

THE CENTRE POST

June 2018, Issue 51

Next issue September 2018
Submissions due September 1, 2018



White Family Funeral Home and Cremation Services

by Gail Salmon

Cyril White and his wife, Penny, have been the sole owners of the Hiltz Funeral Home in Kentville since 1994. They still own the business, though there have been many changes over the years. Cyril has always believed that community is very important and as I sat down with their son, Greg, it was evident this way of thinking had been passed down through the family. Greg said that his parents were an inspiration to running a family business and to being parents.

Cyril and Penny had three children and began working in the business in 1972. Their son Greg is the third generation to work at the White Funeral Home and shares a similar ideology to that of his parents. All of them grew up in Kentville and appreciate the importance of a strong community. Greg is a father of two and is a chartered member of the Rotary Club in New Minas. He says that he feels blessed that he can help the members of his community grieve and respect the lives of loved ones.

When I entered the building, I was welcomed by the receptionist and invited to sit in one of the several rooms available for visitations and auxiliary guests. The room was a mix of modern with a hint of nostalgia, with older furniture that I later learned had all been reupholstered by Greg's grandfather. His grandfather had worked for the Dominion Atlantic Railway and, on retirement, decided to take a course in upholstery.

The original building of the Hiltz Funeral home still exists; however, there have been additions and improvements over the years. In 2000, they adopted the name White Family Funeral Home and Cremation Services. Two years later, the expansion included an additional chapel and visitation and reception areas. They also modernized the kitchen facilities with the comforts of home. Everything is on one level for easy access for wheelchairs and walkers. They recently constructed a new carriage house and made additional parking to make it more accessible to their clients.

The photographs and pictures are all done by local artists and create a connection to the local area. Greg stressed the importance of keeping Valley artifacts in the community. Stained glass windows from the United Church in Canning and the United Church in Kentville were purchased and grace their walls with beautiful, lit colours.

One room is dedicated to his grandfather and the Atlantic Railroad and displays pictures and other paraphernalia depicting the history of the railroad. There is a large train bell that at one time hung in the Anglican Church in Canning. The room is a mini museum. Greg reiterated the importance of keepsakes of local history; their latest

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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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902-678-7769

E-mail: centrepstlady@hotmail.com

To place an advertisement, contact:

Mike Sweeney at 902-679-2780.

Editor's Note

In this issue we continue with our series of featuring businesses that have been long-time supporters of the *Centre Post* through advertising - our only source of income to cover printing costs.

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

centrepstlady@hotmail.com

We're sure there are lots of you out there with something worth contributing, and there is always room for more. If anyone has suggestions for content or how we could improve the newsletter, we'd love to hear from you.

Enjoy your summer!

Anne-Marie Waterbury

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

Centre Post Staff:

Mike Sweeney - Advertising
Suzanne Trudeau - Lead Editor
Anne-Marie Waterbury - Editor
Madeline Sheffield - Distribution
Gail Salmon - Roving Reporter/Writer

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Centreville Website

www.centreville-kings-county.com

info@centreville-kings-county.com

Centreville Hall Rental

Contact Betty Harper

902-678-0041

timharper@eastlink.ca

Dates to Remember...

June 16.....	Big Breakfast, Community Hall
June 17.....	Father's Day
June 19.....	Bookmobile, KwikWay
June 20.....	Park Association Meeting
June 21.....	SUMMER!
July 1.....	Canada Day
July 10.....	Bookmobile, Community Hall
July 18.....	Park Association Meeting
July 31.....	Bookmobile, Community Hall
August 6.....	Natal Day
August 15.....	Park Association Meeting
August 18.....	Centreville Day
August 21.....	Bookmobile, Community Hall
August 25.....	Rain date, Centreville Day
September 3.....	Labour Day
September 5.....	50-Plus Club resumes
September 11.....	Bookmobile, Community Hall
September 15.....	Big Breakfast, Community Hall
September 20.....	Good Neighbour Club resumes

White Family Funeral Home - con't from page 1

purchase was an antique 1929 Stewart fire truck that originated at the Kentville fire station. They also have a connection to many churches in the Valley. They support the Valley Ghost Walk, a local event that discusses historical affairs, by offering artifacts and their horse cart carriage that was used for the Halifax Explosion and the tragedy of the *Titanic*.



The White Family Funeral Home will handle multi-faith, multi-denominational, or non-religious services. They have fourteen full- and part-time employees. The rooms for services and viewings are bright and inviting. From talking to Greg, I can tell that he is compassionate and would help each and every client to his fullest. They offer a full range of services and/or consultation including access to grief counselling and will answer any questions.



White Family Funeral Home
 100 Cornwallis Street, Kentville, N.S. B4N 2E4
 Telephone: (902) 678-3339
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Greg White

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If you would like to read more about White Family Funeral Home, the website is <http://www.whitefamilyfuneralhome.com/>


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Centreville Day August 18, 2018



(Rain date August 25)

Once again the Centreville Park & Recreation Association has planned a great day of fun for the whole family. Activities include children's games, live musical entertainment, a BBQ, and a ball tournament. Have a ride in a Centreview Farm wagon, make someone take a dip in the ever-popular dunk tank, cool off in the sprinklers provided by the Kentville Fire Department, jump in the Bouncy Castle courtesy of the Centreville Baptist Church, and dance the night away (or at least part of it). The day's festivities will come to an end with cake and fireworks at dusk.

Plans had not been finalized at the time of printing, so are subject to change.



Come one, come all!



Future Development of Centreville Survey Results

Anne-Marie Waterbury, CDCDA

In February, the Centreville District Community Development Association (CDCDA) asked for residents' assistance in determining needs and/or wants for Centreville's future by completing a short survey and telling us their concerns and suggestions. Of the 1100 paper copies distributed, seven (7) were returned. Thirty-seven (37) surveys were completed on line, and one (1) email was received. The response was, to say the least, disappointing. The CDCDA would like to thank the 45 community residents who took the time to complete the survey - you obviously put some thought into your responses. Although responses varied, several issues predominated.

Demographics	#	%*
Senior, married	10	22%
Family with young children	15	33%
Couple, no children/Empty nesters	11	24%
Famiy, older children	1	2%
Senior, single/widowed	3	7%
Single parent, young children	1	2%
Young single adult	1	2%
Youth	1	2%
Not indicated	2	4%
Total	45	98%

* % of total respondents (45)

Concerns Mentioned Most Frequently	#	%*
Sidewalks	10	22%
Streetlights	10	22%
Speed limits/speeders	8	18%
Crosswalks	3	7%
No store	5	11%
None - everything is fine	5	11%

Other Concerns Mentioned:

- Traffic noise, in particular large trucks
- Need for more volunteers
- Need for trail systems: walking/biking/ATVs, etc.
- Lack of activities for all age groups, families

The CDCDA has taken the results under advisement and will determine how to proceed.

Suggestions:

Safety:

- Installation of a speed detection device on Hwy 359/Sherman Belcher Road
- 3-way stop at Sherman Belcher/Lydiard Road intersection
- Widen road and put crosswalk at post office corner; crosswalk Hwy 359 at Lydiard
- Community emergency plan
- Road repair (3 mentioned Pinecrest Drive)

Park/Recreation:

- Washroom at park
- Improved accessibility at other than the main entrances, i.e., not through ditches
- Outdoor exercise equipment
- Swimming pool/water features
- Moms and tots' activities, same time slot
- Activities for all ages including seniors e.g., lawn bowling, washer toss
- Upkeep and use of soccer fields
- Off-leash dog park
- Winter parking
- Map showing trails
- Better signage on Hwy 359

Communication:

- Reach out to community more, e.g. contact person/number for volunteers
- An additional information sign when entering the community
- Welcome Wagon for new residents
- Centralized notice board (now some are at Foote's, others at post office)
- Map of Centreville with businesses, road names

Community-wide:

- More programs for children and teens
- Moms' group
- Community BBQ, yard sale
- Movie nights at the community hall during the winter; speakers on topics of general interest
- Benches along sidewalk
- Banners, planters
- Attract businesses

Signs of Pride

by Dave Ward

Regardless of where you live, you get used to what's around you: you're familiar with what's there and quite accept what you see everyday. Such was the case for the 14 years I lived in Prince Edward Island (PEI), 1958 to 1972. Even when we returned from the West from time to time for a visit, not much seemed to have changed in the appearance of "the Island". On one visit, perhaps in the late '90s, we were waiting in the lineup at Wood Island for the ferry to Nova Scotia when I was asked if I would take the time to answer a few questions about our trip to PEI. As the survey was sponsored by the PEI Department of Tourism, you can imagine the type of questions – length of stay, attractions visited, what features of the province were most appealing, etc.

What was *not* asked in this survey was what was found to be most disappointing. The young lady conducting this survey was most surprised when I said that and asked what I had in mind. What bothered me most was the hundreds of signs along the highways advertising everything from soup to nuts. She then said that others in the lineup mentioned the same thing! Let's now fast forward a few years. The clutter of signage along PEI highways has disappeared; the only signs drivers see now are directional and route signs with white lettering on a green background and business/attraction signs with white lettering on a blue background. This has been the case for some years now and, when I asked a long-time PEI friend and one-time Member of the Legislative Assembly about the change, credit was given to Gilbert Clements.

Gilbert Clements was a long-serving member of the PEI Legislature and may have been, at one time, Minister of Tourism but I'm really not sure. Be that as it may, Gilbert was responsible for the uniform signage legislation as it related to signage along the highways of that province. And I'm thinking that we need a Gilbert Clements here. Why, you may ask? Take a look around at all our signage nailed to fence posts, on telephone poles, on posts in the ground, and so on. Kind of cluttered, don't you think? To be fair, however, I believe that Kings County made an attempt to 'standardize' signage in our area with the blue and white signs advertising various business operations. And that's just great, except that some business signs seem to be permanent in that they are still displayed even though the business has ceased operation.

I was in PEI a couple of weeks ago, driving from Summerside to Charlottetown, and began to notice plastic bags full of trash at intervals along the route – then I saw individuals picking up litter in the ditch. Apparently they're not paid to do it, rather they take great pride in the area in which they live. I believe various organizations may be involved in this cleanup.

I returned via the ferry to Nova Scotia (for a \$77 fee!) and, clearing the parking area, I knew I was back home: the first telephone pole I saw displayed *three* signs – one advertising bike rental, another a brand of pocket knives, and the third was a piece of plywood with lettering advertising car, truck, and RV washing but no address for that service.



Welcome to Nova Scotia. Where's our Gilbert Clements? We could use him.



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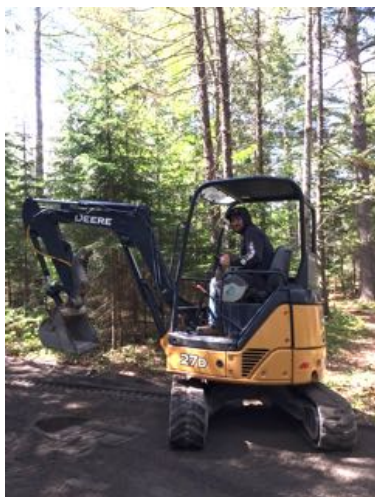


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Centreville Park and Recreation Association

by George Graves, President



Hello everyone. At the present time, our ball teams have been formed and each team has a coach and assistant. It promises to be a great baseball season. Our baseball fields are being mowed and the infields are being dragged every second day.

The extension of the main trail from the gazebo to Saxon Street is now complete and our six

benches are bolted to cement slabs. There is an additional six+-foot-long bench that was carved out of a log and can be found at the Sherman Belcher Road park entrance path. It is pretty impressive. It was made by the Cobequid Trail Company, the company that did the trail work and also dragged and levelled the new parking lot. Many thanks go out to them.

Three work cleanups were held this month, from 5:30 pm to 8:30 pm. Thanks to all who participated in this endeavour. The next project is to burn brush that has been collected. After the burn is completed, the 75-foot BMX trail will be built.

We will be removing the wood chips that surround some of the playground equipment to level that area. Crushed rock will be placed in the hole and wood chips will cover the rock.

We were allowed one summer student to work for eight weeks at the park. Therefore, we will not be offering day camps this summer.

Hopefully, the rest of the summer will be a little less stressful!

Enjoy your park!



Somewhere between the start of the trail
and the end is the mystery why we
choose to walk.

Unknown



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The Road Not Taken...

Anne-Marie Waterbury, CDCDA

Sidewalks and speed limits have been on-going areas of concern for the Centreville District Community Development Association (CDCDA) for many years. Some progress has been made: I'm sure I'm not the only one who remembers what walking the 'loop' was like before the sidewalk along Hwy 359 existed. And at last, after several years of persistent lobbying by the CDCDA, posted speed limits were lowered last fall - though I'm not sure it has made much, if any, difference to very many drivers.

The main complaint of most walkers is the lack of a sidewalk along Sherman Belcher Road, combined with the excessive speed of vehicles there. Unfortunately, according to District 2 Councillor Pauline Raven, areas in Kings County that are more densely populated have priority over us for sidewalk construction. So...there's no indication that we'll be getting another sidewalk in the near future. The one thing I can think of in Sherman Belcher Road's favour is that it is so straight it allows walkers and drivers to see each other long before they meet. Unless, of course, the driver is distracted or flying rather than driving, which is too often the case.

In the meantime, there are some things walkers can do to keep as safe as possible.

Follow the Rules:

- I'm sure we all know to walk on the left-hand side of the road facing oncoming traffic, though there are some out there who don't – just like there are people who walk on the road when there is a sidewalk. It's never too early to teach this to children.
- As a vehicle approaches, move onto the shoulder. Don't presume the driver is going to give you room – perhaps he/she is facing oncoming traffic, too, and can't.
- Watch for vehicles backing out of driveways – you may be in their blind spot.
- Look both ways *more than once* before you cross the street: vehicles can seemingly appear out of thin air. If a driver stops for you, make eye contact before crossing.
- We know to wear light or reflective clothing and carry a flashlight in the dark. We may forget that, even in the daytime, walkers can be difficult to see in shaded areas - such as along Sherman Belcher Road beside the park. Light- or bright-coloured clothing improves your visibility.
- It is recommended that walkers not wear headphones so they hear what's going on around them. I choose to take this one under advisement: music sets a walking pace and, as long as the volume is low enough that I can hear a cardinal if I'm lucky enough to come across one, I can also hear approaching traffic.

An interesting fact I read on the American Automobile Association's website: almost 50% of pedestrian/vehicle accidents involve alcohol. What surprised me was that the alcohol consumption was on the part of the pedestrians in 34% of those accidents!! It seems it's not a good idea to have a drink before taking a walk.

Switch it Up

The preferred route for many is the Hwy 359-Sherman Belcher Road-Saxon Street loop. If you are really concerned about the traffic on Sherman Belcher Road, there are alternate routes that avoid some or even most of it.

- Walk the length of Pine Crest Drive instead of Sherman Belcher for that stretch of the loop – there's less traffic and some beautiful gardens in season.
- Follow the sidewalk to Lauren Drive at the top of Hwy 359 and loop Madison Subdivision. It's a fast-growing area, and it's interesting to watch the progress of homes that are under construction.
- As you walk along Saxon Street from Hwy 359, turn into the park. There are lots of trails and you can try different ones. It's peaceful, there are no vehicles to encounter and, despite a feeling that you're deep in the woods, it's impossible to get lost for long. Pat yourself on the back if you get tangled in cobwebs – it probably means you're the first one through that day. Exit the park at the main gate or go to the soccer field to access and loop Parkside Subdivision.

Make up your own routes, depending on the length of time and/or distance you want to walk, and switch them up. Variety can make your walk not only safer but more interesting, too.

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Ingredients:

1 ½ cups plain Greek yogurt

½ tsp vanilla extract

1 tbsp plus 1 tsp honey, divided

1 ½ cups mixed Blueberry Acres blueberries, Vital Berry Farms raspberries and sliced strawberries.

½ cup granola

Preparation:

Whisk yogurt, vanilla, and 1 tbsp honey in a large bowl; fold in berries.

Microwave honey jar 10 seconds or place in a bowl of hot water to loosen.

Place granola in a medium bowl and drizzle with remaining 1 tsp warmed honey. Stir to lightly coat granola.

Divide yogurt mixture among molds, leaving about ¾" at the top. Tap molds on counter to get rid of any air pockets; top with granola.

Cover molds, insert sticks, and freeze until ice pops are firm - at least 2 hours.

Do ahead:

Ice pops can be made 3 months ahead.

Freeze until solid, then transfer to an airtight container and keep frozen.

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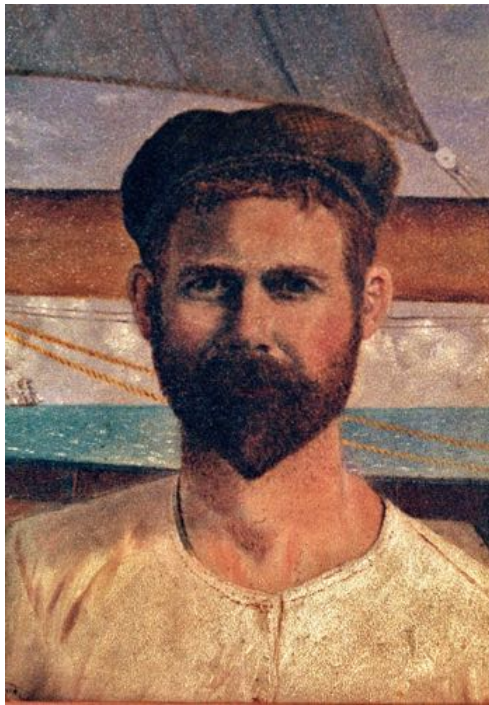
Drive-thru now available!



The Charles Macdonald Concrete House Museum

by Fred Macdonald

The Charles Macdonald Concrete House has been approved for two guides again this year, allowing us to be open daily from 11am to 5pm. Watch on our Facebook page for opening and closing dates. We have two exhibits lined up for the Legge Gallery this year: July will feature works of photographer Mario Croteau and, in August, a retrospective of past entries of Uncommon Common Art (UCA). The south lawn will again host this year's UCA entry by Kevin West - a hands-on tribute to neighbour and maritime radical, Roscoe Fillmore.



Charlie's Portrait

The Charles Macdonald House of Centreville Society Needs Your Help!

Who are we?

The Charles Macdonald House of Centreville Society was established in 1998. The society, which consists of a group of dedicated volunteers, owns and operates the Charles Macdonald Concrete House Museum.

What do we do?

The society collects, conserves, researches, interprets, exhibits, and shares the artwork, writings, and memory of Charles William Macdonald, his wife Mabel Macdonald, and his contemporaries.



**How
YOU
can
help!**

Become a Board Member today!

The board is responsible for the overall operation of the museum. We meet every third Tuesday of the month.

Join the Special Projects Committee.

Many hands make light work! We have several special projects that require a versatile group of people.

Become a Digital Marketing Coordinator.

Social media is key to a museum's survival! Help us spread the word through our social media platforms like Facebook and our website.

Help develop outreach programs and exhibits.

Create and implement our outreach programming through the summer months! Organize exhibits that will showcase the work of artists from Centreville and surrounding communities.

Become a Building Maintenance Manager.

Help maintain the museum by keeping a watchful eye on important work that needs to get done.

Supervise our students.

Monitor the work of our talented group of students.

Join our Grant Research and Writing Committee.

Community museums rely on grants for many reasons. We need help in researching and applying for grants so we can operate at our full potential.

For a full description of positions or if you would like to join us, please contact info@concretehouse.ca

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Needs	252 Main St.	Kentville
Save-Easy	451 Main St.	Kentville



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Story from the Family Farm

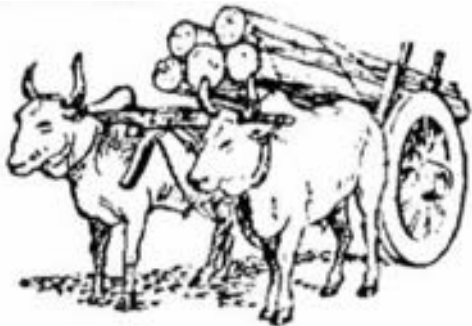
by Mack Frail

I remember, as a very young boy, the excitement of going to the barn with my father to do the evening milking. I felt very proud and grown up that I was helping my father by holding the kerosene barn lantern while he was sitting on the milking stool and milking our cows. There were about thirty family farms in Centreville in those days and most of the farms' barns were not wired for electricity. During the '30s and WWII years, times were difficult for most rural residents. Farming was the backbone of the Annapolis Valley before mechanized farming came into existence. My farming experiences began when the work was done with teams of oxen and horses. During those early years, the farm work was a lot more labour intensive than it is now.



I was born into the farming way of life. My early memories are of my father carrying me to the barn to show me a litter of newly-born baby pigs or a calf that was born during the night. Before the age of five, when my father went to the back of the farm to work, I wanted to go with him. I thought that I was a big help putting the smaller rocks on the stone drag that was pulled by the oxen. My mother would recall with amusement concerning when she asked me about my day helping my father and I replied that I was very tired after doing most of the work.

From the days of the New England Planter settlers, the farmers have worked and struggled to establish agriculture in the Annapolis Valley. They made do with whatever they had to work with and would not have considered going into debt to purchase that which they could not afford.



After I was fifteen, I decided that I had enough education and I quit school and went to work with men on the farms and in the lumber woods. I can attest to the hard work that was involved because of my own experiences before we had tractors with front-end loaders, back hoes, tillers, and other such equipment. Before chain saws, trees were cut with axes and manual labour on the ends of a saw. Without tree harvesters, timber was removed from the forests with oxen, horses, and by manual labour.

I mention the changes that have taken place during my lifetime to illustrate the struggle that the early settlers endured to establish farming in this area of Nova Scotia. The many generations of farmers that followed the early settlers endured the same hardships. They were the pioneers of the agriculture that they worked so hard to establish. The farmers of today, with their advanced mechanized technology, should not think of the early farmers as backward and crude because of their farming methods. They were proud, hard-working individuals who did their best with what they had to work with. We should remember and recognize them for their perseverance and accomplishments.

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Massage Therapy and Its Benefits

by Amy McCormick, RMT, Valley Massage Therapy Clinic

Massage therapy is ultimately a preventative and rehabilitative healthcare profession. Massage, or touch therapy, is one of the oldest forms of manual therapy used in the medical practices of ancient civilizations in the Western World. There are many forms or techniques of massage that are unique to the profession and education is required to apply these techniques safely and effectively.

It's been proven that, from infancy, the powers of human touch are vital for growth and development and have a significant role in health and comprehensive wellness. Massage incorporates the body, mind, and spirit, or physical and emotional well-being - depending on how you want to see it. The benefits are universal.

Benefits of massage:

- a natural pain reliever: physical, mental, and spiritual;
- helps with depression (mental and emotional problems);
- reduces stress levels;
- encourages whole-body integration (from loss of function);
- helps Insomnia or sleep deprivation issues;
- improves immune system functioning;
- increases circulation (blood, lymph, bodily wastes);
- reduces constipation (improves motility);
- improves self-awareness with integrative techniques (guided imagery – stroke; hemiplegia);
- increases tissue growth and, in turn, the quality of healing tissue;
- decreases swelling;
- lowers blood pressure; and
- helps with joint and arthritic pain.

Focused conditions but not limited to:

- geriatrics (including respite for caregivers and families);
- infants and children growth and development;
- headaches or migraines;
- TMD (clenching teeth or grinding);
- injuries (falls, fractures, sprains, etc.);
- during and after cast removal;
- physical disabilities (congenital, injury, or progressive);
- amputations (injury, diabetes, disease);
- chronic disorders - physical (pain) or emotional (mental illnesses);
- hemiplegia (CVA or TIA);
- degenerative diseases/disorders (early-stages of Alzheimer's, Parkinson's, MS, etc.);
- autoimmune disorders (lupus, IBS, fibromyalgia, etc.);
- motor vehicle accidents (medical referrals);
- spinal cord injuries;
- nerve compression (sciatica);
- constipation;
- cancer;
- general health and wellness, and so much more.

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News from the Nova Scotia Legislature



As I write this article, it is a pleasure to see all the agricultural activity in our county. The farmers are busy preparing the land and seeding, hurrying to finish in time for the coming rain. All that activity creates a lot of wealth, and we are fortunate to have both such good land and our farmers.

This spring, health care continues to be the main concern for our community. In our Valley, possibly as many as 20,000 people do not have a family doctor. The recruitment of new doctors and retention of existing doctors must become higher priorities for our Health Authority. Lives depend on it.

www.centreville-kings-county.com
A second concern is, when will the long-awaited Valley hospice construction begin? In January of this year, it was announced construction would begin this spring, but that has not yet happened. The Halifax hospice construction is moving forward despite the fact that fundraising is not complete. Our fundraising has been complete for at least four years. It is a deeply concerning situation. I have brought your concerns on both of these issues forward repeatedly in the legislature and will continue to do so.

Another major concern is potholes on our highways. Our highways are in a deplorable state. I continue to push the Department of Transportation for a new plan on addressing potholes. I believe they need to be addressed in the spring, rather than slowly filling them over the course of the summer.

As many of you may know, I am a candidate for the leadership of the Progressive Conservative Party of Nova Scotia. It is a privilege and honour to be vying for this leadership position, and I am especially honoured by the support shown in Kings County. Campaigning for that position has me travelling all across the province. I will continue to be in my office most mornings, but it's best to make an appointment if you wish to meet. Please phone 902-365-3420 to make an appointment.

Thanks,

John Lohr, MLA Kings North

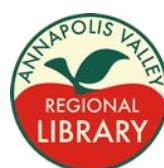
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The Annapolis Valley Regional Library offers bookmobile service to the community of Centreville every third Tuesday from 3:00 to 4:00 pm. **Effective Tuesday, July 10th, the bookmobile will be at its new location at the Centreville Community Hall.**



Summer Schedule:

June 19th (KwikWay)
July 10th, 31st
August 21st
September 11th

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

News from the Municipality of Kings County

Pauline Raven, Councillor District 2

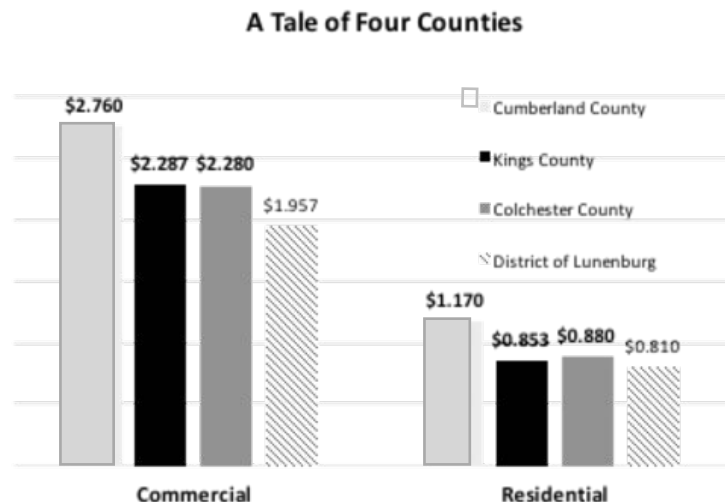
Time, Tides, and Taxes Wait for No One

For many years, Kings County has not increased its residential or commercial tax rates. That said, our overall assessments have continued to increase and they are adjusted for "Cost of Living" annual increases. This permits the county to absorb increased expenses, but also means the amount featured on your tax bills have slowly increased over time!

Council has approved a balanced budget with no tax increases for 2018-19. Your tax rate remains 85.3 cents (residential use) and \$2.287 (commercial use) for every \$100 of property assessment. In other words, if your residence was assessed for \$150,000 you would pay \$1,280 per year. Commercial use of a property assessed at the same amount results in a \$3,430 tax bill. Most not-for-profit use property, for example, the Centreville Community Hall, is tax exempt.

Are We Fairly Taxed?

One way to look at this is via a scan of other large municipal units that we are traditionally compared to such as Colchester and Cumberland. Like us, both now have an approved budget. Like Kings, Colchester did not increase its tax rates this year (it did in 2017-18). Cumberland is truly struggling. It hiked its residential and commercial rates by 13 cents this year and residents of its former Towns of Springhill and Parrsboro will now pay at the rate of \$2.03 (residential) and \$4.94 (commercial)! It's a stark reminder of the consequences of not heeding Ray Ivany's "Now or Never" call to action. Being on the lookout for ways we can and must continually improve has never been more important.



I added the District of Lunenburg in the chart above because of their lower-than-average tax rates. Do they have a secret we should uncover? An alternate revenue source to tap other than property taxes? Just some of many questions we can all explore in the years immediately ahead.

Are you getting value for your tax dollar?

The other consideration when viewing taxes is quality of service. That's a harder question to answer and requires an overall program review. This year, with a new Chief Administrative Officer guiding council, we are making a start on that. A review of service agreements with other municipalities has begun. With funding assistance from the Province of Nova Scotia, this year's review includes three service areas: Kings Transit Authority, Valley Waste Authority, and Valley Community Fibre Network. *Watch here for future updates.*

In closing, I'd like to personally assure you that your county government does not "love to tax" any more than other levels of government do. It is a necessary step in providing services to our communities, and while we do not always succeed, our aim is and must be to give you the best bang possible for your buck.

News from the Municipality - con't



Centreville District Community Development Association and Signage

Because of the work and guidance of the CDCDA directors, your community is a great example of how regulated signage can provide visitors and residents with an attractive and effective way to find the goods and services they seek. Without regulation, we end up with 'sign pollution' like this example from the Village of Canning.

Too many signs, too many colours, poor design, and competition for prime intersections... It's grown to a point where potential customers are infuriated and understandably disappointed in their political representatives. We see evidence of this in another article in this edition of the *Centre Post*. So, I thought it worthwhile to tell you what's been happening at Kings County Municipal Council on this issue.

In 2014, your municipality paid CBCL Engineers for a signage report that recommended revising our bylaws to require Uniform Business Directional Signage, coupled with the removal of illegal signs. Despite this, the majority opinion of the 2012-2016 council was to not take action, reasoning that it would hurt small businesses that benefited from this affordable way of advertising!

The current council holds a different opinion. In October 2017, a motion directed staff to prepare a signage bylaw to address these issues. However, this is to occur after the adoption of the new Land Use Bylaw/Municipal Planning Strategy. Progress, but slower than desirable. Maybe change will come before the next municipal election in 2020.



Julianna VanMeekeren

REALTOR

902-670-1298

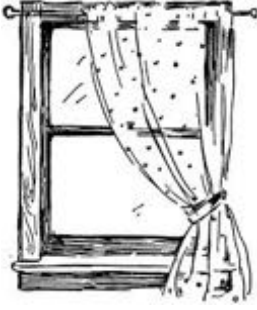
julianna@royallepage.ca

Helping you is what we do.



Window to My World

by Gail Salmon



Spring has arrived, with nicer weather, and I can open my window a crack. The small opening in my bedroom window lets me hear how my world is doing. I like mornings. I don't necessarily get out of bed; I lie there and listen to the sounds as the day begins.

These sounds have changed over the years, with new voices and activities that bring back memories. By listening to my little community, I am assured that life is running as it should. There is hustling and bustling, vehicles passing, and nature singing beautiful music. All I have to do is listen.

In the distance, an owl speaks softly, a deep "hoo-hoo-hoo": the dawn is just beginning and a faint answer is heard as its mate replies that she is safe, probably nesting in a tall tree out of sight. Robins are perched in branches searching for breakfast as they "cuk-tuk" in a chorus, letting us know that morning has begun. Cardinals, blue jays, and chickadees add to the symphony as the concert continues. The percussion joins in. Pheasants screech in rhythmic time. A flock of crows stops by, sitting in trees croaking, hoarse and grating in blues-like runs, rambling and improvising as they go. A pileated woodpecker rattles out his song as he drums on an old pine tree. He moves to the tin roof on the barn, "rat-tat-tat", hoping a female will be impressed with his talents. A cacophony of magic resonates through the air, painting colours in my mind.

There are footsteps crunching on the gravel as groups of morning walkers briskly hustle along. Three steadfast seniors make their way through their daily jaunt, chatting cheerfully, passing by like clockwork as the seven o'clock news comes on my radio. Joggers' steps, ticking like a metronome in 2:4 time, lightly glide by. Two marathon runners, in conversation not quite audible, pace themselves for their ten-kilometre route. I know their ponytails are bouncing as they go. Cars and trucks buzzing by briskly, some not adhering to the speed limit, purring, chugging, and grinding to reach their destinations.

One by one, dogs released from their confines of home to relieve themselves bark happily in the morning air. Yapping from some, whines from another, and deep woofs from our neighbour's golden retriever. In the distance, other canines can be heard in whispers and

echoes that bounce off buildings from far away. Once in a while, a cat will screech or meow in search of game or interlopers. Squirrels and chipmunks chatter, annoyed with anyone trying to invade their space or steal their food.

Voices can be heard as children ready themselves for their bus ride to school. They squeal as they chase each other in their backyard, shovel a bit of sand, or chip at the remnants of ice still left from winter, waiting for a parent to walk with them to the bus stop. When the neighbours beside us first arrived, there was only one infant; now there are two boys. The family across the street now has three children. It is seven-thirty and there are parents waiting for the bus with four children, bookbags on their shoulders and scuffing the stones. The parents have become friends and exchange the current news of life and family. A motor is heard, gears and brakes grind to a halt, and voices say their 'good-byes'.

This bus stop was created many years ago when my son first started his school career. Seven-thirty in the morning, he and I would wait for his bus with my daughter in a stroller. He took the steps and sat quietly on the bus, anticipating his first day of school. A few years later, my daughter would wait in the same spot, dressed in pinks and blues. The old lady from a couple of houses down would hear the bus and watch my children. She commented that my daughter looked like spring flowers in her snowsuit on a snowy winter's day and how they both were growing like weeds, as they graduated to high school buses and then disappeared to university.

Today, the bus leaves to continue its route. Cars start. The neighbour's truck is off to a day of construction. Across the street, two motors turn over, work calls for both mom and dad. I have learned to recognize the sound of each motor and gauge my day to the truck. It is time to get up and get on with my day. But there are still sounds recognizable: garbage trucks, newspaper delivery, and farm machinery.

When you live in a rural area, there are all sorts of farm machines moving from one field to another. The large rubber wheels pound the pavement in distinct rhythm as the engine chugs. In the distance, the humming of tractors can be heard as they plow, till, and plant. When the blueberry bushes start to produce fruit, gunshots go off every few minutes to scare away the birds. "Oh good, blueberries are ready for picking!" My window also allows the pungent odour of manure to permeate

con't next page

Window to my World-con't

throughout the house. But it also opens the house to the beautiful scent of lilacs and lotus flowers.

The window is closed. I am up and dressed; I leave my room and the window to start my day. Daily activities of grinding coffee, boiling water for eggs, radios, televisions, and discussions fill my attention. Life moves forward as responsibilities, fun, and commotion fill my day. There are challenges, moments to save for contemplation, and excitement. My day is done and I climb the stairs, a little tired. I open the window a crack and I lie in bed, listening. There may be a slight breeze or a wind that sounds like my bedroom could end up in Oz. Peepers peep, looking for their springtime mates, and bullfrogs croak from the backyard pond. There is a quiet rippling of water as it cascades down a waterfall; the pond is secure for the night. In the distance, there are yips, barks, and howls from a family of coyotes. The neighbourhood dogs bark one last time before they are off to sleep. An airplane flies overhead on its way to Halifax, passengers probably anxious to get to their final destination. Once, sometime during the night, the low purr of the Aurora announces a search for someone to rescue. The moon shines through the window; my community is fine and I drift off to sleep.



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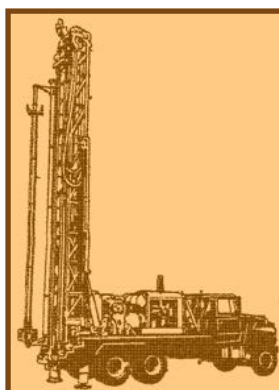
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News from the Hall Association



We haven't heard from the Centreville Hall Association for a while, but that doesn't mean nothing has been happening there. In fact, there are two developments that have the potential for significant impact on area residents.

About ten years ago the hall was designated as a Comfort Centre, also known as a Warming Station, for use in the event of an emergency such as a prolonged period without electricity. A list of volunteers was compiled at that time but, having never been put to use, it became outdated.

The Municipality of the County of Kings' Emergency Management Plan, known as the Kings Region Emergency Measures Organization (Kings REMO), has taken the matter in hand. It has developed standardized policies and procedures that govern such things as regular maintenance of generators, what services are offered at which sites, volunteer contact lists, etc.

Kings REMO dictates when the Comfort Centre is to open, but its operation is the community's responsibility. The Hall Association maintains a list of volunteers, currently numbering about 35. These include people to open the hall, to operate the generator, to look after heating the building, etc. Comfort Centres are usually open for limited times during the day: they're intended for use when people are able to stay in their own homes but are lacking basics such as electricity, heat, and water. Access to information and peer support are also available at the sites. Where there are kitchen facilities, light refreshments and/or hot drinks would be available. Our hall is not equipped to provide sleeping accommodations, but if the need arose, the Red Cross would take responsibility.

The second development is potentially a life-saving one. An Automatic External Defibrillator (AED) was donated and is now mounted on the wall just inside the hall's front door. One of the most important things taught in a recent training session was that you don't have to know how to use it: just listen to the instructions and it will tell you exactly what to do.

We can all hope we never need a Comfort Centre or an AED, but it is reassuring to know they are there if we do.

*Information provided by Doug Brown, the Hall
Association's liason with Kings REMO*

Mental Health Needs

Letter to the editor:

It concerns me that so much ink, in the discussion of our mental health crisis, is devoted to wait times and additional resources. Don't get me wrong; I know about the emotional pain and suffering that accompany failing mental health. Good access to professional assistance is critical. But if we're to improve the mental health of our population, rapid access and '30 additional psychiatrists' won't cut it. We need to do more. Here is my short list:

1. We need a reliable, consistent network of early-intervention services. People who experience a family crisis or a traumatic event, who worry about alcohol use or struggle with an adolescent's distressing behaviour, need a place to turn.
2. We need to make investments 'upstream'. The evidence is clear: mental health is connected to the context of life. It matters to have an adequate income, quality housing, supportive families and communities, and a good education. If we're serious about reducing the scourge of mental illness we need to reduce poverty, explore a basic income, make dental and prescription drugs part of medicare, build affordable housing, and make post-secondary education tuition free.
3. And those who access care need to find a team of engaged, collaborative professionals skilled in the delivery of patient- and family-centred care. A team that welcomes and actively seeks detailed input from patients and family members. A team that collaborates respectfully with each other and with the patients/families it serves.

Are there costs to this list? Of course there are. We are paying those costs now. The price is the tragedy of suicide, the lasting, intergenerational pain of trauma, the anguish of depression, the consuming loneliness of poverty.

A few extra professionals won't fix our mental health crisis. More is needed. And, like all good mental health interventions that begin, not with what make us 'feel better', but with a discussion about what really matters. More ink on early intervention, upstream investments and truly collaborative patient and family-centred care would help focus the conversation.

Jim Morton, RSW
Kentville, NS
jimmortonrsw@gmail.com



mail@atdns.ca

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"The tragedy of old age is not that one is old, but that one is young."
Oscar Wilde



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That Pesky Squirrel

*Steven Hopper, D. Min.,
Senior Pastor, Centreville Baptist Church*



Our home has been graced by two springer spaniels. Penny has been with us for seven years and Sassy has called our house her home for four years. They are wonderful companions, and you can see them walking or running with me through Centreville most days. Saying they have boundless energy does not begin to describe their activity level. They are content inside for only short periods of time.

Generally, they have a good life. Regular meals, cold water, comfy beds, and a shaded kennel are but a few of their comforts. They do have, however, a bane to their very existence. It's not the obvious insects, flies, fleas or ticks. It's that pesky squirrel. It drives them nuts (pun unintended!).

It mocks them! When they are in the house, it goes into the birdfeeder and helps itself to a scrumptious meal of birdseed and other goodies it finds there, knowing that there isn't a thing the dogs can do but bark from inside the house as they observe his antics through the window. I am almost certain I saw him sitting there licking his tiny paws and grooming himself while the dogs jumped at the window trying to find any way through. Picture him waving at them with one tiny paw and hugging his long tail with another, acting like he was squirrel nobility.

Outside for the dogs is no better. At night, the squirrel sneaks into their kennel and prowls through their house, making sure he leaves his scent behind. Then the next day, from high in his perch in the maple tree above the kennel, he laughs and watches as the dogs sniff around following his track but never being able to find him.

Just like that squirrel upsets my dogs' applecart and messes with their day, we, too, have torments in our lives. People get under our skin. Worries are like an itch that won't go away. Do we handle them any better than my dogs do the squirrel?

The Biblical book of Hebrews contains these words,

*"... let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."
(12.1,2)*

Christ does not want you to grow weary and lose heart.

We invite you to come to our Worship Services on Sunday mornings at 10:30 am. In June, August, and September, I will be speaking and, in July, Jeff Milne will be presenting the messages. We will offer a nursery for the infants and toddlers and a program for the children during the services.

During the summer mornings, July 23rd - 27th, we will once again hold a week-long Vacation Bible School Program. Many of your children attended last year, as we offered a fun-packed time of singing, games, crafts, and teaching. This year's theme is "Shipwrecked." Please call the church at 902-678-1946 and ask for Jeff to get more details.

Steve Hopper
Centreville Baptist Church

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

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. We also get together once a month to work on 'comfort quilts'. These are made with donated fabric and are sewn and tied, then given to organizations to provide comfort to those in need.

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

TOPS

TOPS meets at the Centreville Baptist Church, Murray Drive, on Monday evenings. Weigh-in is from 6:00 to 6:30 pm, followed by a short meeting. We are open to new members at the cost of \$44.00 yearly, which includes a magazine from headquarters with "Eating Sensibly" ideas and recipes. You can drop by for one free night. For more information contact Sheila Frail at 902-679-5274 or Madeline Sheffield at 902-678-7584.

Al-Anon

Are you affected by someone else's addictions? If so, Al-Anon is for you. Al-Anon is a support group for families and friends whose lives have been affected by someone else's drinking, drugs, etc. Our meetings are held every Tuesday at 10:00 am at the Baptist Church here in Centreville. For more information, 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 meetings: June 20/18, July 18/18, August 15/18

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: Sept 26/18

Please note the change in meeting night.

Cancer Support Group

For women with 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.