

THE CENTRE POST

Issue: December 2018, Issue 53

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Delft Haus Bed and Breakfast's New Owners

by Gail Salmon

Charles and Alyson Lendzion purchased the Delft Haus Bed and Breakfast this summer and Alyson moved in on September 4th. I sat down with Alyson in the loveliest living room reminiscent of the Victorian era. From the couch in the guest living room, I could see the vestibule. The vintage grandfather clock stood stately on the floor beside the Christmas tree. She commented that the decorations were all her own, which became apparent when I noticed one handmade construction paper ornament complete with a picture of her daughter when she was little. Besides the fully decorated Christmas tree, there was a gorgeous array of decorations in the entire room, to welcome in the Christmas season and visitors.



The dining room was complete with an antique dining table, chairs, and china cabinet full of elegant china. This is where breakfast is served to the guests and it is bright and inviting. I could just imagine sitting here a century ago.

Alyson and Charles both worked for a municipality within the Edmonton Metropolitan Region of Alberta for several years. They had hoped they would be able to take advantage of retiring early and owning and operating a bed and breakfast.

Alyson has been busy with guests already. They will be open year-round and hope to offer the quaint ambience of their bed and breakfast to visitors wanting to enjoy all that the Valley area offers throughout all seasons. They have been looking into activities for visitors to enjoy in the winter months. Unfortunately, Charles has had to stay in Alberta for work but will join Alyson in February. Until then, Alyson has her mother, Pat Corner, visiting from Lethbridge, keeping her company and helping out. She also has Sherlock, a very friendly and sweet boxer.



I interviewed Charles by phone and he was notably excited about moving to Centreville and starting his new business, which will include the restaurant/teahouse. He loves to cook and enjoys watching cooking shows. He says he has started a list of recipes for when he starts working in his own kitchen and believes that living in the Annapolis Valley will help him create 'farm to table' cuisine. When asked about the restaurant, Charles hopes he will be able to get it running in 2020.

Alyson and Charles considered bed and breakfasts that were for sale in British Columbia, Ontario, and Cape Breton but were drawn to Nova Scotia. They did extensive research including looking through maps to familiarize themselves to the different areas and examining nearby tourist activities. They also were concerned about the price factor when considering their new location. They realized that Centreville was in close proximity to many tourist-related businesses, such as wineries and microbreweries. The diverse natural settings, Hall's Harbour, views of tides, the Valley, and all the other activities would entice tourists and Delft Haus was perfect.

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*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 submissions, contact:

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E-mail: centrepостlady@hotmail.com

To place an advertisement, contact:

Mike Sweeney at 902-679-2780.

Editor's Note

This, in my opinion, is one of our best issues yet - such a variety of submissions. Welcome to the new businesses and their owners, new contributors, and new residents in our community. The *Centre Post* staff members encourage anyone who is interested in contributing material or becoming involved in the production of the paper to contact Suzanne:

centrepостlady@hotmail.com

We're sure there are lots of others out there with interesting stories to tell, and there is always room for more. You may have noticed that over the past year this newsletter has grown from 16 to 20 pages. If anyone has suggestions for content or how we could improve the newsletter, we'd love to hear from you.

Happy Holidays!

Anne-Marie Waterbury

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

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Centreville Website

www.centreville-kings-county.com

info@centreville-kings-county.com



Check out the Facebook pages:

Centreville Park
Centreville Kings County - CDCDA

Centreville Hall Rental

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

Dates to Remember...

December 21.....	Winter Solstice
December 25	Christmas
January 1	New Year's Day
January 9.....	Park Association Meeting
January 17.....	Good Neighbour Club resumes
January 19.....	Big Breakfast, Community Hall
January 23.....	CDCDA



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



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Delft Haus - con't from pg 1

Many of the bed and breakfast owners in the area have formed a community that allows for mutual success. Alyson was invited to a special dinner and felt the warmth that Nova Scotians offer. She was also told that if fellow B&B owners were full, they would send guests her way.

Alyson took me on a tour of the four bedrooms complete with Victorian décor and private bathrooms. Each room is named after a flower (Rose, Tulip, Orchid, and Daffodil), each having its own unique style with pictures, sitting areas, and coffee machines.

The breakfasts are served in the dining room under a luxurious chandelier. Breakfasts change every day and are made from local produce and breads and served with local jams, herbal teas, and locally-roasted organic, fair trade coffee. They will also accommodate special dietary needs and medical or allergy restrictions.

Alyson said she is happy to be living in Centreville and that the people are so nice. She is looking forward to Charles coming so they can make plans for future changes and new activities. He will also be able to help unpack all the boxes that are sitting in the tea house. If you are curious about Delft Haus and would like to take a tour, or have friends or relatives planning a stay at the bed and breakfast, please call her. If you see Alyson, Pat or Charles out in the yard raking or, soon enough, shovelling snow, take a moment to say 'hi' and welcome them to our community.

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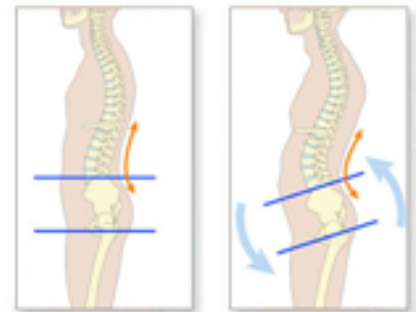
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Hyperlordosis

Ashley Beaton, RMT

Registered Massage Therapist at Valley Massage Therapy Clinic

Hyperlordosis (pelvic-crossed syndrome) is a common postural dysfunction that affects many people and their daily function. It is known as an increase in the normal curve of the lumbar spine with an anterior pelvic tilt. This means there is pressure being put onto the low back. The pressure is caused by certain muscles that attach to the lumbar spine being very tight and pulling the spine into an increased curve. This condition can also lead to other conditions such as piriformis syndrome, which mimics sciatic-type pain and other postural dysfunctions.



normal vs hyperlordosis

Hyperlordosis mainly affects muscles in the low back, hip, and thigh regions, more specifically: iliopsoas, quadriceps, and the low back muscles. These muscles are called *postural muscles* and tend to be very tight, shortened, and weak. This results in the pelvis and spine being pulled out of place and causing pain, fascial restrictions, and trigger points. These muscles get this way due to how they respond to stress. Hyperlordosis also affects the gluteus maximus and abdominal muscles, causing them to be weak and overstretched so they are unable to do their jobs properly. This results in placing more strain on the back, which is trying to help and compensate for the abdominals. The hamstrings are the last muscle group involved: due to their position and where they attach, they end up being tight but also very weak and overstretched. This dysfunction can greatly affect pregnant women, as their centre of gravity is shifted due to carrying a baby and the added weight.

One of the most common pains people face is low back pain, especially pregnant women. Seek out your local massage therapist today to address your low back pain, receive knowledge about home care to prevent dysfunctions such as hyperlordosis, and to feel great and ready for the new year.

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Christmas Lights

by Steve Hopper



I suspect many of you have favourite Christmas traditions. One of my family's favourites is to go for a drive and look at Christmas lights after the Christmas Eve worship service. We started when our children were just toddlers. My wife, Diane, and I loved to hear the *oohs* and *ahhs* from our kids' mouths as they looked at the spectacular lights on many houses in our community. We drove around looking for the house with the best lights. The better houses were treated to a louder chorus of *oohs* and *ahhs*. The kids, now adults, still humour us and go on drives, albeit much shorter now, done mostly to keep the tradition alive.

The drive always evokes comparisons to other years. From the back seat, we will hear, "there are not as many lights this year" or "this is the best year yet for lights." Inevitably, someone brings up my Christmas Eve *faux pas*. It was the "let's spend Christmas in Moncton with Gram and Gramp" year, a privilege I am not often afforded because of my ministry schedule during the Christmas Season. I really looked forward to having three generations of my family together. I wanted everything to be so perfect.

We went to the Christmas Eve church service with my parents. There were too many of us to fit in one car so my parents took theirs and we took ours. After a wonderful service, my wife reminded me that we should go for a drive and look at the lights before returning to my parents. No problem, I thought. Even though I had moved away from Moncton in 1988, I knew where there was a new subdivision not far away. We drove to it and began looking at the houses.

After a while, the kids became bored and wanted to go see their grandparents. No problem except for the fact that I couldn't find the one access road out of the rural subdivision. Around and around we drove. Daddy, I thought you said we were going to Gram's? Daddy, why is it taking so long? Daddy, we already saw that house! Steve, are you sure you know where we are going? Daddy, are we lost? DADDY, WE ARE LOST! I WANT TO GO TO GRAM'S! You know what happened next...the crying and tears grew louder with each passing house. Definitely not one of my finer moments, and one I will never live down.

This activity started as something we did just for fun but, for me, it has taken on a deeper, spiritual meaning. Let me take you for a quick ride through history (I promise not to get lost). Around 1400BC, Abraham's descendants settled in Canaan. They grew to become a great nation by 1000BC. Sadly, in 700BC, the nation began to lose territory to the Assyrians. It was a difficult time to live in the Holy Land.

During this period, Isaiah spoke to the people an encouraging message from God. He said, "*The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned.*" (Isaiah 9:2, NIV) The people would need to be patient but, in due time, God would send a new leader to save the people. He would be like a light shining in the midst of darkness.

The people would have to wait better than 700 years for the promise to be fulfilled. But God did not forget. He sent his Son, Jesus, to be the light of the world. Jesus said, "*I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.*" It is His birth that we celebrate at Christmas.

I invite you to the Centreville Baptist Church for our Christmas Eve service, which will be held on December 24th at 6:30 pm.

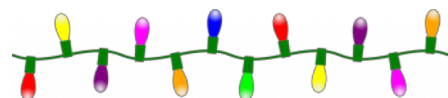
Merry Christmas



Centreville Baptist Church 870 Murray Drive, Centreville

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

Steven Hopper, Senior Pastor
902-678-1946 (Office)
vicki.cbc@bellaliant.com





Recipes from Blueberry Acres by Margie Brown

Blueberry Scones

This is a light scone, kissed with the sweetness of two different sugars and accentuated with juicy blueberries. For marbled look, chop the berries in half.

1 teaspoon lemon juice
1 teaspoon salt
1-¼ cups milk
½ cup cold butter
2 cups all purpose flour
½ cup Blueberry Acres Blueberries*
4 tablespoons brown sugar
1 tablespoon sugar
1 tablespoon baking powder
Line a cookie sheet with parchment paper.



Put the lemon juice in a measuring cup, fill to 1 ¼ cups with milk and set aside. Blend together the flour, brown sugar, baking powder, salt and butter. Form a well in the center. Pour in milk and mix together to form a sticky dough. Fold in the blueberries. Scoop onto parchment, forming 16 scones. Dust with sugar. Allow the scones to rest in a cold place.

Preheat oven to 400 F. Bake for 12-15 minutes or until golden and a tester comes out clean.



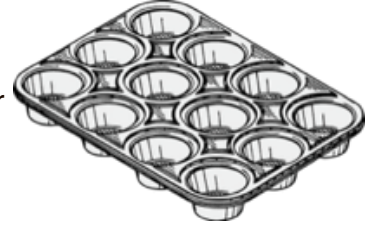
Jason Vander Honing

1867 Highway 359, Centreville, NS B0P 1J0
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Blueberry Bran Yogurt Muffins

With healthfulness in mind, the key ingredients in this recipe are bran, blueberries, and yogurt - all the components of a great breakfast in one convenient muffin.

2 eggs
2 cups all purpose flour
1 cup brown sugar
2 teaspoon baking powder
1-½ cup yogurt
1 teaspoon baking soda
3 tablespoons canola oil
1-½ cups Blueberry Acres Blueberries*
2 cups bran cereal



Preheat oven to 350 F. Grease or line 18 large muffin cups.

In a mixing bowl, beat the eggs and brown sugar together. Blend in the yogurt, canola oil and bran cereal. In a separate bowl, mix together the flour, baking powder, baking soda and salt.

Remove 2 tablespoons of the dry mixture to lightly dust the blueberries. Stir the remaining dry flour mixture into the bran mixture, then fold in the dusted blueberries.

Scoop into muffin cups and bake for 25-30 minutes or until golden brown and tester comes out clean.

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Fab Finds

by Gail Salmon

Tom Morton and Janet Poehl are the owners of Fab Finds. They are renting the old Ward's Store site and are open for business. I went to Fab Finds and met with Tom, who was busy working on a new project. Tom and Janet search out and find old furniture and oddities, add unique hardware, and refurbish or reuse. Janet's specialty is sanding and stripping the paint and repainting or distress painting. They use milk paint sometimes, as it creates a distinct look. If there are repairs to be made, Tom uses his skills from years of construction to fix them so they are both beautiful and functional. The store has several dressers, tables, and cabinets that are both distinctive and stunning. If something doesn't work, Tom's imagination and ingenuity take over.



Tom and Janet also have a store, Old Flame Furnishings, in Hall's Harbour, where they live. Tom thought he would like to try opening this shop in Centreville, which has a workshop on the premises and an area to display his final creations. He has an uncanny ability to look at unique pieces of furniture that are no longer functional and add barn wood, distressed wood, or any other material to create a one-of-a-kind piece. As I walked around the store, I found a dining table made of a solid, thick maple top attached to cast iron legs from an old lathe.



Tom uses old barn wood and rafters, some over 150 years old. The rafters work well for table legs, which keeps the integrity of the old pieces. He found an old door with an ornate doorknob and built a tall cabinet around it. He distressed the new wood and created a crinkle paint to keep the ambience of the cabinet. I was impressed by a small table made from a wagon wheel hub, with old Queen Anne legs and topped with a wooden wheel and glass. Most of the hardware is salvaged and reclaimed. Old turnbuckles and chains are added for reinforcement and décor. There are several benches and small tables that have antique cast iron bases.

Tom has a space sectioned off in the store for clients to rent and sell their own pieces. Sunnyhills Antiques has space in the store now and Tom is hoping to have more displays soon. The antiques suit the surroundings of the store, as part of the building dates back to the 1850s.

While I was talking to Tom, some of his first customers came into the store. They were familiar with his fine work and had discovered his new location. I am sure, when word gets around, Fab Finds will be getting more customers who are searching for reused, found, refurbished antique furniture that is both functional and unique. He also has work that is decorative and outstanding pieces of art. I found it intriguing to walk around the store and reminisce about the past. It was like visiting my grandparents' house with all this exquisite, well-made furniture.

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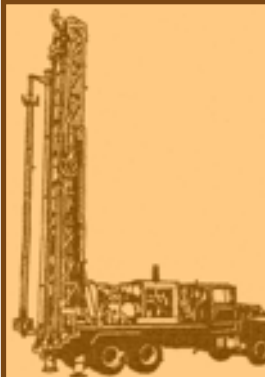
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The Wild Rose in Winter

by David Ward



The picture painted by June Acorn was her depiction of a wild rose in winter, the wild rose being the provincial flower of Alberta; we lived there for 31 winters. It was really the only item that captured both Trudy and me at an arts and crafts show in Edmonton in the mid-70s. In conversation with June, I mentioned that I knew her family name from Prince Edward Island; she said that her husband grew up there. The stark white background of the painting had a black gnarled-looking circular vertical stripe with smaller black stripes 'growing' on either side, each with small red 'blobs'. It was, indeed, a perfect rendition of a wild rose bush in winter waiting for spring.

As we continued along the mall exhibits, I said to Trudy that I wanted to go back to look at something else we had passed earlier. I went to June and persuaded her to put a sold sign on her painting: I had left my wallet at home and promised to return. And so I bought the painting. June asked if I would leave it on display for the second day of the exhibits. You may

remember, in those days you were asked to give your phone number when signing the Visa slip. Well, the next day Trudy went back to the mall to buy the same picture, only to find a "Sold" sign. She asked June if she could paint another one.

The days went by and Christmas Eve arrived. Just before we went to bed, Trudy was very upset to the point of tears. She explained that she wanted to buy the wild rose painting for me, only to find it sold. June had told her she probably could do another one before Christmas and would phone when it was ready. Trudy phoned June a couple of times, only to be given various excuses as to why the painting was not ready. From my phone number on my Visa slip, June realized who Trudy was and kept delaying her.

And so, just before bedtime on one Christmas Eve in the '70s, I went to the hall coat closet, retrieved a parcel wrapped in newspaper, and wished my dear, late wife "Merry Christmas". The 'Wild Rose in Winter', after hanging in our home for more than 40 years, is now back in Alberta, given to one of my children this summer.

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Memories of Christmas Past

by John Lohr, MLA



This year, winter has come unusually early and caused many of us to be caught out in getting all the fall work done. Our farmers are now back at it and, hopefully, much of the fall corn crop is still salvageable. However, it is really just reminiscent of the winters I knew here as a boy.

Each winter there was a huge snowdrift between our home and the barn - so large you could have hidden a couple of cars inside it. I haven't seen that snow drift in many a year. We kids used it for both coasting and digging tunnels. In bad weather, my father had to use the clothesline to guide him to the barn, which took him directly over that drift. The winters, lately, have not been as hard as those winters, though this one is off to a good start. Let's hope it backs off!

Christmas memories of those days are special. Our church would put on a Christmas pageant and much effort went into it. There were lines to learn, costumes to make and, always somewhere in the mix, lots of food. Our faith played a central role in the Christmas experience but Santa and gifts were also very

present. As a very young boy, I remember Santa Claus coming to visit our home just before Christmas. I was awed by the experience. My sister, two years older, deduced that it was really Ralph Blenus in a Santa suit by noting it was Ralph's boots Santa had on.

There was no such thing as buying a Christmas tree - we found one on the farm. As we got older, my sister and I had the task of getting the tree. Finding the perfect tree was difficult and led to two trees coming home at least once. Mom had to choose the best one. Mine lost, as I recall.

Christmas was so special, and much effort went into making it that way by our family, the neighbours, and our church family. That's a reminder to me that, by working together, we can make Christmas special for a new generation of children. That is worth doing!



John Lohr, MLA Kings North
[902-365-3420](tel:902-365-3420)



Story from The Family Farm

by Mack Frail

My thoughts often go back to my growing-up years on the family farm. Some of my memories are of the old farmhouse where I and six of my seven siblings were born. The house was built in 1919 and will soon be one hundred years old. The part of the house that was Bowles Store is much older. Bowles store was situated where the old Centreville Church is located, at the intersection of Highway 359 and Sherman Belcher Road. The house and farm property were purchased by my father, Wallace, after his return from fighting in France during WWI.



On the two occasions when my father received German bullet wounds while fighting in France, he was sent to England for treatment of his wounds. During his first stay in England, he met a seventeen-year-old Girl Guide volunteer named Mabel Isaac, who was helping the patients. After his second wound, he was sent again to England for treatment and he became better acquainted with Mabel. She was twenty-one when she sailed from Liverpool, England, to Halifax, Nova Scotia, in 1921. Wallace and Mabel were married and moved into their newly-built home in Centreville. I was born in 1935, the next to youngest of eight children. I was the last to be born in the old farmhouse: my sister Rachel is eight years younger than I am, and was born in the Kentville Hospital. Before moving out of the old farmhouse in 2012, my wife Sheila and I lived there for fifteen years. I had lived there for about seventy years. I am fortunate that my nephew purchased the house and most of the farm property. Sheila and I built a home on the remaining acres on Banes Road, which is the back of the farm property.

I often go to the old farmhouse that I refer to as 'the home place'. I realize that most people would consider the home where I was born and grew up to be crude by today's standards but, to me, it compares to a palace. When I enter the house, wherever I gaze or move to I have wonderful memories and feel the warmth and love. I feel the presence of my parents and all my siblings, except for my sister Rachel, who have passed on.

From the days of my early childhood, I recall awakening in the upstairs bedroom to familiar sounds. My father was the first to rise in the early morning and I could hear him, downstairs in the kitchen, starting a fire in the wood-burning kitchen stove. The kitchen range was not only a source of heat but was used for baking and many other necessary purposes for the home and farm. I would listen to the outside early morning sounds: the cattle bleating and their bells tinkling, roosters crowing, and many other sounds from the community.

The old house served our family well in all seasons. We had no air conditioning or fans to ward off the summer's heat. With the necessity of using the kitchen range during warm days, it would become very hot in the kitchens of the old farm homes. Some of the old farm homes had a 'summer kitchen' that was more open and was closed off from the main part of the home during the winter months. The open veranda was the width of the front of our home before it became a sun porch, and our family spent a lot of time out there on hot days and summer evenings. It was a gathering point for our friends and neighbours. I have a lot of special memories of the porch swing and great times that we had on our veranda, and of summer vacations from school when, most of the time, we would go barefoot. During the summer there was lots of work to be done on the family farms, including harvesting hay and tending to the crops. We had time for pleasure and enjoyed our trips to the old swimming hole that was in the brook on the Centreville meadows.

The hot summer days would turn into colder fall weather. It was harvest time on the family farm and time to gather in the crops and put the farm animals into the barn for the winter. My mother would be busy preserving

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fruits and vegetables for the winter months. Fruit, vegetables, preserves, and a lot of other food items were stored in our cellar. Most families in Centreville raised a pig or two to butcher in the fall for winter use. There are several ways to preserve pork and it was more in use than beef during the early days on the family farms. We also had salt herring and sauerkraut in our cellar. The cold winter weather arrived earlier than it does now, with freeze-up beginning about the last of October. With the arrival of cold November weather, we would begin to junk up our winter's supply of firewood into stove-wood lengths with the use of a crosscut saw, a bucksaw, or a bow saw that was designed for the purpose. It was a job for the boys in the family, done without the use of a chainsaw. I helped my older brothers cut firewood and keep the wood box filled. With a farm home that was dependant on wood for heating and cooking, we used twelve cords of firewood. Our firewood was harvested from our woodlot on the back of the farm property.

November brought snow storms and the ponds would freeze over enough for us to go skating. Winter would set in for a long four months. During the winter, our farmhouse kitchen was a buzz of activity before supper time with a large family, a lot of farm chores to be done, and my mother and sisters preparing supper. When we sat down together at our dining room table to eat it was a special time. During the winter evenings, we sat in the parlour near the woodstove and listened to the radio. My mother would often read to us, usually a continued story from a magazine. We had lots of apples stored in our cellar, which we had for a treat during the evening. During the WWII years, sugar was one of the items that was rationed and it was a treat for us children when our mother could spare enough sugar to make fudge. We made molasses taffy and after we pulled it, we left it outside in the snow to harden. Sometimes in the winter, we made ice cream. Cold winter evenings we played crokinole and other board games. Ice skating and coasting were popular winter activities.

After leaving the warmth of the wood stove and going to bed it was cold in the upstairs bedrooms. Coming from a large family, we usually shared a bed. Upstairs in the old farmhouse, there was the girls' bedroom, the boys' bedroom, and a single bedroom. My parents' bedroom was downstairs. Being next to the youngest and with an earlier bedtime, I was sometimes referred to as "the little bed warmer". I would hear the cold winter winds and the creaking and sounds of the old farmhouse. My mother would put hot water bottles under our feet and extra coverings on our beds. Upstairs, we could carve our initials in the frost on the window pane. If I was late going downstairs, the porridge that my mother made for our breakfast would become cold and not as appetizing as the first servings. Knowing that the farmhouse kitchen was a warmer place to get dressed, we would gather up our clothes and make a run for it. I look at the kitchen now and wonder how a room that size could have accommodated so many people carrying out their early morning activities with my mother preparing breakfast.

Christmas was a special time when our mother, who was a baker in England before coming to Canada, would prepare lots of special goodies for us. Christmas was a time to celebrate the birth of Christ as it was intended to be. Children today would be disappointed to receive the gifts that we were happy with and excited to find under our Christmas tree. I have enjoyed many wonderful Christmases in the old farm home with family.

Sheila and I extend a "Merry Christmas" to everyone.



Manana

by Sylvia Gard

Fifty years ago, when I left Spain after having lived there for a year, a story/habit came with me. It is called *manana*, which means 'tomorrow'. I laughingly would tell that the people there would reply '*manana*' whenever a timeline was suggested. Rarely would I hear 'Wednesday' or 'the 15th'. Simply '*manana*'. Over the years, I would shake my head and smile at the memory.

But as the years moved along, I began to suspect that I had the same habit except I said 'someday' instead of '*manana*'. My somedays were:

- Someday, I'll travel around North America in a Toyota pickup truck.
- Someday, I'll run a marathon.
- Someday, I'll write my Heart Stories.
- Someday, I'll bicycle around Nova Scotia.
- Someday, I'll regularly get up at 4am.
- Someday, I'll go to Ireland.
- Someday, I'll live in a round house.

Changing the pattern from 'someday' to 'today' began when I moved to Centreville three years ago. It was then, with more freedom to choose how to use my time, that I was inspired to activate a 'someday', making it a 'today'.

I looked at my list of somedays. Travelling around in a pickup truck had lost its appeal, though the travelling was still appealing. Run a marathon? These old bones said, "NO WAY!!" But walk? Yes...these bones could walk and travel. Enter the forgotten 'someday' of walking a *camino*.

Camino is a Spanish word meaning 'path' or 'the way': to walk a *camino* suggests following a pilgrimage route. And there are many of these routes that wander through Portugal, France, and Spain - all leading to *Santiago de Compostela* in the province of Galicia in Northwestern Spain. These pilgrim routes have been in place for centuries, starting with Christian pilgrims travelling to Santiago where is buried the body of Saint James who brought the Christian lesson of unconditional love and forgiveness to this area. They have become the most popular Christian pilgrimage routes and, most importantly in my view, open to "everyone, irrespective of gender or generation, colour, class, creed and from every religion, or none", as John Brierley writes in his popular guide to the *Camino Portugues*.

After some consideration, I chose the Portuguese route starting from Lisbon, a distance of 635 km. Before booking my airline tickets, there was lots of research into the route, the clothing and supplies needed, how much to carry in a backpack, to walk alone or with a companion, how much reliance on IT, what season to walk in...



So on September 15th of this year, on the occasion of my 72nd birthday, I started walking alone from central Lisbon, carrying everything I imagined needing (different from wanting!) in my backpack and waist pouch. I arrived in Santiago on October 16th. I continued on to Muxia, which is on the Atlantic coast, so I could wave to friends and family back home. My walk ended there on October 20th.

Prior to beginning my travels, there were several questions that occupied my fearful mind. One was, where to sleep? Previous travel always included booking my accommodations before even departing. Walking on a *camino* offered the opportunity to experience not knowing where I might sleep, for truly I might not know how far I would walk each day or even if there might be a bed available at my stopping place. Another question that troubled my fearful mind was, what if I experienced serious injury, accident, or even death along the way? I am happy to report that I slept in a bed every night, that never was I turned away because all the beds were taken. And though I encountered some people who experienced serious injury or accident, I was fortunate and blessed by my body's ability to carry me through the way.

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Every day there was an experience of being lost. Usually, that experience was due to lack of trust - trusting that there really was another waymark. A few times there were backtracking steps to reconnect with the way, but never any great distance. Once did I get quite off track, only to have a bus driver stop her big bus and ask if I was lost. Redirections were gratefully accepted.

Every day there was an experience of kindness. Oh yes, there was boredom, frustration, tiredness, impatience even, but *ALWAYS* the kindness. The kindness of the elderly woman coming out of her fig orchard and offering fresh figs as she blessed me and my journey, the kindness of farm truck drivers who slowed to a crawl as they passed me on talcum-powder dusty roads through the tomato fields, the kindness of the woman who bicycled out in 40C temperature to make sure I arrived safely at my bed for the night, the kindness of a fellow pilgrim who sat with me in the cathedral in Santiago as I lay down a burden.

I am grateful for living today, for having pushed through someday into today.

If the reader is interested in further exploration, here are a few sites:

Try Wikipedia for a general overview:

https://en.wikipedia.org/wiki/Camino_de_Santiago

The following site has information about week-long *caminos* in Nova Scotia. In 2018, one *camino* was from Grand-Pré to Annapolis Royal.

<http://www.astheology.ns.ca/home/events-calendar/camino-ns.html>

Google 'camino de santiago' for an amazing number of sites: The following site lists some films, including the popular *I'll Push You* and *The Way*.

<https://followthecamino.com/blog/best-films-about-camino-de-santiago/>

Anyone interested in further discussion can email me at sylvia_gard@yahoo.ca or call 902-599-4063.

Bom Caminho (Portugal) *Buen Camino* (Spain)

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Centreville District Community Development Association

Anne-Marie Waterbury, Secretary

The Centreville District Community Development Association (CDCDA) hosted the 12th annual Christmas Tree Lighting on December 3rd. Luckily, the rain didn't amount to enough to dampen everyone's spirits. Approximately 75 people - ranging in age from babe in arms to octogenarian - joined their friends and neighbours for carol singing, socializing, refreshments and, thanks to Scott Henshaw and his beautiful horses, wagon rides.

Thank you to Ken Morse who, once again, donated a perfect tree, and to the group of Santa's helpers who decorated it.

Doug Brown, volunteer extraordinaire, did a great job switching on the lights.

In other news...

The CDCDA met in November to discuss the results of the Future Development Survey (see the September issue of the *Centre Post*).

Several of the suggestions received applied to the park, for example water features and activities for adults such as lawn bowling. These all have been forwarded to the Centreville Park & Recreation Association for their consideration.

Other suggestions, such as a moms and tots group, just need interested volunteers to step up to the plate and organize them. Locations to consider include the Community Hall, the Baptist Church, and the park.

The most common concerns raised include sidewalks, street lights, and speed limits - all of which the CDCDA has been addressing with the Municipality of Kings and will continue to do so, although we've had limited success to date.

There was one suggestion - ***the development of a trail system in our community*** - that has been raised at our meetings many times over the past few years, but which seemed like too big an undertaking for our small group to tackle. The fantastic news is, the park association has decided to join with the CDCDA and make this a joint project. The two organizations plan to meet in the new year to plan how to proceed. As an 'active living' project, there are grants available for the development and maintenance of trails. Needless to say, there is a lot of groundwork (no pun intended) to be done first - identifying existing trails, determining land ownership, etc. Many benefits of community trails have been identified beyond encouraging an active lifestyle, such as joining parts of the community. As an example, it could provide easy and safe access to the park for residents of Ellsworth Estates. A trail system could also reinforce our arguments for other items on our wish list, such as sidewalks and crosswalks.

If any of you have experience in this area and/or are interested in becoming involved, please email info@centreville-kings-county.com



Update from the Marsh by Gren Jones



Last year, the Cornwallis Marsh was converted from a freshwater collector pond to salt marsh. The dyke walls could no longer hold back the powerful tidal surges that accompany storms. Many people have contacted me personally or the Amherst Regional Office for an explanation. In the accompanying article published in March 2018, 'Saltwater Solution', our NS Conservation Specialist, Lee Millett, explains the important role of saltmarshes in the Maritimes and speaks of the role this marsh will play in the battle against higher tides.

Saltwater Solutions

A few kilometres east of Kentville, in Nova Scotia's Annapolis Valley, DUC's (Ducks Unlimited Canada's) freshwater Cornwallis Marsh sits on the edge of the tidal Cornwallis River. Separating the wetland and the river is an old and deteriorating agricultural dike. The dike, built to protect lush farmland from the Bay of Fundy tides, has done its time. Today, it can no longer stand up to rising seas and the more intense storm surges lashing at coastlines.

Water in the salty river has started to eat away at the dike. If left alone, the dike will quickly erode, and salt water will rush in to the wetland, washing it away. That's why DUC decided to restore Cornwallis Marsh from a freshwater wetland back to its historical origins as a tidal, or salt, marsh.

"The Cornwallis Marsh has been very productive in supporting waterfowl and other wildlife, but we can't fight a rising ocean," says Grenville Jones, Valley resident and DUC director for Nova Scotia.

"Over the past few hundred years, we've lost 80 per cent of salt marshes along the Bay of Fundy and about 50 per cent of salt marshes across the province," says DUC's Nova Scotia conservation specialist Lee Millett. "Restoring them where we can is a priority, and the right thing to do."

Salt marshes are important habitat for waterfowl such as black ducks and green-winged teal, and nurseries for smaller fish like gaspereau and mummichog, which larger fish and crustaceans like striped bass and lobster depend on for food. They also capture and store carbon emissions, and buffer coastlines from erosion and flooding—which is becoming extremely important in the face of climate change.



The first step of the Cornwallis Marsh restoration, which began in September, was to excavate (or breach) the dike in three to four places. Earth removed from the dike was placed inside the marsh and tamped down. Adding this extra soil, and keeping most of the dike in place at first, will help the marsh accumulate sediment, allowing plants to grow. Eventually the dike will completely wash away, but by then the restored salt marsh should be strong enough to withstand high tides and strong currents.

The second step is tracking how well the tidal wetland establishes. DUC works with universities and other researchers to monitor plant growth for years after a salt marsh has been restored. This project will be no different. Data collected here will help DUC and coastal communities better understand how to protect homes and vital ecosystems from rising seas.

<https://www.ducks.ca/stories/atlantic/saltwater-solution/>

More from DUC next page...

Julianna VanMeekeren
REALTOR
902-670-1298
julianna@royalpage.ca
Helping you is what we do.

Update from the Marsh - con't

Dear Readers,

People are becoming increasingly aware of the numerous values of wetlands and their role in the green economy. For example, in places such as Annapolis Royal and River Hebert, wetlands have helped improve water quality in post-wastewater treatment.

Our dykelands are being threatened by climate change. On the Tantramar Marshes between Amherst, NS, and Sackville, NB, Ducks Unlimited Canada (DUC), the Department of Agriculture, and Environment Canada are already at work to protect the Isthmus of Chignecto. In fact, the federal government has put together a "green fund" and work will soon be underway on two national wildlife areas located in Chignecto, NS, and Shepody, NB. DUC will be working in partnership to protect these major wetlands. In addition, plans are underway to protect the railway line and Trans Canada Highway from rising waters. These are major projects of critical importance.



Finally, on a happy note, the major rebuild of the Missaquash Marsh on the NS-NB border was completed in October. At over 6,000 acres, it is one of the largest wetlands in our region. The Federal Department of Fisheries and Oceans was a major contributor to the rebuild: 335 cubic meters of concrete were poured for the water control and fishway!

If you have a question about this article or wish to donate to the "Rescue our Wetlands" campaign, contact me personally:

Cell: 902-670-4967
Email: gc_jones@yahoo.ca

Website: Conserving Canada's Wetlands | Ducks Unlimited Canada

Congratulations to TJ's Convenience Store - Steve Morine

Atlantic Canada's convenience store industry recognized industry excellence at the Atlantic Convenience Stores Association's 10th annual Retail Convenience Awards Gala held at the Halifax Convention Centre in Halifax, Nova Scotia.

The President's Excellence award is given to businesses/people that have demonstrated excellence in operations and are clearly viewed as an important and valuable part of their community. Congratulations to one of the winners of the 2018 President's Excellence Award, Steve Morine, TJ's Convenience, Aldershot, NS.



TJ's supports this newsletter through advertising.

T'IS THE SEASON WHEN THE COUNTY BEGINS ITS BUDGET

The overview on this page shows how your county makes spending decisions for the upcoming year 1st Apr, 2019- 31st Mar, 2020.

IF YOU ARE SEEKING FUNDS FOR YOUR COMMUNITY ORGANIZATION OR PROJECT, OR YOUTH TRAVEL, HERE ARE KEY DATES Psst... There are changes from prior years. Don't get left behind!

FEB 1: Recreation Programs for Youth; Community Festivals and Special Events; Major Community Initiatives & Civic Services Grants.

APR 1: Grants for Parks and Trails; Community Hall Assistance Program; Youth Travel (1st intake); Kings Economic Advancement Grant (only one intake per year, used to have four).

JUN 1: Councillor Grants to Organizations.

NOV 1: Youth Travel (2nd intake).

CHECK OUT KINGSCOUNTY.CA FOR DETAILS. HAPPY TO CHAT IF YOU NEED HELP! COUNCILLOR RAVEN 902.670.2949





Centreville Park and Recreation Report

by George Graves, President

The BMX trail is now completed and has been in use by children on their bikes for a few months now. Signage will be put up in the spring advising not to have motorized vehicles on it, and a fine will be posted for transgressors.

The fall cleanup was held one evening and consisted of raking the wood chips back onto the playground area where it had been removed for repairs of the merry-go-round.

Unfortunately, snow removal will not be done on the drive-way leading into the park as it is too costly for our meagre budget. However, we will strive to get a maintenance grant for next year. Parking is at your own risk.

Would all ball coaches please return the keys to the park building to George Graves. This is very important, as money will have to be shelled out for a new lock and keys this spring if he doesn't get the keys back.

The garbage bin for the dog bags is now closed for the winter months so please take your bags home for disposal. The bin will reopen for March 2019.

Watch for the flyer and newspaper announcements regarding the Area Rate Meeting in February.

We are in dire need of more members: if you are available for one meeting a month and the occasional cleanup, this would be a wonderful asset to the community.

Merry Christmas and a very Happy New Year!



Good Neighbour Club News

by Susan Wood

The community hall is decorated for the season and is being enjoyed by many. The Good Neighbour Club (GNC) held its last meeting of the year, a Christmas party, on December 6th. Regular meetings will resume on January 17, 2019, at 7 pm – all women are welcome to attend. Thank you to those who help with our breakfasts by cooking potatoes, baking tea biscuits, serving, and making donations. Our next Big Breakfast will be on January 19, 2019. More help is always needed and greatly appreciated; if you can give a hand, even once a year, please contact Mary Ellen at 902-679-9780.

A heartfelt thank you to everyone who helped make the ***Annual Fuel Supper*** a success - by working, donating goods, or attending. It's a wonderful example of an entire community effort. Special thanks to Mary Ellen for once again organizing the event.

Merry Christmas to all!



CDCDA Bursary Recipient 2018

Each year, the Centreville District Community Development Association (CDCDA) awards a \$500 bursary to a member of NKEC's graduating class who resides in Centreville. This year's recipient is **William Sanford**, who is attending the University of New Brunswick. William is the son of Tarri-Lynn and Robert Sanford.

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 1st 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 \$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, 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.

Next meeting: January 9, in preparation for the Area Rate Meeting to be held in February

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 meeting: January 23, 2019

Cancer Support Group

For women with or recovering from any type of cancer. Meetings are held the 2nd 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.