenneth and Betty, live in Greenwich. The family was well known in Centreville where for many years they operated a dairy farm and were rural route mail deliverers.

I have noticed activity around the old general store on Centreville corner, and have heard that the previous Kwick Way store on the corner of Lydiard and Highway 359 will soon open with another business venture. I am excited about this taking place and hope that I am not premature in spreading the news. It is my hope that good things will take place in Centreville to put more activity back into the community.



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Notes

Along the Road

by Sylvia Gard



Green is the colour on the cover of the journal I take on my first international travel experience since retiring. (There was previous travel so long ago that, really, it is safe to say this is my first travel!) A suitably green cover - for Ireland is the destination. An Irish Adventure is the journal title.

Prior to departing, quotes (from Irish writers, of course) that I think might inspire me along the road are gathered and randomly placed throughout the journal.

*"Twilight, a timid fawn, went glimmering by,
and Night, the dark-blue hunter, followed fast."*

These are the first two lines from a short poem entitled "Refuge", by George William Russell. Interesting, wouldn't you say, that this quote is on the opening page immediately below the title. On departure day, as I am riding into Dartmouth (for a brief stopover) en route to the airport, there is a surprising aura of calmness as I reflect that everything I could have done to prepare has been done. That included double-checking - at least ten times - that I had the essentials: passport, tickets, money, medications. Oh, double-checking means twice? Not 10 times?!

In Dartmouth, I pop into the library to print off the boarding pass and ticket for Buseireann - this I would need my first morning in Dublin. Standing in front of a computer screen, trying to print my very first boarding pass, my fingers suddenly turn into thumbs and, as if on a signal, shouts and hushed sounds occur simultaneously, movement quickens, and uniformed bodies take down a young man, not 5 feet from where I stand. Standing might be an over-statement. Wobbling feels more accurate. That aura of calmness has evaporated.

If I am wobbling here in a land I know well, how on earth will I manage being a stranger in a strange land? I try to push the thought aside. It's strong that thought. Breathing deeply helps lessen its grip. Precious papers printed, I move along to Biscuit Lips (comforting they are!) to have a salad and yogurt.

'Tis time now to leave for the airport. A friend drops me off. As I walk up the escalator, another thought bursts in. 'You're really on your own now!' Thudding heart! Go! Go! Keep going. As I reach the top of the escalator, I remember a coaching phrase, 'The best defence is a good offence'. I walk toward the ticket counter, being quick to inform that this is my first trip in a half-century. I ask a guard, as I head toward security, 'Will I have problems with my six bottles of vitamins getting through security?' He laughs. 'What?! You think you'll be suspected of drug smuggling?' Better to be the subject of amusement than suspicion.

I am on high alert as I step into line preparing to be examined. No checked bags, so one tray for the backpack. Into the second one, I deposit outerwear, that little bag of gels and liquids, passport, money, travel documents. I feel completely naked before even stepping through the body scanner. Who am I now, without all the attachments? The relief is palpable as the tray emerges with all my attachments intact. I put myself back together again.

Emerging into the boarding area, I find it quiet, with few travellers. Concerned over the long hours of being buckled into immobility, I walk around and around and around. Heeding the notices about not leaving baggage unattended, I am in full gear. Waves of fatigue wash over me. By times, I sit and snuggle into the backpack for a short snooze. Eventually, the boarding call comes. And so it begins - the dark-blue night...



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Update from the Marsh

by Gren Jones, DUC Senior Director for NS

The World's Greatest Conservation Agreement!

Living in the Annapolis Valley, we are surrounded by wetlands of varying shapes and sizes. There are about a dozen different types of wetlands, from salt marsh to beaver ponds. In the Valley, almost 90% of all wetlands have been lost over time through development in the agricultural, commercial, and residential sectors. In addition, roads and other infrastructure have also contributed to the loss. Many of those former wetlands were drained, and dykes were built to protect the fertile soils from the rising tides.

Did you know that our wetlands, including Miner's Marsh, have a direct link to an important piece of legislation that came about thanks to the efforts of three gentlemen who believed in the importance of protecting wetlands across the continent, including all of the major flyways from the Boreal Forests of the Great Canadian North all the way to the endangered Mango Swamps of Mexico?

In 1989, these three conservationists met in the Oval Office in the White House. Mr. Hazard Campbell, president of Ducks Unlimited Inc. in the United States and his colleague, Mr. Arthur Irving, president of Ducks Unlimited Canada, met with the president of the United States, Mr. George H. W. Bush. Together, these three visionaries put together an agreement that would be managed through the US Fish and Wildlife Service. It was known as the North American Waterfowl Management Plan (NAWMP) and further developed as the North American Wetlands Conservation Act (NAWCA).

Since then, over 30 million acres of land have been protected for migratory birds of all shapes and sizes. The purpose was to establish the fundraising that would enable all conservation groups, and in particular Ducks Unlimited, to do their work. Although President Bush and Hazard Campbell, former president of DU Inc., have

since passed away, the legacy will last forever. Indeed, every sitting president since Mr. Bush has continued to support this highly successful piece of legislation, including the current president.



The NAWMP is an international agreement that includes a strategic, long-term plan for the protection of wetlands and associated upland habitat required for migratory birds. Through NAWCA, grants are made available to increase bird populations and bird habitat while supporting local economies and traditions, including bird watching, fishing and hunting, as well as family farming and ranching. As a local example, Miner's Marsh was purchased from the family with the support of a NAWCA grant. Farmland that was too wet to farm but was ideal for numerous bird species has become a treasured wetland in the town of Kentville. Wetlands protected by NAWCA provide valuable benefits such as controlling flooding, reducing coastal erosion, improving air and water quality, and recharging groundwater.

continued next page

NAWCA funding grants are dependent upon matching dollars on a 1:1 ratio. Generally speaking, grants being made to DUC actually generate 3:1 dollar, which is a real advantage for conservation in our country. On the Canadian side, NAWCA = NAWCC (pronounced like 'knock'). Following are some important statistics about the Canadian agency.

NWCC Program Totals since 1991:

- 563 projects in Canada, with 154 funding partners
- Grant funding - \$549,257,036
- Match funding - \$550,132,168
- Area - 10 provinces, 2 territories
- Acreage - 16,373,850

In 2017, \$11,112,500 along with \$21.9M of federal funding were invested in securing and enhancing 3.5 million acres!

In 2018, \$23,247,456 plus the same amount of matched funds were brought forward to several conservation partners, the largest of which is DUC.

The goals:

- To protect, restore, or enhance wetlands and other migratory bird habitats;
- To secure permanent habitat for birds and other wetland-dependent species;
- To manage wetland ecosystems and conduct complementary conservation activities, stewardship, evaluation, and communications;
- To encourage partnerships; and
- To promote sustainable use of wetlands by waterfowl and other species.

In closing, World Migratory Bird Day is coming in May. How will you enjoy the great outdoors? The Valley's largest wetland is located in Belleisle, Annapolis County. The entrance is just beyond the Anglican Church on Highway 1 on Little Brook Road. Take your bicycle, pack a picnic and your Kodak, and spend a few hours touring this beautiful place. There is a designated parking area, and there are lots of agricultural roads to follow. You won't be disappointed!


If you have a question or comment, email me at gc_jones@yahoo.ca. If you care to donate to the mission, consider making a legacy gift. For more information, visit www.ducks.ca.



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News from our Member of the Legislative Assembly



This has been one of the longest and coldest winters in recent memory, but spring is just around the corner. One sure sign is that the spring sitting of the legislature has now begun, having started on February 28th. Another sign is the planting that is starting in the many greenhouses in the Valley. Our farmers know that to get the jump on our growing season, they need to start early.

Likewise, the government knows this, and next year's budget will be introduced on March 26th. It is expected that this will be a long session, with rumours that more than 50 pieces of legislation will be introduced.

If the first day is any indication, health care, the doctor shortage, and ER closures will continue to dominate the agenda in the legislature. I continue to advocate for the citizens of the Valley and was able to ask a question of the Minister of Health about the flu vaccine shortage.

The government has announced that legislation for short-term rentals (Airbnb), coastal protection, and expanding eligibility in the Innovation Equity Tax Credit will be brought in. I plan to resume my newsletter and will make the legislation available in my newsletter when it is tabled. To signup, please email me at johnlohrmla@gmail.com.

Pothole season is here now, with some particularly bad sections on our highways. Call the Department of Transportation at 1-844-696-7737 to report a pothole. To make a claim on pothole damage, you must have previously reported the pothole plus allowed time for the Department of Transportation to have fixed it. Call my office at 902-365-3420 if you need a damage claim form. Parts of Bligh, Bains, Steadman, Middle Dyke, and Saxon are slated for repairs under the Rural Infrastructure Maintenance budget.

I consider it a great privilege to continue to represent Kings North as your MLA. Please reach out to me on any concern or issue that you have, and I will do my best to help you find a solution.

Thank you,
John Lohr


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In the Community...

CENTREVILLE PARK AND RECREATION NEWS

by Suzanne Trudeau

The Centreville Park and Recreation Association held its annual area rate information and voting meeting on February 20, 2019.

Following the information session, including a financial report by treasurer Neil Prince, Helen MacDonald presented a slide show that was prepared by Clarke Lent. This presentation, depicted what has taken place at the park this past year and an outline of the proposed upcoming projects.

There were 26 people from the community in attendance, and the vote was a unanimous 'Yes' in favour of the annual rate of \$25.00.

Once the ground thaws, a new fence will be erected between the old and new parking areas. Also, the gate at the entrance will be closed until the ground is solid enough to be driven on.

We have applied for a summer student and are hoping to get help from students in the Horticulture & Landscaping Technology program at the Nova Scotia Community College as well.

The dates for baseball registration for the upcoming season are not available at this time. Please watch for the announcement on the community signage board at the Centreville Hall and information from schools in mid-April.

VOLUNTEER WITH VON

VON is actively recruiting new volunteers to support their **Meals on Wheels** clients. As more people in our community are calling on this service, VON wants to ensure that they have enough volunteers to meet the needs of the program.

VON is looking for people who can commit 5-10 hours per month packing and delivering meals.

If you are interested in joining this amazing team of volunteers, please contact Jillian MacDonald at 902-678-3415 ext 2109 or jillian.macdonald@von.ca

Thank you!

GOOD NEIGHBOUR CLUB NEWS

by Susan Wood

In February, the Good Neighbour Club celebrated the 13th anniversary of our Big Breakfast. The community's support of these breakfasts is greatly appreciated. It has enabled many renovations to be made to the community hall that is a centre of activity in our growing community. The next Big Breakfast will be March 16th from 7 to 10 am.

The next meeting of the Good Neighbour Club will be held March 21st at 7 pm. Ladies, come and see what our group is all about!

Spring & Summer Clothing Giveaway at the Centreville Baptist Church

***Friday April 26, 2019
9:00 am - 11:30 am***

Donations of items may be left at the church April 15 - 25, except Easter holidays.

No winter clothing at this time, please.



For more information, please contact Madeline at 902-678-7584 or the church at 902-678-1946.

Thank You to the People of Kings-Hants
Hon. Scott Brison, P.C.

In January, I announced that I would not be seeking re-election and stepped down from my role as President of the Treasury Board and Minister of Digital Government. Last month I ended my tenure as Member of Parliament for Kings-Hants.

There are three reasons for my decision to move on from politics:

First, after 22 years as an MP, I'm proud of what I've helped to accomplish.

Second, I'm ready for a change. At 51, I have the runway to take on new challenges in a new career, and the energy to pursue exciting opportunities.

Third, and most importantly, is my family. Some people become parents easily, some even accidentally. For Maxime and me, our journey to parenthood was neither easy nor accidental. I have been so blessed with this lovely family. The most important roles or titles I'll ever have are being husband to Max and Daddy to Rose and Claire. As I watch Rose and Claire grow into such special people, I can't wait for the next chapter of our life together.

A family like mine would not have been legally recognized in Canada. I feel privileged to have helped contribute in some way to this progress as a Parliamentarian, but also to have benefited from it as a citizen. That's one of the many reasons that as I leave public life, my belief in government, in Parliament, indeed, in politics as a force for good is stronger than ever.

In this age of cynicism, when the doubters tell us that government doesn't matter. I experience the living proof of government as a force for good every day in the sheer existence of my family. Canada is one of the truly rare places in the world where a life like ours is possible.

Thank you again from the bottom of my heart and I want to invite all of you to our last big BBQ in Cheverie this summer. It will be the 23rd Annual Kings-Hants BBQ and I'll serenade you one last time with Conway Twitty's "Hello Darlin'".

Yours in gratitude and friendship,

Scott

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Community is More than a Place

It's been long, cold winter days since the last Centre Post arrived. We've enjoyed the blessings of the Christmas holiday break, and likely each of us entered 2019 with some degree of enthusiasm for a personal resolution or two. The need for change is often applauded, and few of us doubt that improvement is always possible.

But in Centreville and District, there's much to be grateful for just as it is.

Our Big Breakfast cooks, servers, and cleaner-uppers continue to feed neighbours and visitors on the third Saturday of the month. They bring us together for a fantastic breakfast, but also for chatter and connection in a warm and cosy hall that's been fully renovated for community use. (See you on March 16!).

Over the last few months, I've loved helping the park and the community development associations form a joint task force to explore how Centreville can become an active-living community. Both associations are so happy new resident Aaron Dondale is steering this initiative forward. Help's also on the way from Acadia University Community Development students. They will be working for three solid weeks in April, and their research and report will form their fourth-year project, an essential component for graduation.



Welcome to Polina, Aaron, Zahari, Leah, Sofie and Buddy Dondale. Aaron is leading our active-living project.

Good results for the Coldest Night of the Year this February can also be linked to this community. The ten members of the Centreville Baptists' Frosty Flakes team raised just over \$6,700, the greatest amount among 66 teams. Jeff Newbery, this team's captain, personally raised more funds than any other walker! I was happy to be welcomed to the Frosty Flakes (as there wasn't a municipal team this year) and to join Jeff among the top ten earners, at the number six spot.

Your neighbours in Gibson Woods celebrated African Heritage in February. Craig Gibson, formerly of Centreville, spoke at several events about the extraordinary contributions of men and women who descended from Black Loyalists. Dr. Geraldine Browning, at age 84, has a busy public speaking schedule that peaks during February each year. She continues to inspire youth to meet and beat racial barriers.

Lastly, on a personal gratitude note, my first grandchild was due and did arrive on February 27. Elizabeth Lynn, a newborn who already knows how to be on time! A new generation of Raven-Cudmores.

As I look back on these recent months, it's another reminder to me that being engaged in collective activities helps us learn about the challenges and processes involved in building the Canada that others envy and recognize for its compassion and quality of life.

Engagement is how we discover the best versions of ourselves and share them with others. Thank you for sharing your best selves with me.

We'll have a new Member of Parliament this October...

Because of you and the things we've accomplished together, I've been inspired (and encouraged by friends and colleagues) to add my name to a short list of people vying to be the Liberal candidate for Kings-Hants in the upcoming federal election.

It would be an incredible opportunity to continue my service to community at the federal level. I will let you know when a decision is firm. It's a big step, but one I hope you might support. More to come in the weeks ahead.

Shannon Hartling
Webster Street Print Shop
by Gail Salmon

The *Centre Post*, our community's quarterly newsletter, is using a new printing service. Webster Street Print Shop in Kentville is owned by Access Contracting Limited and managed by Shannon Hartling. It is located right across from Phinney's clothing store and offers a wide array of services. The business opened December 3, 2018, taking over space once run by Denis Office Supplies (depending on your age, you may remember it as Valley Stationers). We are happy to report Shannon has taken us on as a client.

Shannon moved here from Truro and worked and trained with Denis Office Supplies in both Truro and Kentville. When the Kentville business closed, she decided to jump in with both feet and become her own boss. She is employed by Access Contruction Limited, but it is a one-woman operation at the moment. There are many machines and lots of inventory to accommodate the needs of customers. Shannon offers many printing services, including photocopying. She prints business cards and will sit down with the customer to help with their design. She also creates special occasion and greeting cards. Shannon says that there are a number of artists who bring in their pictures and she creates personalized Christmas cards.

Shannon will make personalized business invoice books, pamphlets, and flyers. When I asked her if she printed books, she said that she had helped Mack Frail with the printing of his history of Centreville. She has laminating machines, the larger of which is being serviced but should be fixed soon. She prints posters, blueprints, and also prints floor plans and layouts for businesses and contractors, in black and white or colour.



Workplace Essentials owns the building, and are in the midst of putting in a showroom at the front of the store. This will allow both businesses to meet customers' needs.

The Webster Street Print Shop is located at 59 Webster Street. The phone number is 902-678-5232, and the email is shartling@websterprint.ca. The hours of operation are Monday through Friday, from 8:00 am to 5:00 pm. We at the *Centre Post* look forward to working with Shannon for our printing needs. Check in with her to see if she can help you with yours.



**Recipe from
Blueberry Acres**
by Margie Brown



Cinnamon Blueberry Muffins

Ingredients:

- 3/4 stick (6 tablespoons) unsalted butter, melted and cooled
- 1 cup packed light brown sugar
- 1/2 cup whole milk
- 1 large egg
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 1/2 cups Blueberry Acres blueberries

Preparation:

1. Put oven rack in middle position and preheat oven to 400°F. Put liners in muffin cups.
2. Whisk together butter, brown sugar, milk, and egg in a bowl until combined well. Whisk together flour, baking powder, cinnamon, and salt in a large bowl. Add milk mixture and stir until just combined. Fold in blueberries gently.
3. Divide batter among muffin cups and bake until golden brown and a wooden pick inserted into center of a muffin comes out clean, 25 to 30 minutes.

Note: Advisable when using frozen berries to remove from the freezer at the last minute and lightly flour; helps to keep them from sinking to the bottom of the pan.

TJ's Convenience Store - Irving Gas Bar

**466 Aldershot Road, Kentville
902-678-5220**



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

On site you will find our "state of the art" self-serve laundromat **with climate control and free wifi.**

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Stop in today and enjoy a delicious meal of Chester's Fried Chicken, made fresh daily. Finish that off with a hot cup of delicious Robin's coffee and a sweet treat baked on site.

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

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available!**



Community Groups

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.

'50-Plus' Club

The '50-Plus' Club 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. 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**. 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 **\$46.00 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 Sue at 902-681-6446.

Centreville Hall Rental

Contact Betty Harper
902-678-0041
timharper@eastlink.ca

Centreville Park & Recreation Association

The Centreville Park & Recreation 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. Community volunteers are those who make the park a success.

Centreville District Community Development Association (CDCDA) Board of Directors' Meetings

Where: Centreville Hall
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 — come out and support your community's development!

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
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.