

THE CENTRE POST

December 2017, Issue 49

Next issue: March 21, 2018
Submissions due: March 1, 2018

What's New at Kentville Toyota?



Many of you have driven along Highway 1 near the Kentville Industrial Park and noticed a new Toyota building going up across from Kentville Toyota. Kentville Toyota is one of the companies that advertises in our *Centre Post* and I thought our community might like to know the story.

In October 2015 Bryan Illsley, along with his two partners Garry Pye and Brent McGrath, purchased Best Toyota. One of the terms of sale was that they would construct a new, larger, updated building to house their business. Bryan said that they had started plans for the construction on the new site and concrete and steel were ordered when, in the midst of it all, Toyota Incorporated contacted him stating that there was a new image and new campaign: they would have to halt construction until the new plans could be finalized. This caused a five-month delay in commencing construction. Bryan hopes the new site will be completed and open in February 2018. He was quite excited about the new plans, as Kentville Toyota will be the very first Toyota dealership in Canada to have a new image and show off the new design.

Bryan Illsley is experienced in the automobile dealership business and has worked in the industry for many years. He worked at the Chrysler dealership in Middleton as a salesman, eventually becoming part owner of the business. In April 2015 he was bought out by his partner, Chris Fowler, so he could continue with his plans to purchase the Toyota dealership.

By Gail Salmon

The Toyota dealership has been at its current site since 1992 and the business has outgrown the space. Many of the new cars are parked behind the building, which is not conducive to viewing. Bryan says that the new establishment will have two times the square footage of the current building and there will be twice as much land on the site for parking and exhibiting the new vehicles.

To accommodate clients, the new building will have a service drive-through entrance that will be able to hold eight cars, so there will be no more parking your car in bad weather. They also have a complementary shuttle service available. The service department will have a front-end alignment machine on the premises, so they will not have to contract out anymore. There will be two more bays and space for an optional bay when necessary. They will also be hiring another mechanic, so they will have eight mechanics at your service.

The customer service area will be much larger and updated to accommodate the 21st century, with more technology and seating to accommodate laptops. This will allow customers to enjoy the wait and provide space for those busy working patrons. They will still have complementary coffee, tea, and hot chocolate.

The sales area will have the space to display more new vehicles, and they are hiring additional knowledgeable sales representatives to help customers. They invite you to visit the new showroom and see the 2018 editions, which will have the same reliability, some new designs and technology, and more choices.

Keep watching the progress of the building and look for the signs in the new year for their grand opening! We will be talking to Bryan in the new year to share his exciting new adventure.

The Centre Post is published four times
a year:

September, December, March and June.

The deadline for news items, etc., is the 1st day
of these months, with the newsletter at the
outlets by the 21st. It is always good to get your
information in before the deadline.

**For announcements, stories, ads or
information, contact one of the following:**

Submissions/Set-up of newsletter:

Suzanne Trudeau at (902) 678-7769

E-mail: centrepstlady@hotmail.com

To place an advertisement:

Mike Sweeney at (902) 679-2780.

What's inside...

What's New at Kentville Toyota Gail Salmon.....	1
For Your Information.....	2
TJ's Convenience - Update Gail Salmon.....	3,4
Chicago Fundraising Marathon Gail Salmon.....	5
The Charles MacDonald Concrete House	
Roscoe Filmore Fred Macdonald.....	6,7
Centreville Hall School Al Eaton	8,9
CDCDA News Anne Marie Waterbury.....	9
Story from the Family Farm Mack Frail.....	10,11
Park & Recreation Assoc'n George Graves.....	12
From the Marsh Gren Jones.....	13,14
Community Events & Services.....	15,16
Recipe from Blueberry Acres Margie Brown.....	16
Message from Councillor Pauline Raven.....	17
Message from MLA John Lohr.....	17
Osteopathy for Women's Health.....	18,19
Diabetes Canada.....	19
Centreville Baptist News Steve Hopper.....	20
Poem Norman Baldwin.....	21
Christmas Tree Lighting.....	22
Good Neighbour Club News.....	22
Poem Gail Salmon	23
Community Groups.....	24

Centre Post Staff:

Mike Sweeney - Advertising

Suzanne Trudeau - Lead Editor

Anne-Marie Waterbury - Associate Editor

Madeline Sheffield - Distribution

Gail Salmon - Roving Reporter

Have a Wonderful & Safe Winter!

Thanks to all of our contributors and advertisers who make
this newsletter possible! This is possibly the biggest issue
ever and I hope you enjoy all the varied articles.

A special thanks to our roving reporter, Gail Salmon, for
showcasing our local businesses that advertise with the
Centre Post as well as her article on Helen MacDonald. She
puts a lot of time and effort into interviewing people and
writing to inform us about them.

Merry Christmas & a Happy New Year!

Joyeux Noel et Bonne et Heureuse Annee!

From the Centre Post Staff

Sincerely,

Suzanne Trudeau, Lead Editor (902-678-7769)

Dates to Remember...

December 7.....Good Neighbour Club's Closing

December 21.....Winter Solstice

December 25Merry Christmas!

January 1, 2018.....Happy New Year!

January 17, 2018.....Park Meeting

January 18, 2018.....GNC Meeting

January 20, 2018.....Big Breakfast
(7-10:00 a.m.)

January 24, 2018.....CDCDA meeting
(7 pm)

February 21.....Area Rate Meeting
(7:30 pm - Hall)

Centreville Website

www.centreville-kings-county.com

info@centreville-kings-county.com

TJ'S CONVENIENCE - UPDATE

By Gail Salmon

I went to TJ's Convenience Store to talk to Stephen Morine about his newly-built store. Stephen said that, because there were so many new ideas he had for the store and upgrades to meet the new building codes, construction took a bit longer. It finally came to fruition on October 23rd, and the new store will not disappoint you. It is bright, the parking and accessibility easy, and upon entering the doors you will see why construction took a little longer. You will also notice the employees continue to be pleasant and diligent workers. TJ's Grand Opening on November 4th was a great success - many customers came in to help Stephen and his employees celebrate. There were specials and a Bouncy Castle for the children.

Stephen worked at Frito Lay for thirteen years, but decided he wanted his own business. He reminisced about his first store, which opened in November twenty-seven years ago, and the concerns he had that the store might not make it. Then he smiled and looked around his new store and said that he had learned a lot through the years. He has worked hard and forever researches to find out what customers want and ways to make his store the success it is today.

Diversity is necessary as people's lifestyles and needs change. The new store has a lot more confectionary and snacks for evenings and weekends. For those travelling, they have a wide assortment of sandwiches. Chester Chicken is a focus in the store, and the cleanliness of the restaurant is inviting. TJ's has a full Chester's menu, from breakfasts to dinners, and the drive through is very busy. All of the food is made and cooked on the premises. Stephen believes that the drive through has increased sales.

There is a frozen food section with many choices of entrees. Staples such as milk, cheese, bread, and eggs are available, as well as lots of other inventory, but Stephen will be watching the shelves to see what sells. He has car products, pet food, and several laundry products because of the laundromat.

The shelves are clean and neat and it is easy to manoeuvre around the store. The shelves are lower so you can view all the isles and their goods. Stephen did not want any sales displays on the floor of the store as they cause clutter, and says the customers have mentioned that they like it.

The laundromat is all new and bright. The new machines gleam and the new lighting, television, and spaciousness of the room certainly make doing laundry a better experience. They also have "Roll-Back Tuesday!" On this day, all machines cost only a loonie. The automatic doors and no stairs are also a plus, as one of the customers mentioned to me. She said that she always comes to TJ's to dry her clothes, and the new space and machines are just wonderful.

Continued on P. 4



Continued from P. 3 - TJ's

Stephen was adamant that the lighting both inside the store and surrounding the building would be bright. All of the area in front of the store is well lit so the customers feel safe in the evenings. The store is very bright. After opening, Stephen said that they put ten more lights in the ceiling, as he didn't think the lighting was adequate. All the lights are LED and all the outdoor lights are programmed to go on automatically. At night, the lighting displayed along the front wall is quite impressive. As the store hours are from six in the morning to midnight, it is imperative to have dependable lighting.

The partnership with Irving has been a good move: they want to help, as it benefits both TJ's and the Irving Oil Company. Stephen shares the philosophy with Irving Oil for clean stores and clean bathrooms, and stated that the washrooms are checked every hour. I have noticed in my travels that all Irving stations are very clean. Stephen says that many customers are glad that TJ's sells furnace oil, as they cannot afford the minimum amount for home delivery.

I hope that his clients continue to enjoy all that TJ's offers, and I am sure that Stephen will be examining ways to improve the store and accommodate his customers. The coffee is good and you can drive through for coffee, a donut, or a full Chester's meal. If you see Stephen, say hi and congratulate him on his new accomplishments.



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.**

We have 5 grades of self-serve fuel available for your selection including regular, mid-grade, high test, diesel, and furnace oil at **very** competitive pricing. We also have propane for exchange - don't run out halfway through that steak on the grill!

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.

Drive-thru now available!



CHICAGO FUNDRAISING MARATHON - 2017 CONGRATULATIONS, HELEN MACDONALD!

By Gail Salmon



On October 8th, Helen MacDonald went to Chicago to run in the 40th Chicago Marathon. She ran the race to make a difference, and collected donations to run the marathon for Leukemia and Lymphoma of Canada.

Marg Renaud, a friend of Helen's who died of cancer in 2004 at the age of 72, was her motivation for this run. Helen had initially committed to \$3,900 to run the Marathon, which seemed an unreachable goal, but as her tally of donations rose she received a call informing her that she was in second place for donations in Eastern Canada. She pushed the bar, had an on-line charity auction, asked businesses, friends, and family for donations, and collected \$6,649. This amount was the highest donation in all of Canada. She said that Marg always loved a poem by Robert Frost, and the last stanza became Helen's mantra in her Chicago Marathon:


*"The woods are lovely, dark and deep,
And I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep."*

The Chicago Marathon had 421 teams entered. Helen was one of the 44,508 runners who ran the 42.2 kilometres to finish the marathon. Her team consisted

of six athletes from Halifax and the Valley. The marathon earned twenty percent more money this year. Helen had her best time, 3 hours, 49 minutes and 12 seconds, which qualified her to run in the Boston Marathon in 2019. She will be going to Las Vegas in April 2018 to run a half marathon and will participate in a run in Fredericton in May 2018 for her own pleasure.

Helen moved to Centreville in 1992 with her husband Rod and they started their family, Karen and Olivia. Not long after Olivia's birth, Helen said that she was buckled over in pain and went to the hospital: the diagnosis was a cyst on her ovary and she was scheduled for a complete hysterectomy. She has a family history of cancer, and this was an awakening for her. She changed her lifestyle and started eating well and running. You may see her running around Centreville with her ponytail bouncing behind her and her friend at her side.

Making a difference seems to be a goal for Helen, because she is a personal trainer for Motiv Fitness in New Minas and also works as a nutrition and wellness advisor for Simply for Life in Kentville. She will keep running marathons and earning money for cancer research. The money she raised will go to research in Atlantic Canada and at Dalhousie University where Dr. Keith Brunt, <http://www.liscanada.org/someday-is-today/stories/dr-keith-brunt>, is working on "Developing an innovative treatment monitoring tool in multiple myeloma".



BOYD PINEO
Excavation, Dozer, Topsoil
Gravel, Septic System Installed

680 Lakewood Rd
Kentville, NS B4N 3V7
Ph: (902) 678-4431

CHARLES MACDONALD CONCRETE HOUSE: Roscoe Fillmore

By Fred Macdonald

Mabel and Charlie Macdonald got new neighbours in 1924, as Roscoe Fillmore, his wife Margaret, and their four children, Dick, Ruth, Rosa, and Alexandra, arrived in Centreville from New Brunswick. Roscoe had been an ardent communist since high school. His devotion to the cause had led him, amongst other things, to help organize a general strike in Amherst, NS, to manage a collective farm in Kuzbas, Siberia, and even to name one of his daughters after the German revolutionary Rosa Luxemburg and another after Soviet luminary Alexandra Kollontai. Unfortunately, Roscoe's communism had cost him his job managing New Brunswick's largest orchard for patrician businessman Arthur Slipp. The Fillmores needed to start over.

That was about the time Frank Parry and Jim Simm invited Roscoe to Centreville. Parry and Simm were partners in a farm in Northville, a community west of Centreville, and they also belonged to the Socialist Party of Canada. They wanted to promote socialism in the Annapolis Valley and hoped Roscoe could help by giving speeches. The Fillmores bought land next door to fellow socialist Charles Macdonald, who gave them enough building materials to build a home and a greenhouse.

The Fillmores and the Macdonalds became close friends. The Fillmore children often slipped through the hedge and into the Macdonald house, where Mabel gave them cookies and Charlie would help them with their homework. Under that same hedge, Roscoe and Charlie buried a box filled with copies of the *Worker*, a banned Communist newspaper. Charlie often said that he had modelled his statue, "Woman Washing her Hair," after Ruth Fillmore.

The Annapolis Valley tended to be a conservative place, but on Sunday afternoons a small group of left-wingers would gather at Jim Simm's Northville farmhouse. A core group of Charlie, Roscoe, Simm, Parry, the farmer and poet Ken Leslie, and Otto and Asta Antoft, who published a Danish-language newspaper, formed the Centreville Socialists. The men sat in the kitchen, talking politics and drinking Simm's homemade cider. Their apolitical wives, Mabel Macdonald, Margaret Fillmore, Annabelle Simm, and Elizabeth Leslie, held their own discussion in the living room. They all gathered for dinner and singing at the end of the day. Socialists from across Canada, including Workers' Party leader Tim Buck, stopped in at meetings from time to time.

Continued on P. 7

Pauline
Raven

902 670-2949

Your voice. My voice.
Our voice!

Councillor District 2

Continued from P. 6
Macdonald Concrete...

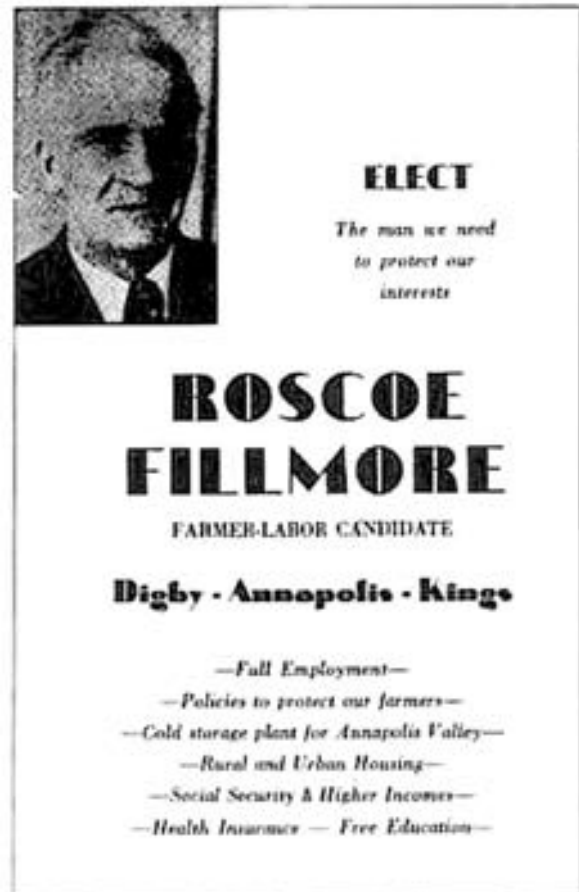
While they were a diverse collection of people, it is safe to say that all of the Centreville Socialists supported "production for use, not for profit", social ownership of industry, and the Soviet Union. They opposed social inequality, private ownership of the means of production, and fascism. Roscoe Fillmore wrote articles in publications like the *Western Clarion* and the *Steelworker and Miner* that reflect these positions. Ken Leslie did so in poems like "Moscow's Measure" and "Praise the Viet Cong." Even the advertisements that Charlie wrote for Kentville Concrete Products often talk more about politics than they do about concrete.

The 1930s were not an easy time to be on the radical left. The Canadian government outlawed many Communist (and allegedly Communist) organizations and publications, and deported, jailed, and spied upon people associated with them. After an alert RCMP officer spotted a portrait of Lenin in the Fillmore living room, Roscoe Fillmore, Charles Macdonald, and Jim Simm were all placed under surveillance. Apparently the RCMP was not particularly discreet and all three men soon figured out what was going on. These strong-willed men were undaunted by official disapproval. At Centreville Socialist meetings, they took to singing Christian hymns with new lyrics celebrating socialism. To the RCMP officers listening in from the road, it sounded like a hymn-sing. Roscoe Fillmore even ran for parliament in 1945 as the Labor-Progressive candidate, albeit unsuccessfully.

The Centreville Socialists stopped meeting in the 1950s. Their host Jim Simm died in 1951. Soviet brutality, especially the 1954 invasion of Hungary, disillusioned Fillmore. The escalation of the Cold War

made Marxism even more socially unacceptable in Canada than it had been in previous decades. On the other hand, many of the things that the Centreville Socialists had fought for had been won. By the 1950s, fascism was no longer a viable political force in most of the world, the right to unionize had been established in Canada, and the Canadian government recognized an obligation to provide its citizens with social programs. - (from <http://www.concretehouse.ca/>-The Centreville Socialists)

For the past several years, Macdonald House society president Kevin West has been displaying his hands-on craftsmanship for Uncommon Common Art on the grounds of the Charles Macdonald Concrete House. Watch for next spring's project, which will feature Roscoe Fillmore.



Pamphlet for the 1945 federal election.



Serenity Funeral Home
Coldbrook Funeral Home Berwick Funeral Chapel
New Ross Funeral Chapel Wolfville Funeral Chapel

34 Coldbrook Village Park Drive
Coldbrook, NS B4R 1B9
Phone: 902-679-2822 TOLL FREE: 1-888-760-6933
Email: admin@serenityfh.ca
www.serenityfuneralhome.ca

Centreville Hall School - 1952

by Al Eaton

The enclosed picture is of a fine bunch of kids from Mrs. Marjorie Watson's classes of Primary, Grade 1, and Grade 2 from the Centreville Hall School, taken in 1952. I do not remember that exact picture day, although I do have lots of good memories about our days in that school under her capable and kind control. From clues in the photo, I am guessing it was probably taken in late October. In the background we can see the south end of the Baptist Church, along with the buildings and house of the Prescott Neville place.

Realizing there are pupils I could not now identify, I sought some help from a few others in the picture. During that process I learned that their memory was no better than mine after 65 years, but together we identified most of them.

Mrs. Watson was born in 1890, according to Mack Frail's history, so she was 62 the year of the picture. Ann Ells was a preschooler and at her grandmother's, Mrs. Sam Ogilvie, next door to the school: when the photographer showed up it is likely she was attracted to the older kids and asked to join them in the picture.



In front of Mrs. Watson in the back row are: Carolyn Reece, Ardythe Reece, Rachel Frail, Neta Hiscoe, Blanche Watson, Margarite Maskell, Dwight Todd, and Arthur Maskell.

Middle row: Ann Ells, Judy Farnsworth, Jean Farnsworth, Rose Walker, Sylvia Keizer, Juanita Brown, Diane Brewster, Anna Ward, Irene Eaton, and Joanne Walker.

Front row: Robert Manson, Nick Fillmore, ???, Eugene Sheffield, Garnet Meisner, Gary Skinner, Neil Jess, Alan Eaton, and Jack? Burton.

Missing that day was Carol Kidston and possibly a few others, but we are not sure just who.

Cont'd P. 9

There are a few question marks, but we did our best and got most of them. If anyone has corrections or comments, please email me - http://eaton1446@rogers.com - or phone 613-838-3650. Perhaps any important corrections could be shown in a later newsletter.

The people who supplied the names are: Neil Jess (New Brunswick), my sister Irene (Annapolis County), Rachel Frail and myself (Ontario), and Eugene Sheffield (Centreville). Eugene also tested the memories of Robert Manson, Leo Murphy, and Minnie Sheffield. Thanks to all for your contributions.

In recent times I have been following your *Centre Post* editions and especially the articles by Mack Frail. Also, his *History of Centreville* is outstanding for its detail and variety. I doubt that many other small communities have the benefit of such a great historian.

I would like to mention that I am among the fifth and last generation of Eatons to call Centreville home. My wife (Sharon Bennett, Pereau) and I now live in Ontario and have two sons and five grand children here. My parents, George and Gladys, now deceased, moved to Grand View Manor in Berwick in 1998.

Thanks, Suzanne, for considering this picture and these notes for your newsletter. It is a small slice of Centreville history that should bring back memories to a portion of your readers.

Yours Sincerely, Al Eaton, Richmond, Ontario

CDCDA NEWS


By Anne Marie Waterbury

Success!! Or sort of...

A main function of the Centreville District Community Development Association (CDCDA) is to represent the community's concerns to the appropriate level of government. One such concern, expressed in the CDCDA Strategic Plan of 2000, has been the speed limit in our community – many of you wanted it lowered. Until recently, attempts to have this happen – from a petition signed by more than 300 residents, meetings with provincial officials, and efforts by our MLA – have been unsuccessful.

Imagine our surprise when, in late summer, new signs appeared, mainly due to our MLA's involvement - thank you, John Lohr. At present the CDCDA is calling it a limited success: the signs are not located where the board believes they should be and, according to the signs, the speed limit on the same section of Sherman Belcher Road is different depending on which direction you are travelling. We hope these issues will be addressed soon.

The CDCDA hopes you have all noticed the new, lower speed limits, and urges you to watch for changes.




SCOTT E. HENSHAW
Electrical Contracting Inc.

P.O. Box 59
7810 Hwy# 221
Centreville, NS B0P 1J0

Cell: 902-670-0387 Res: 902-678-3773
Fax: 902-678-0387

Centreview Farm
Wagon & Sleigh Rides

Scott Henshaw
7810 Hwy 221
Cell 902 670 0387
Home 902 678 3773
Firewood & Kindling for Sale



K.D. ROGERS
WELL DRILLING LTD.
N.S. LIC. #307

WORKMANSHIP
GUARANTEED
FREE ESTIMATES
OWNER OPERATED

PHONE: KIRK ROGERS 678-0945
TOLL FREE: 1-800-565-4021

Stevenson Repair
1666 Hwy. #359
Centreville, N.S. B0P 1J0

Walter Stevenson
678-2615
690-7359
stevensonrepair@hotmail.com



Specializing in Starter & Alternator Repair
Snowplowing

Centreville Hall Rental

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



Story from the Family Farm

By Mack Frail

My advanced years allow me to remember Centreville from the days of World War II. A lot of changes have taken place over the years, and I sometimes reminisce about those days. I have accepted and become accustomed to a lot of changes: the loss of friends and loved ones who have died are included among those changes that have been necessary to accept. I find myself making comparisons to Centreville the way it was then and the way it is now. Sometimes I think about who is responsible for the changes. When remembering the way that it was I sometimes feel disappointed and a bit of resentment because of all of the changes. I have had a feeling of bitterness before realizing it is the way that our society works, and that changes have always taken place.

I experienced growing up in Centreville during the difficult times of World War II. Most rural communities, including Centreville, did not recover from the wartime slump as rapidly as the large populated parts of Canada. During the 1950s Canada experienced an economic boom. I was in my teenage years and, after moving to Toronto, I realized that there was another world out there.

Centreville remained about the same until 1950, when fire destroyed our covered-in ice skating rink. In the early 1950s, the district school system became

available to Centreville school children and they were bussed to Canning and Aldershot. Sam Ogilvie's blacksmith shop was closed. The large cooper shop on Butler Road and the mill on Lydiard Road were closed. Business had diminished in the Centreville warehouses. Fillmore's Valley Nursery remained a thriving business, as did the Scotties Potato Chip plant that employed a lot of people and provided work in the community. The railway provided a service until 1961 when the train made its last trip. The old general store on Centreville corner was carrying on a brisk business, as was the smaller store on the corner of Highway 359 and Lydiard Road. Postal service has been an important part of Centreville since early times, and its rural route mail service. The new post office built in 1966 was a more convenient addition to serve the public.

During the early 1960s, Fillmore's Nursery moved from Centreville to Coldbrook. The Scotties Potato Chip plant moved to Greenwich and became Hostess Foods. Supermarkets began to appear in Kentville and in New Minas. The large general store on Centreville Corner experienced a loss of business due to their customers' attraction to the large superstores. After the New Minas shopping malls

Continued on P. 11

Lux nail boutique
Manicure/Pedicure
Gel/Acrylic Nail Enhancement
Paraffin Wax Treatment
Pedique Nail Art





Maja Novakovic
nail technician/owner
940 Parkview Drive, Centreville
902.690.5384
luxnailboutique@gmail.com

 Find us on Facebook: Lux Nail Boutique



Assistant Editor Wanted

The Centre Post is looking for an Assistant Editor to take on the rewarding and exciting opportunity to put-together the community newsletter on a quarterly basis.

Current editors are willing to coach interested candidate on the use of the Swift Publisher program. If you would like to contribute to your community or for more information, please e-mail or call the following:

centrepstlady@hotmail.com - Suzanne Trudeau
902-678-7769 or Mike Sweeney at 679-2780.



FOOTES FARM MARKET & FROZEN TREATS



Open Year Round
Monday - Sunday 8 am to 8 pm
Fresh Local Produce @ Great Prices
Fresh Fish, Steak, Pepperoni, Homemade
Bread, Milk, Eggs & Ice Cream

footesfarmmarket.com • (902) 678-5253 • Follow Us on Facebook!

Continued from P. 10

Story from the Family Farm

opened for business in the early 1970s there began a change that has continued until the present time, when Centreville doesn't have a store. The same applies to most other smaller businesses that are not able to compete with the large shopping malls. All of this so-called progress has affected and changed all of the smaller communities in Kings County.

Centreville experienced a big change after the village sewage disposal was installed in the community, and the first subdivision was built in 1978. The municipal sewage installation has allowed five subdivisions to become part of the Centreville growth area. The community was suddenly changed from a closely-knit farming community to a bedroom community.

More recent additions to the community are the Eagle Crest Golf Course and Foote's Farm Market. Homes and apartments are being built on a rapid scale. The former Percy Lydiard home was demolished to make space for the seniors' apartments that are among the assets to the community. The Centreville Baptist Church on Murray Drive provides multiple services to the public.

I have memories of riding on the dirt and gravel roads on a wagon pulled by my father's team of oxen. Oxen and horses were used on the family farms and often seen on the roads in Centreville. Horse and buggies and sleighs were in use. Among the fewer vehicles that were on the roads, many of them were manufactured during the late part of the 1920s. There were a lot of small family farms in the community,

which varied in size. It was required that they keep a cow for milk, and a pig or two. A vegetable garden was a necessity, large or small depending on requirements, as were hens that usually ran free until the colder weather. I have memories of the farmers' cattle drive to get their cattle to the dikes, where there was common land for pasture. It was more exciting for us as children when the cattle would escape the herd and run on properties.

Centreville is a new and a different community from when I was growing up: my effort is to mention some of the changes that have taken place. I have lots more memories that I treasure, but we cannot live in the past because we live in the present. Some of the ways that I lived in my early days have not changed for me and one of those is that, when it is the proper time to celebrate Christmas, I express the celebration of Christ's birth by wishing everyone a "Merry Christmas".





CENTREVILLE PARK AND RECREATION ASSOCIATION NEWS

By George Graves, President

It has been an exciting and busy 2017 for the park.

Our Centreville Eagles baseball teams had a great season: our midget team received silver in closing tournaments and our bantams received bronze. The peewees, mosquitoes, rookies, and tee-ballers also had exciting seasons.

A four-seat teeter-totter, a merry-go-round, and two whale and a frog spring toys were installed. This completes the equipment for our children's playground area. We are expecting two more loads of hemlock engineered wood chips for the playground area, either this spring or early summer.

We had a successful fall cleanup and cleared brush from approximately five feet on both sides of the walking trails. Thanks to all who came out to lend a hand!

We also completed cutting all the trees for our expanded parking lot next to the original one at the Sherman Belcher Road entrance. This will be a great improvement for next year's games. Many

thanks to Scott Henshaw, who spent a lot of time cutting and removing the trees. Also, thanks to Valley Waste Management for providing dumpsters for the removal of branches and to all who volunteered in the disposal of branches by filling the dumpsters and providing trailers needed to get the job done. W.K. Sharpe and Stephen LeBlanc Construction are scheduled to remove the stumps and finish the parking lot this fall, depending on weather.

The trail extension from the gazebo to Saxon Street and the installation of six new benches along the walking trails by Cobequid Consulting should also be completed soon.

The garbage bins and dog litter boxes will be closed as of December 1st until March 2018.

A reminder that snow shoes can be borrowed, free of charge, by contacting

centrevilleparkrec@gmail.com

Wishing you all the best for the holiday season and have a great winter! Hope to see you at the Area Rate meeting **February 21, 2018**.





From the Marsh, by Gren Jones

One of the components of Ducks Unlimited Canada's operation is the education of our youth. I would like to share with you the way this is done in Nova Scotia.

Growing up on the South Shore, I learned a great deal about the environment and wildlife habitat along the shores and in the forests from my father. He was a forester with Bowater Mersey and, like many men in his generation, loved to hunt and fish. To me, these were part of my core values. The passion I share through my volunteer work (35 years) with DU stems from my father's legacy.

Today, young people are fortunate to learn about the environment through science in school. At the Grade 4 level, the curriculum is based on learning about wildlife and habitat. Many schools in the district participate in 'Fish Friends' with the Kings County Wildlife Association, where the students raise trout in their classrooms.

In addition, Ducks Unlimited has been directly involved for many years with a program called Project Webfoot. It all began in New Brunswick and it became so popular that it spread across the country. Classes are sponsored by groups or individuals. It costs \$700 for each class to have a field trip to a wetland such as Miner's Marsh in Kentville or Hutt's Marsh in Grafton, which includes a \$100 credit for bus transportation. Teachers receive a classroom kit, which is used to help prepare for the outdoor experience. Most classes have their field trip in late May or early June.

Last year, more than 1,000 students enjoyed the experience! Their favourite activity is known as "critter dipping". They learn about what sort of cool things can be found in a wetland. They use dip nets and plastic buckets into which the critters they capture are placed for further identification. They are given a chart and have fun learning. Other nature-related activities round out the trip.

Jodie Hambrook, DUC's Manager of Outreach & Development in Amherst says, "Educating youth about wetlands and waterfowl is a key component of DUC's mission. It is designed to deliver safe, interactive and inspiring educational content both inside and outside the classroom to help students apply their learning and connect with nature."

The following local schools require sponsors for Project Webfoot in 2018: Aldershot, Berwick, Coldbrook, Cambridge, Kentville, and Wolfville.

In addition to this exciting program, there is one school in the Annapolis Valley that received the designation of "Wetland Center of Excellence" in 2014. Somerset and District Elementary School (SDS) is in fact the **only**

Work on the field house at Hutt's Marsh



The new field house at Hutt's Marsh. Valley Chapter volunteers spent the day landscaping the surroundings, painting trim and developing the nature trail.

elementary school in the country with this designation! All of the students at that school have access to activities in the wetland classroom and at Hutt's Marsh in Grafton. Thanks to a very generous donation from a conservation group that used the school for meetings, the school has an on-going program with an educational specialist who works from Shubenacadie Wildlife Park.

SDES has a full range of equipment including binoculars, nets, boots, and field guides. The classroom is used regularly for science-related activities.

However, the main attraction is the DUC Wetland. Hutt's Marsh is a well-established marsh that is used by the Cornwallis Square fire departments for water. With its ideal location on Black Rock Road in Grafton, it was an obvious choice for the students to adopt. The facilities include a dipping platform, a nature trail, and an outdoor classroom. The classroom, or field house, is the latest installation. It was built by DUC conservation staff and Valley Chapter volunteers in September, along with support from local contractors and suppliers.

Along the impoundment, students have placed some nesting boxes that they built for songbirds two years ago. In the next phase of development, the trail will be enhanced and more nesting boxes will be built with the students. Marsh stewardship will also be increased as a more formal nest box monitoring program will be put in place. The cost of maintaining this annual program is \$5000.

I will never forget the first day Somerset students arrived for their nature-related activities and critter dipping. They were so excited and appreciative! All the planning and hard work was paid off in the smiles on those students' faces.

In closing, if you are interested in supporting either of these programs, please contact **Jodie Hambrook** / j_hambrook@ducks.ca / tel: 1.902.667.8726 x228

Or you can contact me, **Gren Jones** / gc_jones@yahoo.ca / 902.679.6691

I have lived in this community for 40 years and would love to hear from you. I am a national director with DUC, with responsibilities for NS and NL. My official volunteer status began in 1983 when I co-founded the DU Valley Chapter.

I leave you with a quote from a student who participated in Project Webfoot: "The important thing about our visit is that

Miner's Marsh dipping platform



we were sponsored. That was very generous of them. I am very thankful that they sponsored us because otherwise we would not have been able to go."



COMMUNITY EVENTS AND SERVICES

HELP NEEDED:

The Centreville Good Neighbour Club is looking for help with their monthly Big Breakfast. If you can lend a hand with baking tea biscuits, prepare potatoes for hash browns or help at the breakfasts please contact Mary Ellen MacDuff at 902-679-9780. Also, please note that the BREAKFASTS WILL NOW BE SERVED FROM 7 AM UNTIL 10 AM effective January 2018.

Kingsport Beach Summer Fest edition 2018

Preparations are well underway for the 2018 festival, including guest speakers and relaxation meditation through harp and yoga. For the second year, Johanne will be collaborating with various guest yoga teachers from throughout NS and beyond. If you are a yoga teacher and would like to take part in this one-session collaboration, see contact info below, and please forward this to the great Valley yoga teachers you know! Also, we are accepting submissions for guest speakers on mindfulness topics in the areas of education, nutrition, relationships, environment and many more. Forward your synopsis to:

harpmeditationyogafest@oricom.ca

Our new banner is: *Mindfulness & Yoga Fest ~ Kingsport Beach Nova Scotia*; it is the only bilingual Mindfulness / Pleine Conscience Festival in Canada. Namaste! Musically yours, Johanne McInnis



Acadia Lifelong Learning Centre (ALL)

<https://openacadia.ca/index.php/all-home>
~ provides courses, seminars, outings and special events in literature, science, fine arts, writing, and more. Participation is no longer restricted to those 50+ years of age, with the exception of free credit course audits. Annual membership fee (Aug 1 - July 31) is \$25 and you can join any time. For more information visit their website, phone 902-585-1434 or 1-800-565-6568 (toll free) or email allinfo@acadiu.ca

CENTREVILLE HALL RENTAL

Contact Betty Harper at 902-678-0041
or email: timharper@eastlink.ca

Christmas Eve Service at the Covenanter Church in Grand Pré, December 24, 2017

The Covenanter Church in Grand Pré will once again be the scene of a very special 11:00 pm Christmas Eve service on Sunday, December 24, 2017.

Following a well-established custom dating back several decades, folks from a number of different localities and churches will come together for this quiet, contemplative service, filled with familiar scripture passages, favourite poems, traditional carols, and special music. There is no sermon. The Rev. Tim McFarland of Acadia University will lead the service this year, reminding us, as always, of the enduring potential we have to find hope, peace, joy, and love if we but open hearts and minds to the possibility of 'good will to all' through our shared experience in Christ. As in past years, guest tenor Stephen McClare will contribute special music, as will choir members and friends of the Orchard Valley United Church under the direction of Ken Hassell. The service closes quietly with Silent Night. Everyone is welcome.

The Covenanter Church is both a National Historic Site and Provincial Heritage Property, open and available to all. A freewill collection for continued maintenance of the church building will be taken at the door as folks leave to greet the new Christmas Day. Please do consider attending; you will be so very welcome!

Theresa Perrin
Orchard Valley United Church
902-681-0366, ext 1
OfficeOVU@bellaliant.com

Community Events and Services (Continued)


Announcement: Using healthy, all natural, and local ingredients, Baked Inn's **"Farm to Table Roasting & Catering"** is now offering a new, unique catering experience. Baked Inn Bakery & Eatery has purchased a portable and fully automated system that will roast up to 170 lbs of meat – pig, lamb, hip of beef, or poultry.

This service is available year around for fund-raising events, family gatherings, etc. - no event is too big or too small. Several service packages are offered to accommodate your needs, as are customizable packages. The meat is supplied by Farmer Sam's Steppe Eagle Farm in Scott's Bay, or you are welcome to bring your own ready-to-cook meat! Full catering services are available.

Call 902.680.4000 or visit Baked Inn Bakery & Eatery's Facebook page for more information and bookings!



BAKED INN
bakery & eatery



Sanja Pahole
P 902.680.4000
E info@bakedinn.ca
www.bakedinn.ca
1867 Hwy 359 Centreville NS B0P 1J0



Jason Vander Honing
1867 Highway 359, Centreville, NS B0P 1J0
Cell: 902-698-1511

D.O. Sanford's Garage Ltd
All your automotive needs.



Ron Sanford
Owner

1905 Hwy 359
P.O. Box 144
Centreville, NS, B0P 1J0
(902) 678-6488
(902) 678-3373
dosanford@eastlink.ca

Recipe from Blueberry Acres - Margie Brown **Blueberry Juice**

Unsweetened and heady – the foundation of jelly and unsweetened drinks.

- 10 cups Blueberry Acres blueberries
- 2 cups water

In a large saucepan, crush the blueberries, add the water and bring to a boil. Simmer until the berries are softened. Cool to a workable temperature. Pour through a cheesecloth, twisting and pressing to thoroughly strain. Chill!

Blueberry Collins Lemonade


Quench your thirst with this wonderful drink! It is a refreshing lemonade slush and a twist on the Tom Collins.

- ½ cup lemon juice
- ½ cup blueberry juice
- 2 tablespoons sugar
- 1 cup club soda
- 2 cups ice
- 1 lime



Pour the lemon juice, blueberry juice, sugar, club soda and ice into a blender. Pulse until smooth and slushy. Pour into glasses and garnish with a twist of lime.

POEHL'S
AUTO RECYCLERS LTD.



THE AUTO PARTS LOCATOR

Dana Poehl

RR#1 Kentville
Kings Co., NS B0P 1J0
Telephone (902) 678-4564
Fax (902) 678-8099



As the Christmas season and end of the year are nearly here, it is a good time to reflect on the many good things in our lives. Since being elected, I have constantly been impressed with the grassroots organizations in our communities. The Good Neighbour Club breakfasts and even this newsletter are just two examples. It is this type of volunteerism that contributes so much and makes our communities such good places to live. Many of our other communities are also equally blessed by volunteers.

We can also be grateful for the incredible farmers we have in the Valley. The variety and activity of our local farms contribute so much and provide great food.

While we face many challenges in our province, particularly in health care and education, I believe our province's future is bright and that the best is yet to come. That future will only be achieved with all of us working together. When I volunteered in Kenya in 2013 with Farmers Helping Farmers I learned how important it was for the communities in Kenya to work together. Working together, they could achieve far more than alone.

Once again I wish to state my gratitude to the voters of Kings North for re-electing me in May and to let you know I am very interested in hearing from you. Please do not hesitate to contact me with your concerns. My office recently made a very short move from 401 Main Street to 347 Main Street in Kentville. Please drop in to my open house on December 12 from 1-4.

Thanks,
John Lohr

MLA Kings North
347 Main Street
Kentville
B4N 1K7

Peace on Earth... Goodwill to All

By Pauline Raven
Councillor District 2



These days we're all spending more of our awake hours in the dark. It gives us more opportunity to marvel at everything that sparkles and twinkles! The simple beauty of morning frost or the magic of lights on our evening commutes home... Have you noticed how much bigger the Christmas tree at the community centre is this year?

December is a joyous time of year and all of us have much to be thankful for regardless of differences in our circumstances. Faith and cultural beliefs and activities are given many names during this month. Christmas, Hanukkah, and Kwanzaa are perhaps the names most familiar to us.

When I hear debates about whether we should greet each other with "Happy Holidays" versus "Merry Christmas" I think about one of the very best gift our neighbourhoods enjoy. It's the freedom of religious practice and beliefs, already bought and dearly paid for by the armed forces of the World Wars. Each time we remember those terrible times is an occasion to give thanks for the tolerance that can now be enjoyed amongst neighbours.

During December the number of ways to help those less fortunate than ourselves increases and households with children is often a focus. But work to address the root of the needs we recognize is a year-round endeavour.

I am grateful for the annual work of those who bring us the latest child poverty statistics and who underscore the need for us to do more. This year's release shows areas of Kings County with child poverty rates exceeding 1 in 5 (New Minas 20.8%, Wolfville 21.6%, and Kentville 28.2%). Centreville's rate is the lowest reported for Kings County, 1 in 10 (10.6%), with Coldbrook following at 13.3%, Kingston at 17.8%, and Berwick at 18%.

Clearly, there's a gift that all governments and politicians need. It's the gift of hearing from you on a regular basis. Let us know when we are on track. Keep our feet to the fire on items we need to work harder on. Tell us what your priorities are.

Here's how to keep in touch with me:

- by phone or text 902.670.2949; or
- by email councillor.raven@county.kings.ns.ca or <mailto:paullineraven@gmail.com>

I would also be very happy to visit you at your home or to meet you at a place of your choice for a cup of tea. Sanja at the Baked Inn always has something delicious on offer.

For now, I wish you a happy and safe holiday that's marked with the simple luxury of time set aside to be with family, friends, and neighbours.



Osteopathy for Women's Health (Part 1)

Meike Dornieden DOMP (Diploma in Pediatric Osteopathy) at Valley Massage Therapy Clinic

Osteopathy and Pregnancy: Preparing to give Birth

Finding out that you are pregnant is one of the happiest moments of your life. In a matter of months, you will be blessed with a baby and will begin your challenging and rewarding journey as a parent. Every woman experiences pregnancy differently. Some fly through it with few issues, while others experience nausea, back pain, breathing difficulties, fluid retention, varicose veins, leg and hip pain, pelvic discomfort and heartburn. As the pregnancy progresses, the pelvis changes in preparation for childbirth. The pelvic bones widen and the pelvis changes position as the baby grows. It's important that the pelvis remains flexible throughout the pregnancy to ensure that your body can accommodate the baby's growth and will be ready for labour.

An Osteopathic Manual Practitioner (DOMP) will make sure that your pelvis is flexible and will check for stiffness in your spine to help make delivery as comfortable as possible for both you and the baby. Looking at the body as a whole, they can identify where issues are originating from and treat the cause, giving you relief from the symptoms. During labour, your pelvic floor muscles will be under great strain, so it's important to make sure that the muscles aren't experiencing any extra tension prior to delivery. Working with a DOMP can help you make sure your body is ready for childbirth. Osteopathy is beneficial for all pregnant women and you can begin treatment at any time during your pregnancy.

Are you pregnant and suffering from any of the following?

- back pain with or without sciatic pain
- pelvic joint problems like sacroiliac joint dysfunction
- pubic symphysis dysfunction
- shortness of breath
- insomnia
- swelling
- high blood pressure
- fatigue
- hip or knee pain or achy legs

During or after the birthing process have you had any of the following issues?

- C-section
- epidural (headaches or back pain after it)
- breastfeeding problems (breast infection, sore nipples...)
- traumatic birth (long, vacuum, ZANGE, loss a lot of blood...)

Continued on P. 19

Help Needed: The Centreville Good Neighbour Club is looking for help with their monthly Big Breakfast. If you can lend a hand with baking tea biscuits, prepare potatoes for hash browns or help at the breakfasts please contact Mary Ellen MacDuff at 902-679-9780. Also, please note that the BREAKFASTS WILL NOW BE SERVED FROM 7 AM UNTIL 10 AM effective January 2018.

Continued from P. 17
Osteopathy...

Osteopathy after Delivery

Concerns such as exhaustion, soreness, healing episiotomies, lactation issues such as problems with insufficient milk production, cracked nipples or mastitis can be treated as well.

Has your baby had any of the following?

- long or traumatic birth
- misshapen head
- umbilical cord around body or neck
- vomiting
- crying a lot
- breastfeeding problems



After birth, your baby can suffer long lasting effects from the moulding process of birth, and a check-up for your baby is highly recommended. Meike offers a free check-up for your baby during the first month.

DIABETES CANADA

Declutter and Donate to Diabetes Canada
We Pick It Up for Free: 1-800-505-5525

Diabetes Canada's reusable goods donation program accepts used clothing, bedding, linens, purses, footwear, small household items (including toys), dishes, pots and pans, kitchenware, home decor, books, sporting goods, cell phones, and more.

Your donations help Diabetes Canada to:

- Invest **\$5 million** in diabetes research;
- Send **2,400** kids and youth with type 1 diabetes and their families to D-Camps;
- Divert **100 million lb.** of textile and household items from landfills;
- Support **11 million** Canadians living with diabetes or prediabetes.

You Declutter. We pick it up for **free**.

To schedule your free home pick-up, please call 1-800-505-5525 or visit declutter.diabetes.ca.

Customers can also drop off their bagged cloth and footwear items at any of our donation bins located at the locations listed below. You can also find a drop box near you at declutter.diabetes.ca.

Kwik-Way	12 Skyview Ave.	Wolfville
Pharmasave	442 Main St.	Wolfville
Kwik-Way	9705 Main St.	Canning
Trash	1687 Highway 359	Centreville
Atlantic Superstore	9064 Commercial St.	New Minas
Wal-Mart	9097 Commercial St.	New Minas
Carpool Lot	5400 Prospect Rd.	New Minas



CENTREVILLE BAPTIST CHURCH

HOPE

By **Steven Hopper, D.Min.**

It is a picture I have seen many times as I have walked through the woods. Where once stood mighty tall trees, now all that is left are large stumps. Dead branches that once held beautiful leaves now cover the ground; brittle, as the life-giving sap has long been drained from their core. It seems like a huge waste of a beautiful forest. No longer are birds able to sit on its branches and sing pretty tunes.

But this is not the end of the story, for a closer look reveals that from under the stump, under its roots, a sprout has started to grow. It is young and there are only a few leaves on it. I envision other branches growing until the day another mighty tree stands.

Isaiah used this reality metaphorically in the Bible. He wrote:

*A shoot will come up from the stump of Jesse;
from his roots a Branch will bear fruit.
The Spirit of the Lord will rest on him—
the Spirit of wisdom and of understanding,
the Spirit of counsel and of might,
the Spirit of the knowledge and fear of the Lord—
and he will delight in the fear of the Lord.
He will not judge by what he sees with his eyes,
or decide by what he hears with his ears;
but with righteousness he will judge the needy,
with justice he will give decisions for the poor of the
earth.
He will strike the earth with the rod of his mouth;
with the breath of his lips he will slay the wicked.
Righteousness will be his belt
and faithfulness the sash around his waist.*

Isaiah 11:1-5 (NIV-WS)

The stump was an accurate picture of the state of King David's empire. When Isaiah uttered these words, though still in existence, this dynasty had been without royal power for nearly six hundred years.

Isaiah wrote to encourage the people. There was still life in the house. God's purposes would not be thwarted. Even in the midst of weakness, all hope is not

lost. The Messiah was coming. God would send Him to rescue His people. He would restore the kingdom.

This is what Christmas is all about. During the holiday season, many need to be reminded that no matter how black the darkness of your present situation, there is hope. Let's not give up in despair. The baby in the manger will one day return as a triumphant king. Like the people in Isaiah's day we wait, believing there will be a better day, light at the end of the tunnel.

We invite you to come to our "family-friendly" Christmas Eve program at 6:30pm this year. We will sing Christmas carols, watch a short video, read the *Christmas Story* and then light the Advent candles.

In the new year, the Centreville Baptist Church is excited to be offering the Alpha course to give people a venue to learn more about this hope. Alpha is designed to give everyone a chance to explore the Christian faith, ask questions, and share their point of view. Each Thursday evening at 6:30pm, beginning January 18th, we will watch a video that looks at a different question around faith and discuss it in smaller group settings.

In addition to Alpha we will continue to offer Sunday morning worship services and a children's program, Wednesday morning Bible studies for adults, youth groups for teens, and a weekly after school program for children.

Please call the church office at 902-678-1946, visit our Facebook page, or download our app for a full schedule and times for each program.

Steven Hopper, D.Min.

Senior Pastor
Centreville Baptist Church
870 Murray Dr.,
Centreville, NS B0P 1J0
902-678-1946



O'CANADA

By Norman Baldwin

How old is O'Canada? 150 years, you say. And we know there are many places much older, but we can't think of a place better than O'Canada. Some people have crossed her from sea to sea, to sea to sea and been to the mountains and back, but still they claim that there is no place like O'Canada. Some have gazed at the golden wheat fields and the yellow squares of Canada and driven across the bald prairie, but still claim there is nowhere but O'Canada.

And many have skied the slopes and mountainsides with a view that's awesome and hard to explain and that can all be found in this country we call O'Canada. So whether it's the cities or plains or the North strong and free or the smashing seashore that you love, it's all here in O'Canada.

Millions have come here over the years and stayed because of our summers, our winters, our planting and harvest days, but most have stayed and claimed this land as home, this place we all call strong and free, our country, O'Canada.

We even have the Canada geese that fly away for the winter months and the Canada snowbirds, those men and women that would rather golf than go fishing through the ice, but before the snow melts and the grass turns green, those two bunches of birds are back and millions more, glad to call this country their home, the place we all call O'Canada.

Even the polar bear, the reindeer, and the caribou that migrate across the vast frozen north, they never really leave this land, the land we all call O'Canada.

So let us, on this special celebration year, hold our heads high and with our hearts filled with pride as Canadians, young and old, celebrate 150 years of progress, with a reputation known around the world as a peace-loving people, let us give thanks to our Creator for this beautiful country, this land we call O'Canada.



Phone: 902-678-6000
Fax: 902-678-6455
www.kentvilletoyota.ca

We Care

840 Park Street, Kentville NS B4N 3X9



**Pineo's Pet Spaw
& Dogs Day Inn**
Grooming, Daycare and Kenneling
Large, Small, We Groom them All...and Cats too!
2044 Hwy 359, Centreville
(902) 697-3647

Like us on
Facebook
www.pineospetspaw.com
info@pineospetspaw.com

Christmas Tree Lighting

By Anne Marie Waterbury

Approximately seventy people, their ages spanning nine decades, braved the freezing wind and gathered at the Centreville Hall on Monday, December 4th, for the Centreville District Community Development Association's 11th annual Christmas Tree Lighting. Merv Steadman welcomed those present and introduced Mike Sweeney, who turned on the tree lights. A carol sing, led by Jeff Milne, was followed by refreshments in the hall.

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



The Good Neighbour Club News

By Susan Wood
and Mary Ellen MacDuff

The Good Neighbour Club's Christmas party was held on December 7, 2017: twenty-five members and guests enjoyed a delicious potluck supper and a very entertaining social time including an 'Ugly Christmas Sweater' contest and very amusing games. Thanks to those who planned the event and to those responsible for the beautiful decorations.

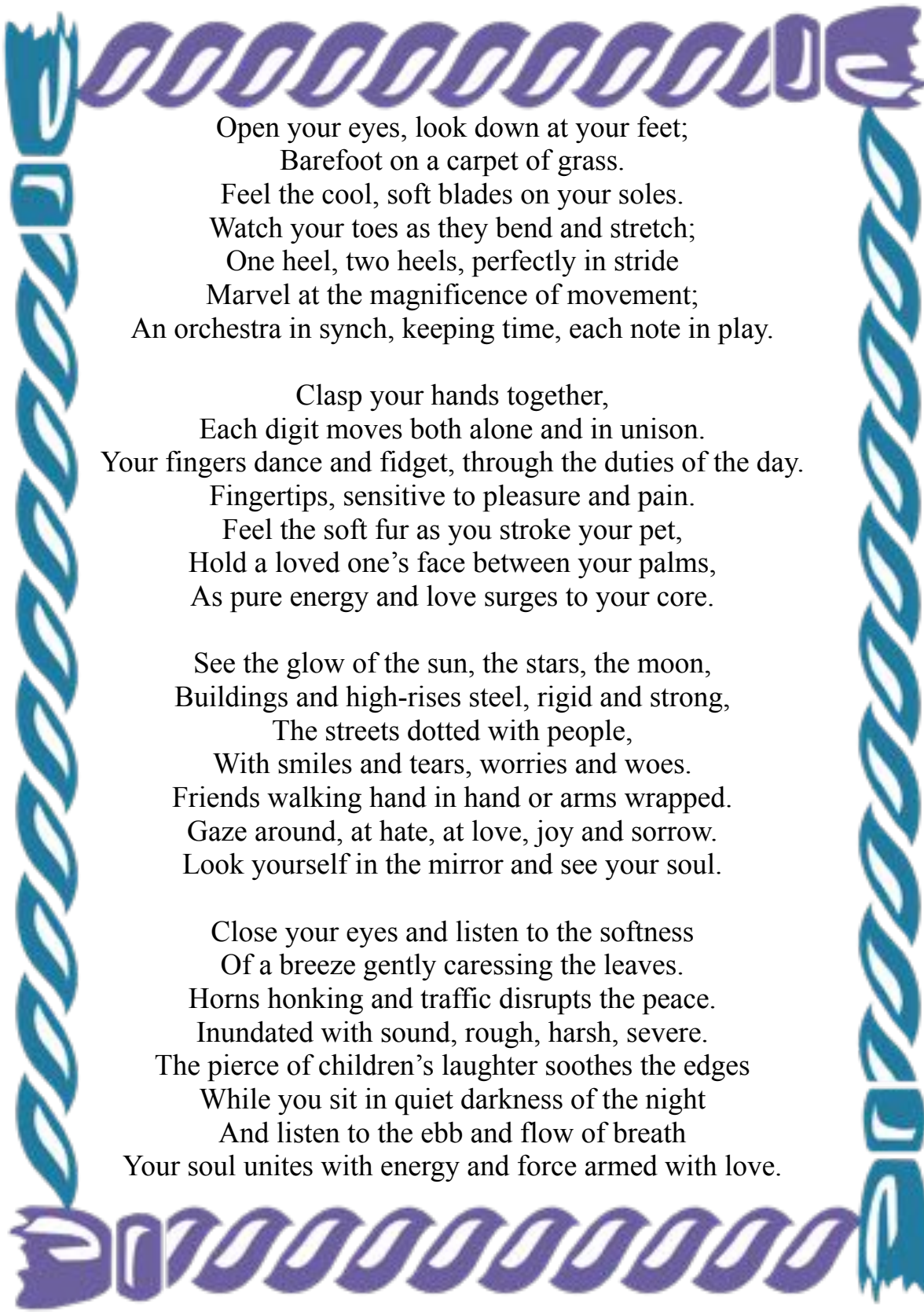
Our next meeting will be on January 18, 2018; there will also be a breakfast on January 20, 2018.

We would like to thank the community for the wonderful support we have had with our successful breakfasts as well as for our annual Fuel Turkey Supper in October. All of the volunteers and donations are very much appreciated and thanks to your support, we have had another very successful Fuel supper!



Awareness

By Gail Salmon



Open your eyes, look down at your feet;
Barefoot on a carpet of grass.
Feel the cool, soft blades on your soles.
Watch your toes as they bend and stretch;
One heel, two heels, perfectly in stride
Marvel at the magnificence of movement;
An orchestra in synch, keeping time, each note in play.

Clasp your hands together,
Each digit moves both alone and in unison.
Your fingers dance and fidget, through the duties of the day.
Fingertips, sensitive to pleasure and pain.
Feel the soft fur as you stroke your pet,
Hold a loved one's face between your palms,
As pure energy and love surges to your core.

See the glow of the sun, the stars, the moon,
Buildings and high-rises steel, rigid and strong,
The streets dotted with people,
With smiles and tears, worries and woes.
Friends walking hand in hand or arms wrapped.
Gaze around, at hate, at love, joy and sorrow.
Look yourself in the mirror and see your soul.

Close your eyes and listen to the softness
Of a breeze gently caressing the leaves.
Horns honking and traffic disrupts the peace.
Inundated with sound, rough, harsh, severe.
The pierce of children's laughter soothes the edges
While you sit in quiet darkness of the night
And listen to the ebb and flow of breath
Your soul unites with energy and force armed with love.

Community Groups

Good Neighbour Club

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

'Big Breakfast'

The Good Neighbour club's 'Big Breakfast' is held at the Centreville Hall the third Saturday of the month, **7:00-10:00 am**, except in July, August, October & December. Free Will Offering. Next breakfast: **January 20, 2018**

'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. 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 \$44.00 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 contact Sue - 902-681-6446.

Centreville Hall Rental

Contact Betty Harper at

902-678-0041

timharper@eastlink.ca

Centreville Park Association

The Centreville Park Association meets the third Wednesday of each month at 7:30 pm at the Centreville Hall. Anyone interested in becoming involved or wishing to share ideas or concerns is welcome to attend. Centreville community members are those who will make the park a success. **Next meeting January 17, 2018.**

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!

Next meetings: January 24, 2018

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.

