

THE CENTRE POST

June 2020 Issue 59

Next Issue: September 2020; Submissions Due September 1, 2020

The Charles Macdonald Concrete House Society

by Fred Macdonald

Editor's note: *In our last issue, we were happy to report that three new members had joined the society's Board of Directors. It seems the help came along just in time...*

The Charles Macdonald Concrete Museum and the cottages at Huntington Point are in great disrepair. If a major restoration is not undertaken, we risk losing these provincial historic sites. While the volunteer board of directors and organization members have worked tirelessly to try to maintain the properties, the restoration is beyond our amateur capabilities.

At our February board meeting, the question of selling the properties was presented. After much discussion, it was voted that we would collectively research possible funding sources for a complete restoration. Reporting back at our March meeting, it was determined that funding for restoration of the properties was possible through a collection of federal and provincial grants, private fundraising, and local municipal assistance. Taking on this restoration will be, by far, the biggest project the organization has ever undertaken, and will probably take between two and three years to complete.

We are seeking funding for three projects that are critical to start this endeavour and to the structural integrity of the building. If these items are not dealt with within the next six months, we risk irreparable damage to the Concrete House.

* With the guidance of Kevin Barrett at Heritage Nova Scotia, we have begun this mammoth undertaking by applying for a Conservation Advice Grant from the Nova Scotia Department of Communities, Culture, and Heritage (CCH). This grant would cover up to \$3000 of the \$6000 needed to hire a conservation architect to assess the property and make recommendations on restoration. This report will guide us over the next two years on how to properly restore this unique and historic structure. We are looking to Kings County for the other \$3000 needed. While we have not received confirmation from CCH as of this date, Kevin Barrett has given us every indication that our grant proposal will be successful.

* The board began this restoration journey at the beginning of 2020. At that time, our insurance company

notified us that the roof of the house was in such disrepair that we could no longer get insurance for water damage. We have consulted a conservation architect, who has advised us that roof repair must be addressed this summer/fall. We are seeking quotes for the work.

* Nova Scotia Power brought it to our attention that several of our trees are in violation and need to be trimmed. It was also pointed out by both the architect and the roofers that several large trees and limbs need to be removed in order to repair and maintain the roof and to not damage the foundation further. We have contacted an arborist on the NS Power list for a quote for this work.

On a more positive note, although the Concrete House and galleries will not be available for tours this summer, the grounds will be open from 11 am to 4:30 pm, Monday to Friday. Our guide, Davlyn Laing, is with us again. She is well versed in the legacy of Charles and Mabel Macdonald and will be happy to share her knowledge. Come by and picnic among the lawn sculptures at the Charles Macdonald Concrete House this summer.

Many thanks to Rick Ramsey for his work tidying up the property, and to Kevin West for organizing picnic tables and the return of his Uncommon Common Art installations.

www.concretehouse.ca

Facebook : The Charles Macdonald Concrete House



Board members Andrew Hurst and Kevin West and a pair from Woodworth Roofing assess the condition of the roof at the Concrete House in early steps for plans to restore the house and property. Photo by Fred Macdonald

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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To place an advertisement, contact:

Mike Sweeney at 902-679-2780.

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**Centreville Hall Rental
is currently unavailable
due to COVID-19**

Editor's Note

Our community's newsletter has been published four times annually since June 2005. The first issue was called just that: *Newsletter*. With the December 2005 issue, it became the *Centre Post*. In this, the 15th-anniversary issue, it is only fitting that we recognize and thank our advertisers, some of whom supported that first issue. All our advertisers over the years have made it possible for the newsletter to be available at no cost to readers.

We owe our deep gratitude to Mike Sweeney, who has been responsible for acquiring funding for the paper. He has developed relationships with advertisers, canvassed for, and managed all ads since the June 2005 issue. At the *Centre Post*, we are sad to report that Mike is retiring from this position, as he and wife Glenna are moving to Kentville. He has contributed to the community in many ways that most residents are likely unaware of, and his commitment to, concern about, and sound advice on many topics affecting Centreville will be missed by those of us who have had the good fortune to work with him.

And, of course, thanks to all our contributors. Without them, there would not be a newsletter. We'd love to hear from anyone who has a story to tell. We'd also love to hear from anyone interested in helping us ensure the paper continues.

Stay safe,
Anne-Marie Waterbury

Dates to Remember...

*I can think of only a few events that COVID-19
can't cancel or cause to be rescheduled:
the summer solstice, which occurs for us on*

Saturday, June 20, at 6:44 pm ADT


*and
birthdays and anniversaries, which come
no matter what...don't forget them!*

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Thank You to the Businesses in our Centre Post Community

by Gail Salmon

I am sure that everyone is enjoying June and the nicer weather. I hope you've made it okay through the weeks of COVID-19 quarantine, and all the new rules. We all know, too well, the four walls of each room in our homes, and have had times of immense boredom, and feelings of captivity, mental anguish, and sadness during this pandemic. We have missed the social contact from our families, friends, and neighbours, and look forward to a more 'normal' way of life.

My hands are constantly dry from washing them so frequently and using hand sanitizer so much. I am on my third tube of Fisherman's hand cream. I have stayed six feet away from so many people and was glad to increase my 'bubble' to include my children and grandchildren, as I missed their sweet faces and their soul-soothing hugs.

I also have had time to write a piece about the advertisers that support our paper. As you read through this June edition, please take note of all the businesses whose advertisements cover our printing costs, enabling us to offer it to you, our readers, for free. Some of them have been advertising since the initial Newsletter over twenty years ago! The Centre Post has decided to give back to them by waiving their advertising fees for this issue of the newsletter and covering the printing expenses ourselves.

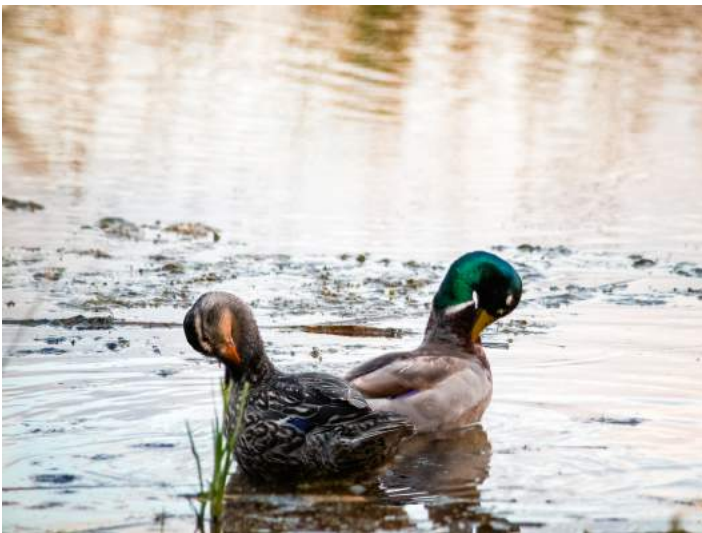
Many businesses throughout Nova Scotia and Canada have been hurting financially due to COVID-19, as people have been stuck in their houses, unable to shop or go to restaurants. We hear in the news that businesses are declaring bankruptcy or have to lay off many of their employees. Giving local businesses free advertising in this issue may help them out in some small way, and is our way of showing them how much we appreciate their support of the Centre Post and the community of Centreville.

Update from the Marsh

*by Gren Jones,
Nova Scotia Senior Director
Ducks Unlimited Canada (DUC)*

Canada's Wetlands in the Spring

Whether you have been getting back into your routine of walking at Miner's Marsh in Kentville or enjoying seeing wildlife and waterfowl in and around wetlands and farm ponds in Centreville, I'm sure that you have noticed numerous pairs of ducks and geese that return, faithfully, each spring to nest. One of my favourite viewing spots is the pond on the west end of Church Street, where several nesting pairs of geese return annually. By late June, they practice flight school with their young on the lawn just above the nesting pond. Once the young are airborne, the families will leave for the Minas Basin area. From there, they will continue to grow and increase their strength for the fall migration.



Date Night at Miner's Marsh

Photographer: Jessica Van Luxemborg

Note: The male is a mallard and the female is a hybrid black duck/mallard.

Miner's Marsh is the top birdwatching site in King's County, and this special wetland doesn't disappoint. Currently, there are several broods of mallards and Canada geese. During a recent evening stroll, I watched three mallards flying erratically around the two ponds. In fact, one of the drakes almost hit me as they were trying to impress her with some fancy aerobatics! I've included a photo of the romantic encounter that was taken by Jessica Van Luxemborg,

who also happened to be in the right place at the right time. Jessica contributes regularly to the Facebook page, Friends of the Miner's Marsh. It's a great opportunity for anyone who would like to join the group and enjoy the scenery.

I would like to suggest that, while it's great to enjoy the waterfowl families, it's also important to understand that they are wild animals. In Miner's Marsh, the geese are often feeding along the trails, and it is a temptation to approach them. They will protect their brood if they feel threatened. Also, please do not feed them. Among the predators that frequent Miner's Marsh is a rather large snapping turtle. I highly recommend that everyone should avoid contact with this reptile, especially when it's crossing the trail.



Repairs recently completed on the pathways at Miner's Marsh. There has been considerable damage caused by muskrats tunneling, especially in this location on the northwest side.

Photos by Sarah Foote, Friends of the Miner's Marsh

Con't next page

Update from the Marsh - con't

People have asked me how DUC is coping during the pandemic. The short answer is, very well on the wetland conservation side. We know that it is difficult for our Maritime Conservation staff to travel to inspect the wetlands with the border closures. However, plans for rebuilds and land acquisitions are well underway, and I am very excited about a local rebuild on farmland in Avonport. This wetland provides water for irrigation as well as nesting habitat for songbirds and waterfowl. Also, it's money well invested in our communities, as local contractors bid for the work.

On the events side, over 2,000 fundraising dinner-auctions have been cancelled. This is disappointing, but it is totally due to the pandemic. We are optimistic that some events will be held in the fall, but it is difficult to predict. DUC receives support from numerous revenue streams, so the work continues.

If you are interested in learning more or donating to the cause, I invite you to visit the website, www.ducks.ca, or contact me at gc_jones@yahoo.ca.

Here's a contest for you:

Q: In what year did Ducks Unlimited Canada incorporate —1928, 1938, or 1948?

All contestants will have their names in the draw for a prize from DUC (me). To enter, email your answer to my address, previously noted. On July 1st, I will draw from all the names received (one submission per email, please). The winner's name and the correct answer will be announced in the fall edition of the Centre Post. You don't need to have the correct answer to have your name in the draw.



(PS: If you visit the website, you'll get the answer!)



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Mahindra

The New Birth

*by
Steven Hopper*

As I was walking my dogs on the sidewalk beside Highway 359 this morning, I noticed an old tree stump. I have noticed it before. Where once there stood a tall, old, oak tree was now nothing but a decaying stump, too large to be hauled out. Many people put flower boxes on top of them, in a decorative attempt to cover up the reminder of what once stood strong.

Today, I noticed something new. A small sprout grew in the middle of the stump and had a couple of beautiful green leaves on it. The old root system had given life to something new and beautiful. I thought there had to be a life lesson in this beautiful picture. Out of something old, something new is created.



Photo by Steven Hopper

I was reminded that, years ago, old barn boards were in high demand. People would use them to decorate walls in their rec rooms. Out of something old grew something new. I have seen the same done with picture frames. Beautiful scenes created with the frame of an old window. What new thing have you seen grow out of something old?

The Bible talks about this as well when it speaks about the New Birth. It is the change that God creates in our lives when the old destructive habits are confessed and thrown away, and new life is breathed into our beings, empowering us to become better, more contented versions of ourselves. Jesus sums up his mission by saying,

"I have come so that we might have life and have it in all fullness." (John 10.10)

As a community, like so many others around us, we are slowly pulling through the COVID pandemic. The physical isolation from family and friends, the worry, the loss of income, all have been draining. We wonder what life in the future will look like? Will there be a second wave of the coronavirus? Has our old way of life changed forever? What is all this talk about a new normal?

If you are asking these questions, I want to encourage you with these words. Out of the old, something new, and dare I say better/stronger, can grow. We are a resilient people. We will adapt to the changes and grow through them, in an innovative fashion, to become better people and a better society.

Because of the pandemic, the way we conduct ministry to our community has changed. Since we are no longer able to meet in large numbers, we have switched many of our programs online. On Sundays, we offer a Zoom Sunday school program at 9:30 am, and an online worship service at 10:30 am that is streamed through YouTube and Facebook Live. We also have a drive-in service on Sundays that is conducted respecting the Nova Scotia Government regulations.

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What Massage Therapy May Look Like Upon Reopening During COVID-19

by Danielle de Graaf BSc., RMT, CMLDT
Valley Massage Therapy Clinic

Massage therapy businesses have been mandated to be closed since mid-March. A lot has been speculated about what things will look like for the future of massage therapy, along with other health professions, as they return to work during COVID-19. Each province's protocols may be different. Our associations have worked with Occupational Health and Safety and the Chief Medical Officer of Health (CMOH) to develop a return-to-work protocol for massage therapy. Here are some things that you will see change with your massage therapist's practice...

There may be less decor in the clinic and treatment rooms. Magazines, business cards, and pamphlets will be minimal or removed. Hand sanitizer stations, a possible barrier at the reception desk, and instruction posters will be added throughout the clinic. Your therapist will look different by wearing a medical mask, possibly protective goggles, or a face shield with certain treatments.

Clients will have to answer pre-screening questions regarding COVID-19 when booking an appointment and before they start their session. If they are experiencing any of the symptoms of COVID-19, they will be asked to reschedule for a later date and to visit <https://811.novascotia.ca>. They may be asked by a staff member to have their temperature taken. Cash transactions might not be accepted by some clinics, and e-transfers will be strongly suggested. Clients will have to bring their own masks. Clients may be asked to wait in their vehicles or outside the clinic doors until the therapist is ready for them. Clients will be requested to attend the session by themselves to help decrease traffic in the clinic. Ninety-minute massages

may not be allowed. You may see an increase in the price of the treatments to accommodate the extra protocols and personal protective equipment (PPE) required by the clinics.

Social distancing will be required, when possible, while in the clinic. The staff will be disinfecting the clinic rooms between every client, and office space and bathroom high-touch surfaces multiple times a day. As a result, more time will be needed between clients.

Please be considerate and patient with your massage therapists and their colleagues, as the protocols that clinics will be required to have in place are to keep clients and staff safe and healthy. Hopefully, in the future, we will be able to return to a more relaxed environment.

If you have any questions, please call the clinic prior to your appointment. We will have updated information on our Facebook page as time goes on.

On a happier note, Valley Massage Therapy Clinic would like to welcome our newest member to the team, Misty Hemphill, RMT. Misty is a graduate of the Canadian College of Massage and Hydrotherapy, class of 2003. She specializes in pain management and has adjusted her practice to all age groups. Misty's hands of intuition will provide relief for your sore areas. Her specialties are Myofascial Trigger Points, Temporomandibular Joint Dysfunction (TMJD), and Swedish Massage. To book with Misty, give us a call at 902-679-0999 or email us at valleymassage1@outlook.com.

News from the Municipality

by Pauline Raven, Councillor District 2

**Pauline
Raven**

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Councillor District 2

What Will You be Doing This Summer?

This has been a year like no other.

In middle March, many homes were transformed into work-from-home spaces and makeshift schools for children. Parents became teachers, as homework began to arrive by email and post. With the closure of childcare centres, little ones became homebodies.

We found ways to cope with these changes and income gaps, and followed the premier's command to "stay the blazes home." Collectively, we did an excellent job in Kings County.

Our long-term care workers kept the virus at bay, and there was virtually no community spread in our neighbourhoods. We pulled it off with the help of our very own superhero neighbours, who left the safety of their own homes to serve on the front lines.

Rules during lockdown were simple to understand and follow.

Stay home. Select one family member to shop for essentials. Wash your hands. Stay two metres apart.

And, finally, came the strong advice to wear a mask when you must be out to run errands.

Things are becoming more complicated now that isolation is lessening and restaurants, retailers, hairdressers, parks, beaches, and trails are open.

But COVID isn't gone. There's still no vaccine. Danger still exists.

It is up to us to keep each other safe while we rebuild our local economy and begin to see each other once again.

Now is the time to put a personal or family plan in place for the summer, to help stop a second wave of the virus from becoming a second lockdown.

Things to consider? Pay attention to Dr. Strang's updates. Stay home more than usual. Limit gatherings to outdoors and to small numbers. Favour walks close to home or on our many beautiful trails and coastal beaches, versus visiting places where people are likely to gather. Keep trips close to home, and vacations within the province. Err on the side of caution. Make farm markets an even more favoured shopping place.

The speed at which teams pivoted to provide curbside service or delivery was astounding! Foote's Farm Market, the Millstone Harvest Brewhouse, Ross Creek Centre for the Arts, Open Arms, and the foodbanks are all deserving of our praise and appreciation. It appears no one was wittingly left behind!

For now, we have flattened the curve and have the opportunity to keep this particular killer virus at bay. Our extraordinary frontline workers are depending on us to do that, just as we depend on them.

Enjoy the summer. Stay vigilant. Be safe.

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News from the Nova Legislature

by John Lohr, MLA Kings North



Residents of Centreville, I wish to state my appreciation for your efforts to date to quell the COVID-19 virus. You have done a super job, and we now see the pandemic abating. Thanks so much for that! I particularly want to give a tip of the hat to Brad and the team at Foote's Farm Market, who supplied much of Centerville with quality, fairly-priced food during the worst of the pandemic. It's times like these when we see the true value of local businesses. I know they have many loyal clients, and I hope that continues to grow.

What's next? We can expect a gradual reopening of the economy unless there is a second wave. Will

there be a second wave? It's possible, but very uncertain. The point is that, while things do open up, we will need to continue good hygiene and selected social distancing, possibly also still wearing face masks. Time will tell, but we must remain diligent.

Meanwhile, how do businesses sort out reopening?

The goal for reopening is still early June. A new website that provides important information and answers questions for those that had to close due to COVID-19 was just launched. Please visit the website for further details:

<http://novascotia.ca/reopening-nova-scotia/>

I also wish to congratulate NKEC's 2020 graduates. COVID-19 has disrupted all of the normal graduation activities, which is truly unfortunate. My condolences on that. Graduation from Grade 12 is a special experience, and your class will have a unique perspective on that for the rest of your lives. Please make the effort to have class reunions in the future.

My expectation is that my office will slowly resume normal hours in June. Please check before dropping by. During this COVID period, staff and I continue to answer the phone and emails.

**Thank you
for the opportunity to serve as your MLA.**



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Story From The Family Farm

Some of the Changes that, for me, Stand Out

by Mack Frail

When looking back on my life, I am amazed that I have experienced so many changes. I was born in Centreville during a period known as the Dirty Thirties. Centreville was a rural farming community, and oxen and horses were used on the farms when there were few farm tractors. It was also common for oxen and horses to be seen on the roads, as transportation. It was during a time of severe poverty that continued through the World War II years. Government assistance was practically unheard of. Most of the work was farm labour and forestry. The wages during the 1930s for this type of employment were about \$2.00 for a nine-hour day. In 1947, farm wages increased to about \$4.00 for a nine-hour day. I was not quite a man in the early 1950s when I worked for \$0.30 for an hour's work. I was under the age of eighteen, but I was doing a man's work. I kept up with the rest of the workers because I didn't want to get fired. It was the way that it was in those days, simply because without a job, we didn't have any money. A dollar would purchase a lot more than it will now. Most could not live an extravagant lifestyle, but worked hard and lived modestly. Living on the family farm was a simple way of life. The farming families worked very hard, and they were proud of their accomplishments.

The World War II years were a time of uncertainty. Most men, and some women, of enlistment age were in the military and stationed far away from home. I have memories of those years and am aware of the effect they had on the world. My mother came to Nova Scotia from England in 1921, where she had lived until age twenty-one. The Germans bombed the area where she lived and grew up. Because of her family members living there, she would become very upset when hearing on the radio about the bombings. We would anxiously listen to the radio to hear Prime Minister Winston Churchill's reports concerning the war. I remember going to Kentville on the train, and most of the people were in uniform. After the war, life began to change, but at a slower pace in rural communities.

During the early 1950s, I was in my teens, and I became aware that another world existed away from the farms and the life that I was accustomed to. I lived and worked in Ontario, in or near Toronto. There was lots of work, and I was employed at several jobs. I didn't like factory work, which paid more than the work I liked. I enjoyed

the fast life of Toronto, and I experienced a lot from my years in Ontario. I was not one to sit quietly at home. I was interested in finding out about life firsthand. My life away from Centreville is one of the many stages that I have experienced in my eighty-five years of living.

In the autumn of 1959, I was back home in Centreville for a visit. Circumstances convinced me to stay, and I worked on our family farm with my father, Wallace. Eventually, I began a gardening and landscaping business that also became a small greenhouse business. After years of dedication and hard work, the business became Frail's Valley Nursery and Garden Centre. I was fortunate that I had good employees who were interested and willing to do a day's work. As the years passed, I noticed the changes in the attitudes of some employees. They wanted a job but were not dependable. Over the years, I have noticed the changes and the attitudes that a lot of people have. The workforce is one of those places where changes have taken place. I have thought back to when we were grateful to have a job and would make an effort to do a day's work and to please our employer. Society has reached a stage when many of the unemployed will only accept certain jobs, and workers are brought here from other countries to do jobs that they could be doing.

During my fifty years in the nursery business, I witnessed many changes in our ways of living and values. Our governments have taken more control over certain types of businesses. Fisheries and agriculture are the two that I have noticed in the area where I live. A lot of changes have taken place that I would not have expected. The names of all of the roads and highways in Kings County have been changed. Districts and community boundaries have changed. The community of Centreville, where I was born, has changed from an active, independent, farming community to a bedroom community. Everything in the community has changed from my early memories. There are six subdivisions within the area of Centreville that is described as the growth area. The boundaries have been changed, and Centreville District presently applies to the area where I live. To make life more confusing to those of us who, from birth, were familiar with Fahrenheit, miles, and standard measurement, it was all changed to Celsius, kilometers, and metric system. The climate has changed, and we are experiencing global warming. The seasons are not the same as when I was a boy. If space was available, I could express details of a lot of changes that have taken place. It is my intention to describe to the readers some of the changes during my lifetime, and not to express my opinions.

con't next page

Story from the Family Farm - con't

These changes that I have mentioned are some of many. After I retired from the nursery business, my wife Sheila and I moved from the old farmhouse where I was born and had lived for almost seventy years. We moved into our newly built home on the back of the family farm, facing Baner Road. I am able to sit on our veranda or look out of the windows that face the North Mountain and observe the changes. Baner Road was Eaton Road or Pineo Road and was a narrow dirt road. Before 1970, there were no homes or buildings on the brow of Centreville Mountain. The brow and the slope of the mountain were practically useless land, and of little value. I look to the top of the mountain and the many homes and find it difficult to realize the changes. Although I keep active, changes have happened to me, as well. Before the brow of the mountain became

valuable real estate, I have climbed from the valley floor to the top several times. In my advanced years, I can only look towards the mountain and recollect my climbs, and think back to my younger years.

I am presently witnessing a terrible pandemic that, as of June 1st, worldwide has claimed the lives of nearly 370,000 people. It will have claimed many more lives before the end of 2020. I did not expect to live through and witness all of the changes that I have. COVID-19 has caught the world by surprise and is having a big effect on our lives. It will pass but will be remembered. Other changes and events have not appeared as drastic, but have caused more of a permanent effect on society. One of the surprising experiences that I have had in my life is all of the changes that have taken place. I realize that changes will continue to take place, and I think to the future and what the world will be like.



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In the Community...

Centreville 50-Plus Club

Due to the COVID-19 virus, our last session was held on March 11, 2020. With the ongoing self-isolating, we have decided to cancel our 50-Plus seniors' group until the fall, when we will decide on a start-up date. Several of our members have had health issues unrelated to the virus, and we wish all a speedy recovery. Hope to see you in the fall.

Stay the blazes home...grow a beard!

Darrell & Myra Spurr



Good Neighbour Club

by Susan Wood

The big talk these days is COVID-19. There is no one on this earth who hasn't heard of it or isn't afraid of it. We all are trying to do our best: some people are dealing with it worse than others. We are very fortunate we can call someone on the phone or stand six feet apart, and now have a bubble family! Restrictions are gradually being eased.

Everyone keep safe, and that will get Centreville back to the new normal they are telling us will happen.

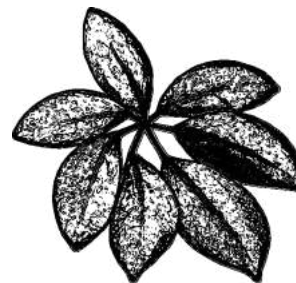
Centreville Park and Recreation

by George Graves, President

Everyone would agree that these are trying times. Although the park and its trails have reopened, the playground remains closed. Centreville Day and the baseball program have been cancelled this summer, and the car show will probably be cancelled, too.

If things keep improving, we may be able to put up the new baseball backstop in the soccer field. Mowing still has to be done, and our student will have to navigate his way from Quebec to work here after he isolates.

Hopefully, things will change and come back to normal.



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Cats, Dogs, and Kids!

by Dave Ward



There were four children in my family and, at some point in my young life, the family grew to include a cat and a dog. And when things got too much for my mother, her favorite expression was, "Cats, dogs, and kids!" It was many years later when my wife and I began to accumulate that trio while living in Prince Edward Island.

The first was a dog, a six-week-old border collie that we named Lassie. Lassie was followed less than a week later by our first child, a daughter, Marianne. These two sort of grew up together and, when son Jonathan joined our household, young Lassie was most protective of both. I was accepted for graduate studies in the Faculty of Agriculture at the University of Wisconsin, and away we went, leaving Lassie with a farmer.

We were away for 15 months. When we drove to the farm to pick up Lassie, we noticed her on the veranda of the farmhouse. She immediately lifted her head and ran to the car, and I let her in. Going into the house with my friend Herman, he said, "I knew that was you in the driveway." I replied, "But you couldn't see the car from the kitchen." He replied, "No, but it

was the first time in over a year that the dog didn't bark when a car drove up!"

Daughter Heidi arrived about a year later, and Lassie gave both her and my wife, Trudy, a welcoming lick when I brought them home from the hospital. Three months later, we moved to my new job in Alberta. Lassie and I drove, with the family flying. So, now we had three children and a dog, but no cat.

Lassie died in Edmonton at 14 years old, and another dog replaced her, an elkhound we called Misty. Then the children wanted a cat, and we got a Siamese we named Pepper. Now we had the trio—cats, dogs, and kids. Misty passed away from kidney failure when she was 12, and an aging Pepper went with Jon to his first apartment.

Trudy and I missed the pets and found another border collie at the SPCA. Lucky came with us when we moved to Nova Scotia 17 years ago. She passed away on the lawn a few years later: we had her for 15 years. We missed having a dog and got another border, called Skye, who is now nine years old. Trudy passed away almost four years ago, but I am not alone because I still have a dog.

Skye is always with me and, someday, I'm going to teach her how to drive.

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Thank you!

Jennifer Elliott, CCDP, Career Practitioner
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jennifer@communityinc.ca

Recipe from Blueberry Acres

by Margie Brown



Lemon Drizzle Cake with Raspberries & Blueberries

½ cup butter
¾ cup sugar
2 eggs
2 tsp vanilla extract
2 cups flour
2 tsp baking powder
¾ cup + 2 tbsp milk
1 cup fresh or frozen Blueberry Acres blueberries
1 cup fresh or frozen Vital Berry raspberries

Lemon Drizzle

1 cup icing sugar
Juice of ½ lemon
Zest of half a lemon, finely minced

Preheat oven 325 F. Grease a 9" x 9" pan well.
Cream together the butter and sugar until light & fluffy.
Add the eggs, one at a time, beating in well after each addition. Beat in vanilla extract.

Sift together the flour and baking powder. Add the dry ingredients alternately with the milk, beginning and ending with the dry ingredients (3 portions dry to 2 portions milk). Quickly and gently fold in the berries. Spread batter evenly into the prepared pan.

Bake at 325 F for about 40 – 45 minutes or until a toothpick inserted in center comes out clean. The baking time can vary, especially if using frozen berries; then it may take 10, or even 15, minutes more to bake. The toothpick test is the best way to ensure that this cake is fully baked.

Glaze

Whisk together the lemon juice, zest, and icing sugar. If the drizzle seems too thick, add a little more lemon juice; if it is too watery, add a little more icing sugar. It needs to be pourable, not spreadable, but a little thick.

Note:

If you want to make the cake with added lemon flavour as well, simply fold in the finely grated zest of about half a lemon along with the berries.



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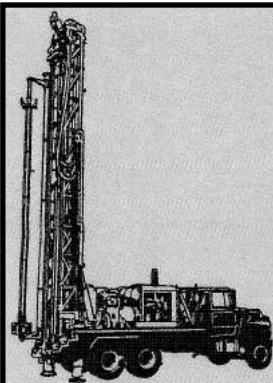
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Ruminations on a Day in March

by Sylvia Gard

It's the 13th of March 2020. A Friday.

*I rise early on this day. I don't listen to the news before I walk into Kentville to catch the 9 am bus into
Halifax. Am so looking forward to this day in the city. Just two meetings -
a medical appointment and a long-overdue social time with a beloved friend.*

*First stop is the doctor's office. I notice that interactions with the support staff are through plexiglass,
that I read my health card number aloud. This is the first time I have been to this office.*

Are these measures new?

I wonder. I do not ask. I think about this later.

*This doctor tells me that the March Break travel plans for him and his family
to somewhere southerly and warm have been cancelled.*

Somehow, I read this as temporary. That travel will be back soon.

So sorry about this inconvenience just now.

*My friend is awaiting me as I leave the office. We are thankful that the appointment was on time,
for now the whole afternoon is available for us.*

O, the joy of not being rushed.

The day is cold and windy. We pick a lunch spot in the trendy Agricola Street area.

Glad to be inside, in spaciousness, in light, among green, growing plants.

We choose a table a bit in the corner affording intimacy for our conversation.

However, it is not overly busy, so we are welcome to tarry, to exchange pleasantries with the staff.

We lightly touch on recent events. All so far away.

Unrushed, we take the time to share news of our families, our grandchildren.

Perhaps our summer plans may change a bit.

We are given the time today to reflect on how our lives have changed, grown over our long friendship.

Even venturing into the challenges we may face as we grow older.

Too soon, it seems, we must rise.

We leave, amidst expressions of gratitude and invitations to "Come again!"

Standing outside, in the coldness of a late March afternoon, we linger in our embrace.

My friend turns toward home.

The winds rush me toward the bus station. I board the bus, savouring my day in the city.

Dark now, only a few other passengers.

In the silence of this darkness, a cell phone rings.

"O, it's mine", I say aloud. I rush to answer.

"Hi", says Mary Ellen.

"Calling to tell you the community breakfast for next Saturday is cancelled..."

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, except in July and August. New members are welcome.

Pins and Needles

Anyone is welcome to join us at the Community Hall on **Thursdays**. Bring along a craft you are currently working on and a paper bag lunch, and stay for the day. Tea and coffee are available. For further information call Ann Steadman at 902-678-4472.

Comfort Quilts

Quilters meet at the hall on the **first Tuesday of the month** to work on 'comfort quilts'. These are made from donated fabric and are sewn and tied, then given to organizations to provide comfort to those in need.

TOPS

TOPS meets at the Centreville Baptist Church, Murray Drive, on **Monday evenings**. Weigh-in is from 6:00 to 6:30 pm, followed by a short meeting. We are open to new members at the cost of **\$46.00 yearly**, which includes a magazine from headquarters with "Eating Sensibly" ideas and recipes. You can drop by for one free night. For more information contact Sheila Frail at 902-679-5274 or Madeline Sheffield at 902-678-7584.

Al-Anon

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

Centreville Park & Recreation Association

The Centreville Park & Recreation Association meets the **third Wednesday of each month** at 7:30 pm at the Centreville Hall. Anyone interested in becoming involved or wishing to share ideas or concerns is welcome to attend. Community volunteers are those who make the park a success.

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

Where: Centreville Hall

When: **Fourth Wednesday** of the month

Time: 7:00 pm

Exceptions: *June, July, August and December by notification*

All meetings are open to the public — come out and support your community's development!

Cancer Support Group

For women with or recovering from any type of cancer. Meetings are held the **second Thursday of each month** at 1:00 pm at alternating locations.

Info:

Dorothy 902-538-3374 msalsman@xcountry.tv

Pat 902-678-9100 patmutch@hotmail.com

Margot 902-542-1466 margotwithat@hotmail.com

Battery Recycling in Centreville

Used batteries can be dropped off at the Centreville Community Hall on Thursdays, 9:00 am - 2:00 pm, as well as at the monthly Big Breakfast, except in July and August.

All batteries can be turned in **except** car batteries.

Centreville Hall Rental is not available at this time. Most meetings are cancelled until further notice.