

THE CENTRE POST

June 2017, Issue 47

Next issue: September 21, 2017
Submissions due September 1, 2017

Walter Stevenson's Repair Shop

By Gail Salmon

There is a little-known gem of a business behind the bungalow at 1666 Highway 359 where Walter Stevenson lives with his wife, Sheri. The auto repair shop consists of a large garage, a car yard, and other buildings where Walter has been repairing and tinkering with all types of motor vehicles for a very long time. Twelve years ago, he decided to go into business for himself and built the large two-bay workshop where he works on cars, trucks, hot rods, motorcycles, dirt bikes, snow blowers, and just about any other vehicle with a motor and wheels.

Walter grew up in Aldershot, went to Aldershot and Central Kings High schools, and has worked in this area all his life. I remember him from the B & B Car Clinic and from the time when he came to my rescue when my car broke down on Highway 359. He worked as a mechanic at B & B Car Clinic in Kentville for years. He also worked for Greg's Trucking and Centreville Hyundai. Walter decided that, if he wanted to work, it would be better to work at his own company, so he does all the work by himself.



Walter says that, though he has been a mechanic for years, cars are always changing, so he has had to upgrade his skills and education to meet the times. The technological aspect of cars today, with their computer components and diagnostic systems, demand that he keeps current to the latest 'gadgets'. He repairs starters and alternators, changes tires, and rebuilds cars. He does not do safety inspections but will inspect your car and do all repairs that need to be done so you can have your car inspected.



Walter says that he has a passion for cars and hot rods and a love of motorcycles and dirt bikes, but his pride and joy is a 1948 Chevrolet Fleetline that took him eight years to build. Walter drives his car and takes it to antique car shows, and has been to cities in Prince Edward Island, New Brunswick, and all through Nova Scotia. He enjoys going to car shows to see all the new cars and the new technology, and someday he would like to go to the Toronto car show. Walter also rebuilt a 2005 Dodge Ram truck for himself and a 1962 Chevy Impala for a customer. The most difficult part of rebuilding cars is finding parts: Walter has cars parked outside his garage waiting for parts so he can finish their repairs.

The Centre Post is published four times
a year:

September, December, March and June.

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

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Have a Wonderful & Safe Summer

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Suzanne Trudeau, Lead Editor

Centreville Website

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info@centreville-kings-county.com

Dates to Remember...

June 15.....Park Association Meeting

June 15.....Good Neighbour Club's Closing

June 17.....Big Breakfast

June 18.....Father's Day

June 21.....SUMMER!!

July 19Park Association Meeting

August 19Centreville Day

September 16Big Breakfast

September 21.....GNC resumes

September 27CDCDA (7 pm)

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Story from the Family Farm

By Mack frail



When I made my first attempt at writing the history of Centreville, I began the first page with the following sentence: "Centreville, with its tree-lined streets, was a peaceful community nestled under the North Mountain with pleasant streams that flowed through lovely green meadows". I realized I was describing the Centreville that I remember, and I have no description of the area as it was during the earlier period where the history began. I can find little similarity between the Centreville where I was born and grew up and the community that I live in today. Centreville is caught up in what is described as 'progress', with a large increase in population that has caused it to become a bedroom community. I have pleasant memories of the days when the population was a lot fewer, and more people were out and walking about the community.



The railway brought a lot of activity into the community when it provided a passenger and freight service. Five warehouses were located near the Centreville train station and railway lines for freight service. The warehouses provided a lot of employment for men, packing potatoes and apples for storage and shipment. The large sawmill business on the Mill Road (now Lydiard Road) employed a lot of men. There was a large cooperage near the end of Butler Road, next to the closed-in skating rink. The cooperage provided work for about six men making barrels, which were the most popular containers for farm produce. Centreville Corner was a very busy location during the early days when the large general store and post office were open for business and brought a lot of people into the community. There was also a lot of activity at Sam Ogilvie's blacksmith shop, located next to and north of the Centreville school (now the Centreville Community Hall). The Hall School, which was located on the corner of Highway 359 and Highway 221 West before it was demolished, was used for various functions in the community. When the students attended classes in the Centreville schoolhouse they provided more life into the

community, and were seen when they walked to their destinations and heard at their play. When the high school students from Centreville travelled to Kings County Academy in Kentville on the train, they added joyfulness to the community when they returned home on the 4:30 p.m. train and walked from the railway station to their homes. There were lots of social groups and entertainments in the community: we had our own closed-in ice skating rink and hockey teams in the winter months, and ball teams during the summer months. The sound of the skating music from the rink could be heard throughout the community. Before 1960, about thirty family farms were located within the Centreville boundaries and provided more life in the community.

As a student in the Centreville school, on a spring day with the windows open I listened to the sounds of the community. The sounds were of an active working community: farmers giving commands to their teams of oxen or horses; the engines on the old orchard sprayers used by several fruit farmers in the community, each with a different sound; the musical sound from the rotary saw when cutting through a log at the mill; and the mill whistle that sounded morning, noon, and night to signal when the men began work, lunch hour, and quitting time at the mill. The large make-and-break engines that operated the equipment for Andrew Neville's woodworking shop could be heard through the open window. The sounds from the blacksmith shop located next to the school, and the rhythmic sounds from Sam Ogilvie's hammer as he shaped the irons on his forge were heard, as were the sounds of the train, referred to as the "Blueberry Special", as it blew its whistle for the crossings as it passed through Centreville four times daily. I grew up rising in the morning to the sounds of a rooster crowing and the bells on the cattle as they were turned out to pasture. Later in the day there was the mooing of the cows, anxious to return to the barn to be milked and to stay the night.

There were many other wonderful sounds that came from a community that was alive. Some people may think me old fashioned and living in the past, but I miss the early days and the sounds and the activities that were in Centreville before it became a bedroom community.



Update from the Marsh

by Gren Jones, Senior Director Ducks Unlimited Canada

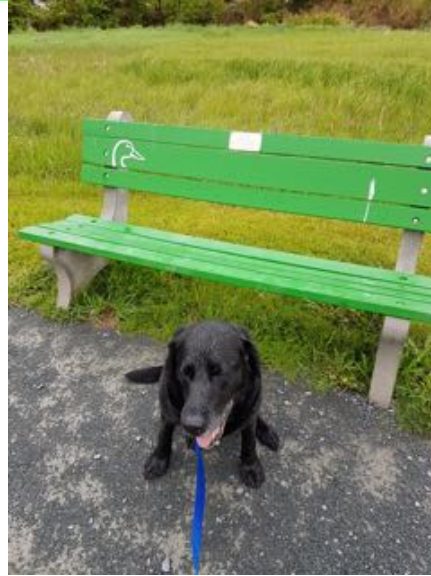
A brief history of Miner's Marsh and the conservationists whose vision and efforts created a wetland from a pasture!

Dear Readers,

If you have been enjoying regular walks in the marsh, you will have undoubtedly noticed another bench that was installed last fall in the southwestern corner of the first impoundment. It's made of concrete with green wooden slats: the DU™ logo is clearly visible, along with a brass plaque.

Several generations of the Miner family used this area for hay and pasture. It was a challenge because run-off water from the Belcher Street catchment would run across their land. In the mid 90s, NS Directors Hugh Fairn and Joe Hickman became aware of an opportunity to restore some wetlands in the town of Kentville. The land was purchased by Ducks Unlimited Canada, who decided around 2005 that it was time to implement a plan for a public access wetland. As the planning stages began to evolve, permits were required from numerous government agencies, as was approval from the town and municipality. Thanks to the experience of these gentlemen, things moved along quite smoothly. A fundraising dinner was held and some significant and generous commitments were made from several major gift sources. These included local industry and private individuals: Michelin Tire, Dr. Don Burry and family, Kentville Rotary, Kings County Wildlife, and numerous others who came on board, as well as the town and municipality. The access to the marsh is on municipal land while the town funded the beautiful Eagle Bridge. The Rotary Club's donation created a nice trail from Klondyke Street to the bridge.

A great deal of credit goes to the directors for their work with the local government. Numerous meetings were held, including public forums where citizens could voice their opinions. In the end, the stars aligned, the lights turned green, and the project moved forward. Mayors Pearl and Corkum deserve much credit as well for their efforts. Provincial government permits were all in place.



On the conservation side, a water-control structure was created in the eastern compound. This is not readily noticed, but it does take excess water off the marsh. An excavator and a transit were used to create the low-lying dyke walls

that help mitigate floodwaters. The material was on site and was used to build the walls and the berm, as well as the nesting or loafing islands. Interpretive signage and an observation deck were also put in place. The site is about 12 hectares.

In August, 2010, a lovely ceremony complete with ribbon cutting and a reception was held and people came out from communities near and far to witness the spectacle of a public access wetland. The popular question was, "How can we get one of these in our community?"

Since then, much water has passed under the bridge and through the marsh, helping to prevent flooding in the town. In addition, there are several exciting events organized by the Tourism Management class at Kingstec campus - pumpkin walks have become a roaring success, and this spring they added an Easter egg hunt. There is a Facebook site, Friends of the Miner's Marsh, dedicated to photography in the marsh, which has a large following. Last year, a children's book, *The ABCs of Miner's Marsh*, was published and has sold well. The book launch took place at the Miner's Marsh birthday party, sponsored by the Town of Kentville Recreation Department in August. The Kings Courthouse Museum put together a beautiful historical and visual display that ran through the fall. (continued on P. 5)

Continued from P. 4 Miner's Marsh



The marsh has become the number one bird-watching site in Kings County. I believe that about 160 species of birds have been identified and accounted for. Like the swallows at Capistrano, Italy, these beautiful birds come to nest each spring in boxes created by the Blomidon Naturalist Society.

Several weeks ago, a new dipping platform was added for the Project Webfoot students to use on their Grade 4 field trips each year in late May - early June. Ducks Unlimited Canada has a very extensive science curriculum for schools across Canada. There are two local chapters of volunteers that raise funds and awareness: the Valley Chapter was established in 1983 and the Acadia Chapter has been in existence for about three years. The university students support outreach, including the Wetland Centre of Excellence at Somerset Elementary School. Another conservation group, Friends of the Cornwallis River, delivers the Project Webfoot classes for DUC.

It would have been difficult to imagine a decade ago that all of the above would attract so many people to this wetland park. What was once a dream for two gentlemen conservationists has exceeded all expectations: Miner's Marsh is a gem and will be forever in the hearts of my mentors, Hugh and Joe!



Photos by Gren Jones:

Care to make a difference? Interested in contributing to the Conservation efforts of Ducks Unlimited? Visit www.ducks.ca or contact me for a personal visit! < gc_jones@yahoo.ca >

1. the Fairn-Hickman Bench
2. The new dipping platform
3. Ducks Unlimited National Education Meetings were held recently at Acadia. I gave an interpretive tour to the group comprised of Merebeth Switzer and her education consultants from across Canada.

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Centreville Park and Recreation News by George Graves

For the 2017 summer season, we applied for three students but were only granted one. Therefore, we cannot offer the same five days of summer camp as we did last year. We are hoping to be able to offer Tuesday and Thursday mornings (9:00-12:00, register on arrival) as our one student will be kept busy with park maintenance the rest of the time.

The intallation of the latest playground equipment should be done by the end of July.

The ball fields have been covered with crusher dust and rolled by Boyd Pineo.

New park signs will be erected to make the entrances more visible.

The area for the BMX site is still being cleared and hopefully will be completed some time this summer.

Centreville Day will take place on Saturday, August 19 with a rain date of August 26. More volunteers are needed and if you can spare a few hours on that day please contact George Graves at 902-678-8136 or Neil Prince at 902-678-5401.



April 29, 2017 - Spring Cleanup at the Park

Young and old came out to clean our park. We enjoyed a much deserved BBQ afterwards with Helen MacDonald as the queen burger flipper.

For all of you who came out, please give yourselves a well deserved pat on the back!!



Carpal Tunnel Syndrome - A Closer Look

By Amy Deveau RMT

Registered Massage Therapist
at Valley Massage Therapy Clinic

What is Carpal Tunnel Syndrome? It is a compression at the wrist of the median nerve, which runs down the front part of your forearm into your hand and fingers. It can be caused by several different factors, such as an anatomically-small carpal tunnel or an increase of pressure inside the tunnel.

There are two main categories of Carpal Tunnel Syndrome (CTS). The first is *Compression Syndrome*, meaning there is compression to the nerve somewhere along its pathway. The umbrella category underneath this is called *Compartment Syndrome*, meaning the nerve is compressed within a compartmentalized area, just like the median nerve and tendons of the forearm muscles are in the carpal tunnel.

Some jobs with a high demand for repetitive overuse at the wrist and fingers can cause CTS. Muscle strains, nerve lesions, fractures, dislocations, and vitamin B6 deficiency can all be contributing factors to CTS. It affects more women than men. Generally, it is seen in the dominant hand, but is heard of being present in both wrists during pregnancy. The following are symptoms you may see with CTS:

- Night pain and paresthesia (awakens you from sleep)
- Pain aggravated by repetitive use of hand and wrist
- Tingling and numbness below the wrist
- Lack of coordination with fingers; weakness in thumb and fingers
- Sensory in thumb, index, middle, and half of the ring fingers
- Trouble using zippers, holding writing utensils, or typing

When observing someone with Carpal Tunnel Syndrome, a therapist may see swelling at the wrist around the carpal tunnel, muscle hypertonicity (increased tone), and trigger points in the forearm muscles. It is not a lifelong condition unless left untreated. Sometimes CTS can present similar to other injuries and pathologies. It is important to see a healthcare professional who can rule out the other possible issues. Many therapies are beneficial for helping CTS; seeking help from a health care professional is the best step to get you started on the path of recovery.

References:

1. ICT Northumberland College 2017 class notes

[http://emedicine.medscape.com/article/327330-overview - a4](http://emedicine.medscape.com/article/327330-overview-a4)



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Budget Highlights 2017-18

by Pauline Raven, Councillor District 2

Each May and September, residents and business owners find their wallets a tad lighter – courtesy of paying their municipal taxes in two installments.

Benjamin Franklin once wrote: "...in this world nothing can be said to be certain, except death and taxes." That was 1789 and is as true today as then.

The operational and capital budgets for the county are now set. None of us love paying our taxes, but things we value need to be paid for. Municipal taxes cover our share of major expenses like public schools and libraries, policing, fire services, and waste management.

Council also considers many applications from community organizations, largely or entirely run by volunteers, that provide services to residents. Some of the more unique expenditures for this year include:

- \$100,000 for Valley Search & Rescue's capital project to build a garage at its new location on Middle Dyke Road;
- \$50,000 towards the construction of a regional skate park project in Kentville, that promises to be an economic driver for the county;
- \$30,000 for the Free Spirit Therapeutic Riding Association, which supports children and adults seeking to improve their physical or mental well-being, and
- \$15,000 for the Valley Sport & Multi Purpose Facility (Soccer Dome) where a myriad of recreational opportunities is offered every month of the year well beyond the soccer program that most of us recognize as its key purpose.

There are also some key concerns I'm continuing to watch and to bring to council's attention.

1. Our sewer rate per household has soared in the last several years. Beginning at \$200 per household, it stood at \$460 (2016) and has just increased again to \$475 (2017). I continue to hear from local engineers and developers asking why the county is replacing sewer lines they say have 50 plus additional years of useful life. This year, council did remove a recommended sewer replacement in Hants Border from the capital program.
2. Council is moving toward reserving some of its federal gas tax money for purposes other than sewer and water. This year, with changes like the removal of the Hants Border sewer project, we were able to place money on reserve for other projects. It is anticipated that a significant expense related to the extension of broad-band internet service will be covered from these reserved funds.
3. Many sidewalks have been on a priority list for many years without progressing up the list. In fact, Sherman Belcher Road in Centreville has moved down, not up the list, over the last four years. More emphasis needs to be placed on the active living possible within urbanized communities when you can travel a route that will connect people with other recreation and other services right where they live.


In the 2017-18 year, the county is continuing its development and maintenance grants to community organizations such as the Centreville Hall and the park. Used in conjunction with volunteer hours and local recreation rates, the benefit of these grants is steadily adding valuable infrastructure to your communities.

Continued on P. 10



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Continued from P. 9
Pauline Raven

The 2017-18 year also sees both the commercial and residential tax rates held at the same level as previous years. Indeed, the rates have not increased for several years. You do pay more each year because Property Evaluation Services automatically increases the value of most homes based on cost of living increases. In step with this, the county continues to strengthen the tax shelter available to lower-income homeowners to help keep homeownership affordable for struggling seniors and others on fixed incomes.


In the year ahead, I am suggesting a complete review of the county's operational budget as it relates to administrative and staffing expenses. Councillors have not completed such a task since I became your councillor in 2012. To ensure that no more than the right amount of money comes out of your pocket, I believe a full review should take place at least once during each sitting of council.

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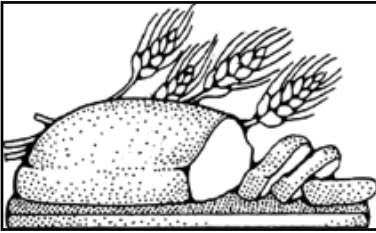
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No Wonder Bread

by David Ward



I was aware of it while I was there, but as a few days of driving around passed, it became so common I didn't think about it any more. The

impact of it all hit me when I returned home and began driving around familiar areas. Holland is *CLEAN*, while Nova Scotia leaves something to be desired. Yes, an eight-day trip in Holland convinced me never to toss anything out the car window. You'll see nothing littering the highways in that little country with 17 million people. Maybe that is why the country is so clean: it has an area of roughly 16,000 square miles compared to Nova Scotia's population of less than one million in about 21,000 square miles. So, while we have lots of room to litter, Holland - with less space - decides to not do so.

Someone asked me what Holland is like and I said flat – flat as pee on a plate! Roadways are extremely straight and tree lined, intersections are navigated by roundabouts, and there are no potholes. With the exception of the major highways - the 'A' roads - the more rural 'N' roads have bicycle lanes. And speaking of bicycles, there are millions of them. I spent two days in Amsterdam and, like most tourists, happened to be walking in a bike lane (instead of being on the sidewalk) and came close to getting run down. The bikes are the standard type of pedal bike – not the multi-shift type – with as many as three children in seats: behind the driver, on the cross-bar, and in front of the handle bars. Some bikes have an extended frame between the handle bars and the front wheel, with a large 'box' for groceries or, in one case, many children.

Apart from no litter on roadways, neither is there any 'visual' pollution. There are *NO* signs on the roadside, nailed to fence posts or trees or whatever, as you see around here. The *ONLY* signs are uniform directional signs, route numbers, and speed-limit notices, and in six days of driving I didn't see one policeman. Speed is radar controlled and if you speed, you'll get a ticket in the mail. License plates on all vehicles are visible, with a plate on bike carriers (which obscure the plate on the rear of the car).

Farmyards are well landscaped and if there is clutter and junk about, it must be behind the barn because I didn't see any. My trip was in early April and crops were being planted and fields sown and, like here, many crops were under plastic. I was too early for tulips but saw acres and acres of daffodils and other flowering crops being grown for their bulbs. And sheep, lots and lots of sheep and their lambs.

I'm a great fan of small-town bakeries, and that's where I bought most of my sandwich-type meals. Yes, there is white bread, but most breads and roll-type biscuits are multigrain with lots of different types of seeds. No, don't look for Wonder Bread in Holland – you won't find it. Everyone I encountered was more than helpful, with many curious and surprised that an 'old man' was not only travelling alone, but driving as well! In one small-town bakery with a lunch counter, the young lady behind the counter, when she saw I was alone, asked, "Where's your wife?"; I had to tell her that my wife had recently passed away. I begin to choke up in situations like that and so quickly took my order and sat down. Very soon after, the young lady appeared at my table carrying a tray with a duplicate order of coffee and a square and said, "From me to you", and I had to reach for another tissue. The same kindness was shown at a small hotel where the receptionist insisted on carrying my bag to my room.

I visited a Canadian war cemetery, war museums, and the Dutch Resistance Museum in Amsterdam, and in Amsterdam, took one of the many canal tours. Did I say Holland is exceptionally clean and tidy? Well it is, and it caused me to remember that you never get a second chance to make a good first impression.



Strawberry Rhubarb Pie

Submitted by Margie Brown
Blueberry Acres U-Pick

Ingredients:

- 1 (9 inch) unbaked pie crust
- 3 cups rhubarb, sliced 1/4-inch thick
- 1 cup fresh Vital Berry strawberries, quartered
- 3 large eggs
- 1 1/2 cups white sugar
- 3 tablespoons milk
- 3 tablespoons all-purpose flour
- 1/4 teaspoon freshly grated nutmeg
- 1 tablespoon butter, diced
- 2 tablespoons strawberry jam
- 1/4 teaspoon water



Directions:

- 1) Preheat oven to 350 degrees F (175 degrees C). Place rolled-out pie crust in a 9-inch pie plate and set on a baking sheet lined with parchment paper or a silicone baking mat.
- 2) Combine rhubarb and strawberries in a bowl; transfer to the pie crust, distributing evenly.
- 3) Whisk eggs, sugar, milk, flour, and nutmeg together in a medium bowl. Slowly pour filling over rhubarb mixture until it just reaches the top edge of the crust. Scatter diced butter evenly over the top of the filling. Lightly tap and shake the baking sheet to remove any air bubbles.
- 4) Transfer pie to the preheated oven and bake, turning halfway through, until rhubarb is tender and custard is set, about 1 hour.
- 5) Mix strawberry jam and water in a small bowl; heat in the microwave until warm, about 15 seconds. Glaze the top of the pie with the jam mixture and let cool. Refrigerate until ready to serve.

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The Good Neighbour Club Turns 70



By Pauline Harris

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The Centreville Good Neighbour Club is celebrating its 70th anniversary this year. In 1947, the ladies of the community decided to form a club that would enable them to work as a group for the benefit of their community and the local schools. The first meeting was at the home of Lois Manson (my mother), with twelve ladies present. There were approximately eighty families living in the community at that time, and attendance soon increased to more than thirty club members. The name 'Good Neighbour Club' was submitted by Blanch Kidston, and Eva Wood was the first president. The meetings were held in the club members' homes and sometimes in the old school that was later used as the A.A. Hall. I recall, as a child, hearing everyone talking when my mother held a meeting at our house - it was quite a lively group until the meeting was called to order. I can also remember that one of the club member's husband said that the club would never last: that was certainly proven wrong. The club supported the Blanchard Fraser Memorial Hospital in Kentville by

making bandages, draw sheets, and whatever was needed. Members also made cancer dressings and supported the local schools by providing cod liver oil capsules, treats at Christmas time, and helping in any way they could. The club has had many projects over the years, the main one being the Centreville Community Hall. Funds were raised by having coffee parties, teas, bake sales, pie sales, and suppers. In recent years we have raised funds with our 'Big Breakfast', which has been very successful thanks to the support we receive from the community.



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Centreville "50" Plus recently celebrated its 8th anniversary.

We meet Wednesdays from 1:00 - 4:00 pm. Seniors from Centreville and surrounding areas enjoy card and board games and friendly chat. All are welcome to attend. At our annual meeting held in May, the new executive for 2017-2018 was elected.



Barb Keizer, Vice President; Darrell Spurr, President; Carl Rideout, Director; Mel Bartlett, Director; Doug Brown, Director; Myra Spurr, Secretary/Treasurer. Missing from photo: Gary Coffin, Director.

Good Neighbour Club News

by Susan Wood

Our May 20th breakfast was cancelled because the Community Hall was in use for election purposes. By the time you read this we will know the results, and maybe this will bring warmer days! June 17th will be our next breakfast - and the last - until Sept 16th. Come and enjoy!

The GNC will be closing for our summer break on June 15th and will be back Sept 21st. All women, young and old, are welcomed to come and enjoy our group.

To all the helpful hands and donations with our breakfasts we say thank-you!

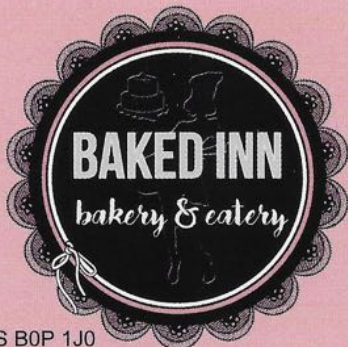
Have a great summer, everyone.



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All Is Well



By Gail Salmon

Eyes closed, listening to the night,
Peepers crooning sweetly in hopes of finding a mate;
A trickling of water caressing stones in a twisting stream.
The deep coo of the barred owl chanting,
“Who cooks for you”,
As the cool crisp air lies gently on your skin.

A quick blink will entice you to stare at the sky,
Awaiting the sun’s exquisite hues of
Red, purple, yellow, orange, blue,
Painted in water colours across the darkening canvas.

One can almost hear the stars appear.
Blinking, twinkling, brilliant, pulsing,
Ancient suns in whites, blues and red,
With tales of mythological beings that
Congregate in multitudes of shining magic.

As the dew settles on the blades of grass
A slight fog blankets the fields.
The slow rhythm of wheels counts time on the tracks,
And a whistle low, haunting yet reassuring.
And childhood memories warm my mind.

A deep breath, worries disappear like wispy clouds
Chased off by a gentle breeze.
A lightness returns to you, a carefree sigh
Sneaks softly off your lips.
And there is a sense that all is well.



**CANADA CELEBRATES
150!**

Test your knowledge of our great nation as we celebrate our 150th birthday.

1. Canada marks the 150th anniversary of Confederation this year. This is called _____.
2. How many oceans border Canada? 1, 2 or 3 _____
3. Which province contains more than 3% of the world’s fresh water reserve? _____
4. How old is the CN tower? 21, 31 or 41 years?
5. Which Canadian city has the largest port? Vancouver, Montreal or Halifax? _____
6. How many time zones are there in Canada? _____
7. When did our public broadcaster, the CBC, launch to unify this sprawling country? _____
8. When did O, Canada officially become the national anthem? a) 1880, b) 1920, c) 1956, d) 1980

9. What city in Canada is sunny the longest with 332 days of sun? a) Toronto, Ontario b) Brandon, Manitoba or c) Calgary, Alberta _____
10. Which sport was invented by a Canadian in 1891?

11. What is the most visited National Historic site in Canada? a) The Halifax Citadel National Historic Site, b) the Rideau Canal, Ottawa or c) La Citadelle, Quebec city _____
12. What is the highest mountain in Canada?
a) Mount Logan in Yukon Territory
b) Mount Waddington in BC
c) King Peak in Yukon Territory

(see P. 17 for answers)

On the Road Again

By Steve Hopper

Allow me to introduce myself. I am the new pastor of the Centreville Baptist Church. On February 1st, my family and I moved from Liverpool, NS, to take up residence in this community and begin ministry here. I am married to Diane and we have 6 children, 2 grandchildren, and two springer spaniels.

In 1979, Canadian singer/songwriter Terry Bush began singing a song titled "Maybe Tomorrow." The name will not resonate with many of you until I explain that it was the theme song to the show, *The Littlest Hobo*. (For those who were born closer to the 21st century, the series first aired from 1963 to 1965 and again from 1979 to 1985.) It starred an ownerless German shepherd who wanders from town to town, helping people in need.

The first verse and chorus read as follows:

There's a voice that keeps on calling me
Down the road, that's where I'll always be.
Every stop I make, I make a new friend,
Can't stay for long, just turn around and I'm gone again.

Maybe tomorrow, I'll want to settle down,
Until tomorrow, I'll just keep moving on.

Sometimes I feel like this could have been my theme song. Since I was ordained in 1988, I have ministered in six different Nova Scotia communities. I believe our "tomorrow" has arrived with our move to Centreville.

If you have ever moved from one community to another you know the challenges involved. Getting your children settled in school, finding doctors, dentists, other medical practitioners, veterinarians, mechanics, hairdressers, etc., are but some of the time-consuming tasks. Then there is the job of locating your favourite department, hardware, grocery and drug stores. All this is done while trying to find your way around without getting lost on roads that appear to go everywhere.

I have found it helpful, in the face of all of the moving challenges, to remember a passage in the Bible. In it, God tells a man by the name of Joshua, "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." (*Joshua 1.6, NIV*) At the time God spoke, this Joshua was overwhelmed with the task of leading a nation from one location in Egypt to another land. Not only that, but he was taking over from a popular leader, Moses. What a daunting task! With God's assistance he would achieve success.

We look forward to being engaged in community life as we get to know the area better. I hope to meet many of you at community events or serve with you on local boards or see you while I am out walking or running with my dogs, playing hockey in a local rink, or enjoying an ice cream at Foote's.

If you would like to come and meet my family and me, one place that you are certain to find us is at the church on Sundays. During the summer, our Sunday worship services will be held at their usual time: 10:30 am. You are invited to come a little early, enjoy a hot or cold drink, and engage in conversation with others who wait for the service to begin. Our worship will engage people of all ages with its use of multi-media presentation, contemporary and traditional Christian music, and messages that touch on issues that affect all of our lives.

At Centreville Baptist Church we offer Sunday school and nursery for children. The nursery is staffed for the entire morning and the younger children can go to the nursery before the service or anytime throughout. The older children begin the morning with the adults for the first part of the service, and then head off to Sunday school after the children's time that is set aside in the service just for them. Sunday school lessons vary from week to week but normally consist of a Bible lesson and creative activity time.

We are also pleased to be offering vacation Bible school for the mornings of July 10th to 14th for children grades P - 6 (or ages 4 - 12 approximately).

This summer's program is "Kingdom Rock", a medievally-themed week that we pray will allow God's love to touch their hearts and imaginations. This is offered at no cost: pre-registration is preferred, but not a requirement. Please contact Pastor Jeff Milne for details and to register at thejeffmilne@gmail.com or [902-680-2769](tel:902-680-2769).

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)

cvillebaptist@eastlink.ca



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"Centreville Classic" Golf Tournament

In support of the Centreville Park



When: August 12th, 2017 @ 1pm (Shotgun Start)
(2 person scramble)

Where: Eagle Crest Golf Course - 2075 Lakewood Road, Centreville NS

Cost: \$45 for Guests, \$25 for Eagle Crest Members
(per player)

A portion of every entry fee will be donated to the
Centreville Park

Includes: 18 Holes of Golf, Meal, Prizes

Trivia answers

1. - sesquicentennial (pronounced: SES-kwuh-sen-TEN-nee-yul)
2. - 3 oceans
3. - Quebec
4. - 41 years old
5. - Vancouver
6. - 6
7. - 1936
8. - July 1, 1980, 100 years after it was written.
9. - Calgary, Alberta (enjoys an average of 2396 hours of bright sun each year, spread over 332 days).
10. - Basketball (Dr. James Naismith of Almonte, ON)
11. - The Halifax Citadel National Historic Site
12. - a) Mount Logan, in Yukon Territory



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.



***There are four general things
you can do with your hands:
1) put them in your pockets
for safekeeping; 2) fold them
in apathy; 3) wring them in
despair; or 4) lay them on a
job that needs doing.***

Author unknown

I would like to take this opportunity to thank the voters of Kings North, and Centreville in particular, for my re-election as your MLA in the Nova Scotia Legislature. It has been a privilege to serve you these past three-and-a-half years and I look forward to continuing to do so in this next government. The month of May was a blur of activity, with 14-hour days of door-to-door canvassing in what was the shortest possible election permitted under our current rules. It would not have been possible without about 40 volunteers, many from the Centreville area. I wish to express my gratitude to them, too. They know who they are!

All that canvassing has again reconnected me to both the challenges and opportunities in Kings North. We live in a prosperous and beautiful area of Nova Scotia, with many farms and small businesses. Yet we also have many people with huge needs, and must be sure they are looked

after, too. Health care, education, and roads were the three biggest issues in Kings North. There remains much to work on.

My contact information remains the same as prior to the election. Please do not hesitate to contact me about your concerns.

Thanks

John Lohr, MLA Kings North
401A Main Street
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The Charles Macdonald Concrete House News

By Fred Macdonald

The Charles Macdonald Concrete House has conquered another winter and, for our 20th season, we have two student guides - returning veteran Sarah Lincoln and a warm welcome to Port Williams native Lucy Wilkie to our staff. We expect to be open to the public daily from 11 am to 5 pm, except Mondays, starting June 19th. We will be closed July 1st, then open every day until the end of August.

This year we're featuring Charlie's line drawings of observations on his trip to South America in 1898: Impressions of sea-life by a curious artist from farming country. And again this year, Kevin West's Uncommon, Common Art entry #14 finds itself on the south lawn of the Charles Macdonald Concrete House. *High Water* is Kevin's surmise of Charlie's solution for dairy farmers as they encounter raising water levels due to climate change. It literally turns heads! So come by, do a walkabout, and say "hi" to Sarah and Lucy.

Photo 1
Installation #14 Uncommon, Common Art on the south lawn at the Charles Macdonald Concrete House.

Photo 2
Krystol Bell's "Forest Friends Home School Group" touring Charlie Macdonald's Red and Blue Cottages at Huntington Point in May.



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.

'50-Plus' Group

The '50-Plus' Group meets at the Centreville Hall every Wednesday, 1:30 - 4:00 pm. New members are welcome.

Pins and Needles

Anyone is welcome to join us at the Community Hall on Thursdays. Bring along a craft you are currently working on and a paper bag lunch, and stay for the day. Tea and coffee are available. We also get together once a month to work on 'comfort quilts'. These are made with donated fabric and are sewn and tied, then given to organizations to provide comfort to those in need.

For further information call Ann Steadman at 902-678-4472

TOPS

TOPS meets at the Centreville Baptist Church, Murray Drive, on Monday evenings. Weigh-in is from 6:00 to 6:30 pm, followed by a short meeting. We are open to new members at the cost of \$48.00 yearly, which includes a magazine from headquarters with "Eating Sensibly" ideas and recipes. You can drop by for one free night. For more information contact Sheila Frail at 902-679-5274 or Madeline Sheffield at 902-678-7584.

Al-Anon

Are you affected by someone else's addictions? If so, Al-Anon is for you. Al-Anon is a support group for families and friends whose lives have been affected by someone else's drinking, drugs, etc. Our meetings are held every Tuesday at 10:00 am at the Baptist Church here in Centreville. For more information contact Sue - 902-681-6446.

Centreville Hall Rental

Contact Minnie Sheffield at
902-678-6391

Centreville Park Association

The Centreville Park Association meets the third Wednesday of each month at 7:30 pm at the Centreville Hall. Anyone interested in becoming involved or wishing to share ideas or concerns is welcome to attend. Centreville community members are those who will make the park a success. Next meeting July 19, 2017.

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: September 27, 2017
October 25, 2017

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.

