

THE CENTRE POST

March 2018, Issue 50

Next Issue: June 21, 2018

Submissions Due: June 1, 2018

Centreville 50-Plus Club

by Gail Salmon



I sat down with Myra and Darrell Spurr to find out about the 50-Plus Club. The 50-Plus Club started by a thought: Darrell was out for a walk and met someone, said his 'hellos', and said, "Not much to do when you are retired." They walked on, each going his own way. But Darrell went home and thought about it; he talked to Myra. They knew it would be a lot of work, but it would be fun and give some entertainment to them and other local residents. They were able to get a small grant from the New Horizons Senior Program and, on April 22, 2009, it came to fruition. The initial advertisement was for the 'Young and not so Young', avoiding the word 'seniors'. Today, nine of the founding members are still involved. There have been ninety-three members come and go over the nine years, and meetings average near forty members.

They meet at the Centreville Community Hall on Wednesday afternoons from 1:30 until 4:00. There are tables of card players: 45s, bridge, crib, and Skip-BO. The games are fun, enthusiastic, and sometimes a little noisy. Myra told me that they do get aggravated when playing the appropriately-named board game, Aggravation. They have a little snack in between games and chat with the other members, and thoroughly enjoy the afternoon.

They have special celebrations throughout the year. At their Partner Christmas Social dinner, members can bring a guest. They all get gifts from Santa. The Christmas dinner supports the local food banks, as money and food are donated by the members.

For each special event throughout the year, plans are made for little celebrations and gifts to represent the day. They dress up in green on St. Paddy's Day, wear costumes at Halloween, and receive roses for Mother's Day and chocolates for Father's Day. Once a month, birthdays are celebrated with a cake and photos are taken to add to the club's album.

The club is closed during July and August and the opening meeting in September is celebrated with a barbeque with hamburgers, hotdogs, ice cream, and soda. Darrell said what the members like best is playing cards and socializing, but I am sure the little gifts, good food, and assorted chocolates and candy are fun, too.

The 50-Plus Club works closely with the RCMP and the Kings County Senior Safety Program on topics related to safety. This service group also informs members of scams and other illegal activities that might take advantage of seniors. In the past the club organized a safe driving course for seniors, which they opened to community members.



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

Submissions/Set-up of newsletter:

Suzanne Trudeau at (902) 678-7769

E-mail: centrepostlady@hotmail.com

To place an advertisement:

Mike Sweeney at (902) 679-2780.

What's Inside...

Plus-50 Club Gail Salmon.....	1,3
Recipe from Blueberry Acres Margie Brown.....	4
Future Developmnet Survey.....	5,6
Osteopathy for Women's Health	7
Story from the Family Farm Mack Frail.....	8,9
Bookmobile Dates	10
Volunteers	11
Update from the Marsh Gren Jones	12,13
John Lohr, MLA.....	13
Feathers, Rumours... Steven Hopper.....	14,15
Comfort Quilts Gail Salmon	15
Charles Macdonald House Fred Macdonald	16
Park News/Gate Closure.....	17
Upcoming Events.....	18
Councillor Pauline Raven.....	19
Community Groups.....	20

Centreville Website

www.centreville-kings-county.com

info@centreville-kings-county.com

Centreville Hall Rental

Contact Betty Harper

902-678-0041

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Associate Editor's Note

As you are probably aware by now, the Centreville District Community Development Association (CDCDA) is seeking residents' help in determining the needs/wants for our community's future development. If you haven't completed a survey yet, you are urged to do so. A copy has been included in this newsletter. They are especially interested in hearing from youth, as they are the future.

It seems there have been lots of positive comments regarding our last issue, which - at 24 pages rather than the usual 16 - was our largest issue ever. Suzanne did a great job compiling it! This one required some 'squeezing' to fit on 20 pages: the survey took up two, but because of its format, the number of pages is in increments of four. We had more than enough content for 20 pages, but not nearly enough for 24.

We at the *Centre Post* would like to remind you that the size of this newsletter is entirely dependant on the number and length of the submissions we receive. The only way it will grow is if you, the readers, contribute material. Let's hear from you!

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 - Associate Editor

Madeline Sheffield - Distribution

Gail Salmon - Roving Reporter

Some Dates to Remember:

March 17	Big Breakfast, Community Hall
March 20.....	SPRING
March 27.....	Bookmobile, KwikWay
March 30.....	Good Friday
April 1.....	Easter Sunday
April 7.....	First Aid Course, Baptist Church
April 17.....	Bookmobile, KwikWay
April 20.....	Clothing Giveaway, Baptist Church
April 21.....	Big Breakfast, Community Hall
May 8.....	Bookmobile, KwikWay
May 11 & 12.....	Quilt Show, Baptist Church
May 13	Mother's Day
May 23.....	CDCDA Annual General Meeting
May 19	Big Breakfast, Community Hall
May 29.....	Bookmobile, KwikWay
June 16.....	Big Breakfast, Community Hall
June 17.....	Father's Day
June 19.....	Bookmobile, KwikWay

Centreville 50-Plus Club *con't from page 1*

The members meet every April to discuss any major issues and vote on them. Their executive is voted in at that time, and the executive committee handles decisions and meetings during the year. They also visit members who are sick and drop off get-well cards and gifts.

There is a \$10.00 membership fee, which includes a name tag. Each week, the members have a 'free will' bucket for Christmas Daddies and a 50/50 draw that also is donated. The donations go to the food bank, alternating each year between Kentville and Canning.

In November, just like the NHL hockey players, six to eight men grow moustaches to celebrate "Movember". Pictures are taken, votes are made with a small charge, and the winner goes home with a trophy. Sometimes the men like their moustaches and keep them a little longer, and the women have no complaints. They raise around \$100 for prostate cancer.

If you are interested in going to a meeting, the group is always open and friendly. There are both men and women. Myra says there are seven couples in the group representing 335 years of marriage, so if you are a couple you can raise the number of years for trivia's sake. You can join them for cards, have a little snack, look through the albums, and read all the interesting comments.

Seven couples celebrate a total of 335 years of wedded bliss: (L to R) Jim & June Hoyt (68); Darrell & Myra Spurr (52); Barb & Harold Keizer (65), and Marge & Don Welton (65). Missing from photo: Reg & Ellen Saunders (66), Gary & Corey Coffin (15), and Bob & Brenda MacKay (4).

Myra Spurr photo





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12 Gluten-Free Raspberry-Ginger Muffins



Margie Brown - Blueberry Acres

Ingredients

- Nonstick vegetable oil spray
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1 1/2 cups plus 1 tablespoon gluten-free all-purpose flour
- 1 large egg
- 1 cup (packed) light brown sugar
- 1/2 cup (1 stick) unsalted butter, melted
- 1/2 cup whole milk
- 1 teaspoon finely grated peeled ginger
- 1 1/2 cups fresh (or frozen, thawed) raspberries

Preparation

Preheat oven to 350 degrees. Coat muffin pan with nonstick spray. Whisk baking powder, salt, and 1 1/2 cups flour in a medium bowl. Whisk egg, brown sugar, butter, milk, and ginger in a large bowl; mix in dry ingredients. Toss raspberries with remaining 1 tablespoon flour in a small bowl; gently fold into batter.



Divide batter among muffin cups and bake until a tester inserted into center comes out clean, 25–30 minutes. Let cool 5 minutes in pan before serving.

Do ahead: Muffins can be made one day ahead. Store airtight at room temperature.

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You're always welcome here at TJ's, where old friends meet to sit and relax.

Drive-thru now available!





**Our community members' assistance is needed once again to determine the
Future Development of Centreville**

Twenty-some years ago, community members undertook to create a development plan for Centreville. The culmination of that effort was the formation of the Centreville District Community Development Association (CDCDA) and **the creation of a community member-inspired twenty-year development plan** - copy at www.centreville-kings-county.com

Through dedicated work by community members and support from all levels of government, various organizations, and especially private businesses, work on **the development plan has been completed**. Some of the major accomplishments are: streetlights at intersections, community welcome signs, community event sign, sidewalk, community hall renovations and additions, warming station, golf course now part of community, specific bylaws for Centreville, 55-Plus Club, Area Advisory Committee, *Centre Post* newsletter, community web site, Christmas tree lighting, business signage, lowering speed limits, Pins & Needles, and the Big Breakfast to mention but a few.

Your help as community members is now again needed to plan for the future development of Centreville. We would deeply appreciate learning of your desires for your community, whether they be big or small, and it is of the utmost importance that we hear from all age groups. **A community members' meeting shall be held at a later date** to develop work plans to accomplish the tasks you envision.

Community members may respond by the following means:

- Completion of the survey on the back of this flyer to be placed in receptacles located at Foote's Farm Market during business hours and outside the Centreville Community Hall entrance, available 24/7
- Email at info@centreville-kings-county.com
- Website survey "Future Development of Centreville" here:
<https://www.surveymonkey.com/r/YKLTF38>
- Personal discussion with Mike Sweeney (902-679-2780)

Your participation in the future development plan for Centreville is an absolute necessity if the CDCDA is to formulate a plan that reflects the true needs of the community.

Survey closes April 30, 2018.

Centreville District Community Development Association

February 2018

Please turn over.



Survey
Future Development of Centreville



1. Which applies to you?

- | | |
|---|---|
| <input type="checkbox"/> Youth | <input type="checkbox"/> Empty nesters |
| <input type="checkbox"/> Young single adult | <input type="checkbox"/> Senior (married) |
| <input type="checkbox"/> Family with young children | <input type="checkbox"/> Senior (single) |
| <input type="checkbox"/> Couple, no children | |

2. What concerns, if any, do you have about our community?

3. What suggestions do you have for improving our community?





Osteopathy for Women's Health (Part 2)

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

Girl's Health

During childhood, osteopathy offer parents a way to promote healthy physical, mental, and psychological development in their children. As girls transition to adolescence, concerns such as acne, delayed onset of the first menstrual period, painful periods, or premenstrual syndrome can be addressed with an integrated approach.

Menopause

The transition through menopause can be a challenging time for women. There can be a huge impact that small changes in our hormonal system can cause and, of course, these imbalances can become much more pronounced as we move towards and through menopause.

Symptoms vary from woman to woman depending on the type of hormonal imbalance. Some women may glide through their perimenopause and menopause without any problems, but many experience all sorts of unpleasant and confusing symptoms.

Perimenopause, which basically means the time leading up to menopause, usually starts from the mid-forties but can start as early as the mid-to-late thirties. The symptoms are due to a decrease in sex hormones that can also affect the rest of the hormonal system, such as thyroid and adrenal function. Osteopathy helps to balance the hormone system.

Treating Women with all Kinds of Problems

Do you suffer from any of the following?

- incontinence
- pelvic floor problems
- pain before and during periods and/or moderate to heavy with clots
- bladder problems (for example, incontinence caused by muscle weakness)

If you suffer from any of these, osteopathy may be able to help.

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Story from The Family Farm

When we were children we welcomed the warm spring weather - after a long cold winter, it was a relief when spring arrived. When the ice and snow melted, the meadowlands would flood. Across the road from our home on Highway 359 (previously the Master Mountain Road or the Hall's Harbour Road), it was a lake that extended to over a mile into the south meadows. We would make a raft from the logs in our woodpile, and although it was dangerous we would have a great time rafting and pretending to be sailors. As children, we were excited to play in the streams from the melting snow and happy to see the huge amounts of snow gradually disappear.

March is the windy month and the time of year that we made kites. We made them from slender pieces of wood and newspaper. We made our own flour-paste glue that we



used in the construction of our kites and often made a mess at our kitchen table for my mother to clean up. She would save the pieces of twine string that were used in wrapping the packaged items from the store for us children to use. The disadvantage was that the knots would come apart and our kites would come crashing to the ground. I considered it a treasure to be in possession of a ball of twine string without any knots. We competed with each other to make a kite that would stay up the longest.

Prior to 1947, there were no houses across the road from where I lived on Highway 359. The area was more of a sandhill than it is now, and in the spring the snow would melt there first. We would go there to play and take our footwear off, putting our bare feet in the warm sand. It was also a great place to fly our kites. In the spring we liked to go picking Mayflowers, which we found in the south woods where the patches of snow were melting. Boys got together and did things that most girls were not involved in. We made whistles from proper-sized saplings with our jackknives. We made bows and arrows, slingshots, and many other such items that boys made in those days.

by Mack Frail

I recall a lovely warm spring day when my sister Mabel was 16 and helping our mother by removing a large roasting pan of baked beans from the oven of our wood-fired cook stove. Mabel's friend Nancy was visiting, and to cool the kitchen down they had opened the door leading to our back porch and also the outside door. My next oldest brother, Gerry, was 11 years old and having a great time outside with his lumberman's rubber boots that he had removed the laces from. He was kicking one off his bare foot into the air when, as luck would have it, the boot somehow managed to come from outside and land in the large roasting pan of baked beans. My mother, who was away at the time, was not there to make decisions, and my father was about to come home for his supper after working on the farm. Mabel removed the heel of the boot from the beans as soon as it landed. Mabel and Nancy went into fits of laughter before it was realized that the beans were all that was prepared for our family for supper. My father ate them but was not told about the mishap. My mother was informed much later.

We were excited to be back playing ball after a long, cold winter. We played ball at the school ball field and in fields that we were allowed to use. One of our ball fields was located at the corner of Lydiard Road and Highway 359. The last ball field that was used for a lot of years was a farm field on the north side of Highway 221 East below the second hill. Roscoe Fillmore saw the need for a ball field, and he gave two-and-one-half acres of land to the community to be used for a ball field and sports activities.

We didn't have a gym to go to, but we were involved with lots of exercise. My father was a very good runner, and he encouraged sports. He built a high jump for us in our backyard, and we would compete in various sports at home with neighbourhood children. Our friends came to our place to play, and we did lots of things together. Most of the games that we played as children are not popular today - games such as hide and seek, marbles, tag, red rover, crack the whip, red light green light, musical chairs, and many more.

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Story from the Family Farm - con't from previous page

In the spring, we were anxious for the water in the brooks to lower so that we could go fishing. There were lots of brooks in the community where we would catch trout. We didn't have fancy fishing gear, only a sapling for a fishing pole and a piece of fishing line



with hook and sinker attached. We looked for suitable saplings for a fishing pole, and on our family

farm property in the lily pond woods grew green ash. My father Wallace overheard one of the boys in a group state with authority that "Mr. Frail grows the best fishing poles."


Everything on the family farm came to life when spring arrived. The barn animals welcomed the warmer weather when they could be turned out for exercise. The horses would roll on the ground, run, and frolic. Cattle liked the freedom of being released from their stables to run free. Our free-run poultry would be scratching and looking for bits of food. Soon they would be hiding their nests and bringing clutches of baby chickens to the barnyard. The farm animals and poultry knew when spring had arrived. Spring was also a time when work increased on the family farms. There was lots of extra work that needed to be done after a long cold winter. With our present farming technology, the family farming way of life as I knew it is quickly fading into the past, and less natural freedom is allowed for poultry and farm animals.



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The Annapolis Valley Regional Library offers Bookmobile service to the community of Centreville every three weeks. The Bookmobile parks at the former Kwik-Way store at 955 Lydiard Road and is open to the public from 3 - 4 pm.



March 6th & 27th
April 17th
May 8th & 29th
June 19th

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only see in them what you
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If the hall could
talk, it
would write an



Our January meeting was cancelled due to stormy weather, so the Good Neighbour Club's (GNC) first meeting of 2018 was held February 15th. The executive for the year is: President, Heather Monteith; Vice-

President, Ann Steadman; Secretary, Susan Wood, and Treasurer, Marilyn Kennedy.

Ode to Doug

by Mary Ellen MacDuff

I have a lot of wear and tear
But you, my friend, are always there;
You scrub, you clean,
You're a mean machine.

My garbage is a frightful mess,
But you'll go through and do your best.
It's dark in here, my light burned out -
But you'll get it fixed, I have no doubt.

The washrooms! They are in despair,
So use your gloves, you have a pair.

Your mower cuts my long grass,
And the leaves that fall
Get shredded to the past.

My sign is blank, please fill it up
So people won't be late for sup.

You rake and you shovel,
Which keeps you out of trouble;

You tinker and you fix -

The chores are quite a mix.

I thank you for the attention you give:
Because of you I continue to live !!

The GNC celebrated the 12th anniversary of our community breakfasts on Feb 17th. It is hard to believe they have been such a success, but we all realize that without your help the hall wouldn't have undergone as many improvements as it has over the years.

Join us the 3rd Thursday of the month at 7:00pm.

Help Needed

The Centreville Good Neighbour Club is looking for help with the monthly Big Breakfast. If you can lend a hand by baking biscuits, preparing potatoes for hash browns, or helping at the breakfast, please contact Mary Ellen MacDuff at 902-679-9780. Your help even once a year would be greatly appreciated!



I'm sure most of us have no idea how much work Doug Brown does at the Centreville Community Hall and the amount of time he spends doing it: nor could we express our appreciation as eloquently as Mary Ellen has. Thank you, Doug, for all you do, and you, Mary Ellen, for reminding us.





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Update from the Marsh ***by Gren Jones***



It is often said that in Nova Scotia, if you don't like the weather, just wait five minutes! In a sense, our recent winter certainly could have qualified for that on almost any given day.

Spring seems to have arrived early this year, and one only needs to take a drive through Canning and around the surrounding dykelands to enjoy the annual ritual as thousands of geese congregate at this local stopover. Research has shown that some of these birds will actually go to nest in Greenland. We know this because there is a Danish professor who takes his wildlife biology students there to observe and band geese. As some of these banded birds will be harvested along their route southward next fall, the banding information is of great importance. It is a known fact that the goose population is extremely healthy and provides a welcome food source to First Nations as well as waterfowlers in Atlantic Canada and the Eastern Seaboard. It is also known that many of these northern birds will make their way as far as the mid-Atlantic States. This is really quite an accomplishment! It should also be noted that not all Canada geese migrate. There are geese nesting throughout the Annapolis Valley, and there are resident geese that are capable of over-wintering in the Minas Basin, Annapolis Basin, and Yarmouth Harbour as well as the game sanctuaries along the South Shore (Port-Joli, Port l'Hébert, and the Kejimikujik Seaside Adjunct).

As a senior volunteer and conservationist, I firmly believe that climate change is in full swing. This doesn't mean that we won't have more snow and cold; I wouldn't recommend putting away the winter tires just yet! What it does mean is that our weather patterns will bring more "wacky weather". It is snowing in Europe and very cold: strange seeing a layer of snow on the Spanish Steps in Rome, and even the pyramids were caught up in the fray. A year ago, my friends across the pond were enjoying temperatures that were more like summer at this very time of the year. It's not easy to predict what will come our way, but I'm sure that many of you have noticed that our fall season has become more like summer than ever.

I want to also mention a topic that is close to my heart - the education of our youth. I taught for 31 years in the public school system and, in addition, I spent over

two decades teaching in the summer in France. Thus, it comes as no surprise that I still have a passion for education, but with a twist: Ducks Unlimited Canada's mission to preserve and protect wetlands across our great land, which is based on four pillars - scientific research, conservation, government/corporate relations, and education.

Here in the Maritimes, the education component is comprised of schools that are designated as Wetland Centres of Excellence (three in NB and one in NS), interpretive centres in Shubenacadie and Fredericton, and Project Webfoot/Sur la Piste des Marais - an environmental science program for Grade 4 students. In Nova Scotia, the principal points of delivery for this fun, educational experience take place in Shubenacadie Wildlife Park at the Wetlands Centre, Miner's Marsh and Hutt's Marsh in Kings County, Sable Marsh in Shelburne County, and Yarmouth. The wetlands make for fantastic outdoor classrooms with real, hands-on learning.

In 2011, nearly 50,00 students attended Project Webfoot sites in NS - quite an accomplishment! However, in 2017, there were only 15,000...what has happened to support for the program? While DUC has invested heavily in infrastructure at Shubenacadie and Miner's and Hutt's Marshes, the number of participants has dropped off significantly. This is very unfortunate.

Where does the money come from to sponsor these classes? The answer will surprise you: While some funding may come from government through the Habitat Canada Stamp and through corporate groups such as TD Friends of the Environment, sponsorship also depends on the general public.

More schools across the province would participate, but it costs money that they don't have. The fee for a class visit is \$700 per class. This includes a classroom kit for the teacher to use for the science component on environmental education and \$100 credit towards the bus and the field trip to the designated marsh.

Those who read this article may have children in the system in Grade 4, and perhaps there are some grandparents who understand the benefit of this first-class program. Currently, classes at virtually all local elementary schools need a sponsor and time is of the essence: the field trips would be taking place around the end of May or in the first week of June. I am currently working with the Ducks Unlimited NS education specialist, Rebecca Parker, as we try to line

can't on next page



As I write this we have still not seen an Education Bill in the Legislature. The NS Teachers Union and government continue to negotiate on the Glaze Report. The outcomes of those meetings are uncertain but will certainly influence debate in the coming days. Unfortunately, the government is using Ontario as a model for education changes. Many question the wisdom of that. My commitment to you is to continue to advocate for classroom improvements.

As you may have heard, I am running for the leadership of the Progressive Conservative Party. That process will be decided on October 26 and 27, 2018. I am humbled by the tremendous support in Kings County and am actively seeking support around the province. I will continue to put every effort into working for the citizens of Kings County during this time.

Please contact me with your questions and concerns. My office moved in November to 347 Main Street Kentville. My email and phone number are unchanged.

Thanks,
John Lohr, MLA Kings North
902-365-3420

johnlohrmla@gmail.com

www.johnlohr.ca

The Nova Scotia Legislature resumed sitting as of February 27th. Education and health care are widely expected to be the dominant themes of this sitting. In the past six months, it is believed that about 12,000 people in the Annapolis Valley have lost their family doctor. That constitutes a crisis, with many unable to get medical care in a timely manner. If you are without, please call 811 and register as needing a family doctor. The government uses this information to decide on priorities in the recruitment of new doctors. Unfortunately, recruitment has been slow due to our province's having both the lowest pay for doctors and the highest taxes in Canada. I believe that needs to change, and I am willing to hear your stories and advocate for you with the government.

Update from the Marsh - con't from page 12

funding for our schools. We are planning for 26 classes from 11 Valley schools; 16 are already funded, leaving 10 without, including Glooscap and Aldershot.

Tax receipts are available for donations over \$20. Just think how wonderful it would be if you could put together a group of parents or family who would sponsor a child's class! You can choose the school and the class. For more information, I invite you to contact me. I would be very pleased to meet with you and discuss the program.

Yours in conservation,
Gren Jones, Senior Director of DUC
Centreville Resident
Contact: 902.679.6691
Email: gc_jones@yahoo.ca

Shampoo Warning!

Those of you who use shampoo to wash your hair in the shower, beware. Printed clearly on many brands are the words "For extra volume and body". If you are wondering why you aren't losing weight, try switching to dish detergent: its label reads, "Dissolves fat that is otherwise difficult to remove".



Feathers, Rumours and Distrust



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

As a boy, I heard a minister tell this story one Sunday in church. He was teaching on the dangers of spreading rumours. A woman was angry with her pastor, so she started spreading a rumour about him that caused people to question his character. It spread like wildfire and she began to feel really guilty. She went to the pastor and confessed what she had done. As he listened, he wanted her to understand the damage she had done. As the wind howled outside, he gave her a feather pillow after he had cut open one end. He asked her to take it outside and let the wind blow the feathers away. After she had finished she came back inside to give him the pillow case. He handed it back to her and asked her to go back outside and put all the feathers back inside the case. Alarmed, she said correctly that it was an impossible task. The minister responded by pointing out that it was just as impossible for her to retract the rumour she had spread. Ouch.

I feel that something similar to this has happened to the church's reputation. False statements have been repeated so often that they are treated uncritically as if they were true. Consider some of the things that you hear in the media. The church hates those in the LGBTQ+ community. Ecclesiastical teaching belittles women. Organized religion is a breeding ground for terrorism. Its doctrine sanctions violence and promotes hatred toward other religions.

These statements could not be further from the truth. The bible teaches that God loves humanity. A summary of its commands teaches that our lives are to be built around the twin truths of loving God with our whole being and loving our neighbour as ourselves. The church is called to be the "salt of the earth", meaning that we are to work toward eliminating the stain of sin that causes the decay in society as a whole.

On a universal scale, the church has contributed to the well being of society by:

- *furthering education by starting schools and universities;
- *pushing to have healthcare available for all citizens;
- *fighting for the welfare and protection of children;
- *eliminating the slave trade, and
- *promoting the cause of charity.

On a local level, this is what some are saying about the church in Centreville. *Diane* participates in the music ministry of the church. She says, "Music has an amazing way of bringing people together. You don't necessarily have to sing or play to participate. When we open ourselves to the melody and the message, it can touch our inner-most being in a special way, not always accomplished by plain words. The friendships, fun, and the spiritual growth experienced by being part of the worship team is what keeps me looking forward to it week after week."

Charlene directs the "Emotionally Healthy Spirituality" course at the church. This is an eight-week study that deeply changes participants' relationship with God. The truths that are explored in a safe, caring environment are an introduction into a life with God and a transformation through Christ. She says the church helps reveal the love and acceptance God has for us where we are while surrounding us with other people in various stages of faith and life.

Paige is one of the leaders of the Alpha program. She says, "People gather each week to build relationships with one another and seek to deepen their relationship with God. Alpha introduces people to the possibility of a life-changing relationship with Jesus through a series of videos and honest conversations. People are opening up their minds and their hearts to the reality that there is something far greater out there than ourselves, and that that something has a very real purpose for our lives."

Don't just take our word for it. I encourage you to treat the church like the slogan from the Kellogg's Corn Flakes commercial, "Try us again for the first time", and learn of the positive impact we try to have on our community.

On Palm Sunday, as part of a pulpit exchange with Gibson Woods United Baptist Church, Rev. Stephen Gough will be the guest speaker. On Good Friday, we will join with other congregations in the Canning and Area Inner Church Council to remember the crucifixion. The Good Friday breakfast (8:30am) and service (10am) will be held at the Canning Baptist Church on March 30th. A free-will offering will be collected. On Easter Sunday we will celebrate the resurrection of Jesus Christ at our 10:30am worship service.

The Monday after school program for Aldershot students just wrapped up its winter term with what

continued on next page

Feathers, Rumours, and Distrust - con't from previous page

some have said was its best session yet. We look forward to kicking it off again on April 15th. Parents, watch for a handout from the school late in March. Also for the children, our Vacation Bible School (VBS) this summer will be July 23rd – 27th. VBS is for students in Grades P-5. We are really looking forward to seeing lots of kids this year.

We are currently offering our youth program "LAST" on Tuesdays after school from 3:30 – 6:30pm, which includes a meal prepared and shared together. And we are currently partway through a youth Alpha program that runs in conjunction with the adult offerings on Thursday evenings. Our future plans for the youth program include a trip to Moncton for the ONE conference, May 11-12, and we are hoping to get outside with some of our activities as evenings get brighter.

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

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Comfort Quilts and Other Donations

by Gail Salmon



In 2015, an article in this newsletter about the Pins and Needles group showcased the work, enthusiasm, and generous donations of the members. Recently, I read the binder that contains information about their donations of 'comfort quilts' and other hand-made items, and it is quite impressive. Comfort Quilts commenced in 2005 and their generosity soon became evident.

I first read the thank-you letters from hospitals, health authorities, cancer patients, children, new mothers, and people who have been in need for whatever reason. The only message I can fathom is that there is an act of love taking place on Tuesdays each month as the sewers, knitters, and quilters work diligently to create good feelings.

Their records show that they have donated 646 quilts since June 2007. However, there is a sentence that reads, "There may easily have been other donations that were not recorded", so there were probably more. These quilts have gone to Fidelis House, Shannex Nursing Home, Evergreen, VON, AVRH, IWK, NKEC for teens, Community Services, Chrysalis House, Kentville Pregnancy Center, the Salvation Army, and one Quilt of Valour. This does not include the baby quilts, sleepers, mittens, small sweaters, preemie hats, children's hats, towels, and pillow cases.

As a special project the women made *purse pillows*, also known as mastectomy comfort pillows, for breast cancer patients. The pattern was in an issue of the *Quilter's Connection* and, after correspondence to request rights for the pattern, 46 pillows were made and distributed through the VON.

Another special project was nursing home *fidgets*. These fidgets are made using a 12" x 18" piece of material and attaching buttons, zippers, snaps, and soft, crinkly, or rough textures. These create activity and sensory centres for residents with lessening memories. They are soft, so they cannot hurt themselves or others. These fidgets were donated to the Shannex Nursing Home in Greenwich.

Each week, members of the Pins and Needles group pay a small fee that is donated to the Centreville Hall Association for hall upkeep and to the Centreville Baptist Church. If the women need money for batting or quilt backing, they hold auctions within their group.

The Comfort Quilts group meets at the Centreville Hall the first Tuesday of the month. Much of the fabric is donated: If anyone has cotton material that you would like to donate, talk to one of the members or take your material down to the hall. They need enough to cut out several pattern pieces. Also, if you would like to see samples of their Comfort Quilts, there is a quilt and craft display at the Centreville Baptist Church the 11th and 12th of May. Keep your eye open for the event.

Charles Macdonald Concrete House Museum

Fred Macdonald

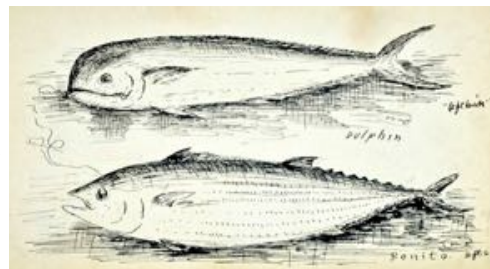


Charlie's Age of Sail

In 1898, during the twilight of the Golden Age of Sail, Charles Macdonald went away to sea. Macdonald was born in 1874, and Nova Scotia's own shipbuilding and shipping industries had peaked ten years earlier. Steamships were driving wooden barques, barquentines, schooners, and even full-rigged ships, from the seas. Nevertheless, Macdonald registered with the 1000-ton barque *Francis S. Hampshire* as a ship's carpenter and sailed out of New York bound for Santos, Brazil.

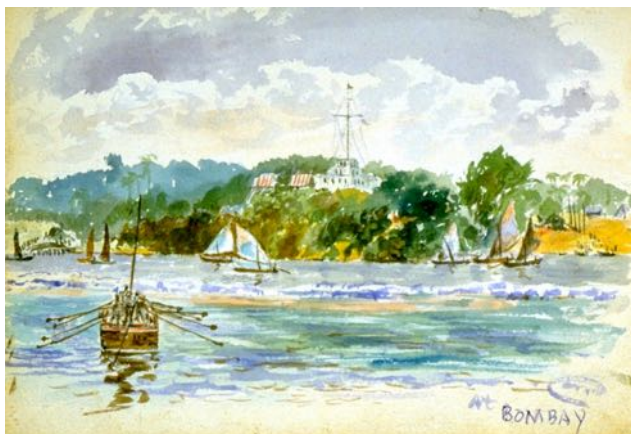
As a ship's carpenter, Charlie found that he did not have to take part in the normal run of duties, and was able to pursue his own projects, at his own pace, in his own shop. He turned much of his free time over to sketching, and several sketchbooks survive today to document his travels.

The *Hampshire's* voyage took months, as they were becalmed off the South America coast. Macdonald read, learned to play the mandolin, and filled a sketchbook with whales, sea-birds, aquatic life, squalls, and other ships. After sighting dolphins and albatrosses at sea, Santos was something of a disappointment for Charlie - "too modernized to be much attractive." Nevertheless, the colonial Portuguese buildings of Santos may have influenced Charlie to build Mediterranean-style buildings later in life. The *Hampshire* sailed from Brazil to Bermuda, where Charlie changed ships. His new vessel, the *SS Buffon*, was not a sailing ship but a tramp steamer. The *Buffon* toolled around the Caribbean and then made a crossing to England, where Macdonald took a place on the gleaming new 2500-ton steamship, *SS Broadgarth*.



The busy *Broadgarth* took Charlie across the world, leaving Tynemouth for Murmansk, St. Petersburg, the Dardanelles, Odessa, Holland, Nantes, Gibraltar, Malta, Pompeii, Constantinople, the Suez Canal, Aden, and as far as India in 1902. Macdonald wrote home faithfully and took an interest in prosaic matters like his brother's new house in Bridgewater, NS, and the welfare of the family pigs. But travel was in his blood. Charlie explained that "foreign travel is like smoking - you get sick of it at first and grow to like it at last when you don't want to give it up."

The Indian subcontinent, then the crown jewel of the British Empire, made a great impression on Charlie. The "warm and dusty colours" of the buildings and people captivated him. He was mesmerized when he sighted a tiger skulking across a secluded beach at dusk. On the other hand, he was saddened by "the terrible poverty of that part of the world, the crowds on the streets and people living and dying in the streets too".



After months in India, the *Broadgarth* returned to Europe with a load of peanuts for France. Macdonald had finally had enough foreign travel. After spending a glorious summer frequenting the art galleries and libraries of London, the greatest city of the North Atlantic world, he returned home to Steam Mill.

Excerpted from www.concretehouse.ca.

Centreville Park and Recreation Association News

by George Graves, President



Photos courtesy of Beverley Greening

Starting the new year, the Area Rate Meeting and vote were held on February 21, 2018, at the Centreville Community Hall. There was a slideshow presentation as well as a financial report. After discussion and suggestions from the public in attendance, voting by ballot took place and the motion was carried to set a 2018 rate of \$25.00 per dwelling.

The new parking lot is being built, starting with the removal of tree stumps; twelve truck loads were removed. Next, 16 loads of fill were dumped in this area. Class A gravel will be put down first and leveled, rolled, and crushed before finishing will be spread and leveled. This new parking area should remove some of the issues experienced in the past with cars having to park on Sherman Belcher Road due to a shortage of parking space. This work is being done by W.K. Sharpe & Sons Excavator Inc. for Stephen LeBlanc Construction.

Other projects to be completed include the extension of the trail from the gazebo to Saxon Street. This undertaking will be done by Cobequid Trails, using six loads of crushed rock and six loads of crusher dust.

Also, the BMX 75' horseshoe jump for non-motorized bikes will be built and the new benches along some of the walking trails will be anchored to the ground. This should keep us busy for a while!

Park Gate Closure

by Helen MacDonald

The Centreville Park and Recreation Association would like to inform the Centreville residents of the park gate's closure during the winter months. As you may have noticed, the parking lot is under an expansion and, due to the large equipment working there, it isn't safe to park in the existing parking lot. Also, due to the expense of plowing snow, we aren't able to keep the driveway cleared during heavy snow falls. Therefore, the gate must remain closed in order to prevent vehicles' getting stuck in the snow in the parking lot. Another issue is getting a volunteer to open the gate in the morning and lock it at dusk. We will revisit this issue for next winter whenever the weather is favourable.

The other parking option during the months of the gate's closure is the parking area off Saxon Street: this area gives full access to the park.



The park committee takes a lot of pride in our park and wants to maintain it as a welcoming park for all to enjoy.

* **Please note** the gate will remain closed until the end of March or until the weather is favourable enough that we feel it is safe to allow it to be open during the day.

Upcoming Events

SPRING / SUMMER CLOTHING GIVE AWAY

Centreville Baptist Church
870 Murray Drive
(off Hwy #359)

FRIDAY APRIL 20, 2018
8:30 am to 11:30 am

Donations of clean clothing, bedding, towels, and footwear gratefully accepted. Items for children are especially appreciated.



NO fall and winter clothing accepted at this time.

Items may be dropped off from
April 9th to April 19th

For more information call:
Marilyn 902-678-3939 or
Madeline 902-678-7584

First Aid Course

Braveheart First Aid will be putting on a one-day Red Cross First Aid course **April 7, 2018, 9am-4pm** at the Centreville Baptist Church for a cost of \$75.00. For more information, contact the church office at 902-678-1946 or vicki.cbc@bellaliant.com

Defibrillator

The Centreville Baptist Church now has a First Aid Station (first aid kit and defibrillator) inside the church doors. The new-style defibrillator was demonstrated by Braveheart First Aid to some members of the church, as well as community members from the hall and park associations and the post office. It has been registered with 911 so that it can easily be found in emergencies.

There have been changes in the use of the defibrillator, so it is very important to keep up to date in its use.

Centreville Annual Quilt & Rug Hooking Show

Friday May 11, 2018 - 10 am to 5 pm
Saturday May 12, 2018 - 10 am to 3:30 pm

Centreville Baptist Church
Murray Drive Centreville NS

Admission \$5.00

Merchant Mall

Display by the TARTS - a local quilt artist group
Demonstrations & Door Prizes

Featuring:

Display of Handmade Quilts
& Hooked Rugs
Sale of selected quilts, hooked rugs,
and handmade/homemade items

Friday & Saturday - Lunch \$10.00

Quilt & Rug Registration:
Wednesday May 9th 9 am - 8 pm

For Information:

Sharon at 902-678-2836/
mmanzer@eastlink.ca

or

Ruth at 902-678-4206/
ruthbentley76@gmail.com

Sponsored by the Evening Workers Auxiliary

Centreville District Community Development Association (CDCDA)

Annual General Meeting

Wednesday May 23, 2018
7:30 pm

Centreville Community Hall

All community members are welcome to attend.

Pauline
Raven

902 670-2949



Your voice. My voice.
Our voice!
Councillor District 2

Well Done Annapolis Valley's OPEN ARMS

For the Annapolis Valley, having raised \$78,439 in the walk for the Coldest Night of the Year 2018 and being 8th of 121 locations across Canada was a huge success.

Councillors of the Municipality of Kings have entered a team for the last several years. We were so happy this year to be joined by colleagues from the Towns of Wolfville and Kentville. Our "Hot to Trot" team is pictured below as we set out for the 5KM walk.



Cathy Maxwell, Pauline Raven, Mercedes Brian, Peter Muttart, Jeff Cantwell, Nichole Gilbert, Theresa Smith, Lynn Pulsifer. Missing from the team photo are Councillors Hodges and Allen.

Thankfully, we all survived to walk another year! At day's end we placed first among 47 municipal government teams registered across Canada. We raised \$4,805 and placed third among the 47 local teams. Centreville Baptist Church's very own Frosty Flakes beat us for second place with \$6,707 raised. Top place was Kentville's Soup Angels, with \$6,885. Coldest Night of the Year is a fun way for your elected representatives to compete in the best type of competition possible. Undoubtedly, many circumstances make it difficult for some of our neighbours to enjoy life to its fullest. Our walk each February helps others right here in Kings County be happier and healthier.

What do a 13- and a 30-year old have in common?

A love of community and an interest in leadership that has landed them on the Kings Youth Council (KYC).

Along with 10 other awesome young people from our towns and the county, they'll help provide elected councils with a range of fresh perspectives. Considering that the future will truly be more theirs than ours, the KYC holds great promise.

Responsibilities of each member include:

- *attend youth council and sub-committee meetings;
- *connect with other youth-focused organizations;
- *represent youth council at conferences, orientations or other events;
- *make presentations to schools on municipal politics and engagement;
- *encourage youth engagement in municipal politics;
- *make presentations to council, service clubs, and other community organizations on the work of the KYC;
- *plan special events and initiatives;
- *make recommendations to municipal council regarding policy and strategic direction;
- *build relationships with organizations across Kings County that are youth-focused;
- *keep up to date on youth initiatives, events, and programming across the region, and
- *adhere to the vision and mission of inclusive and diverse perspectives.



Please join me in congratulating the first Kings Youth Council as they begin their first year of service.

Clockwise from bottom left: Alyssa Mayhew, Hannah Dawson-Murphy, Chloe Coombs, Mitchell MacEachern, Declan Dreeves, Tom Dalmazzi, Kali McMullin, Kaiden Brian Crowell, Chantel Peng, and Emily Lutz. Absent: Luna Johnson and Meg Hodges

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 and 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. The park's success depends on Centreville community members.

Next meetings - March 21/18, April 18/18, May 16/18

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 meetings: March 28/18, April 25/18
Annual Meeting May 23/18 @ 7:30 pm**

Cancer Support Group

For women with and/or recovering from any type of cancer.
Meeting the 3rd Wednesday of each month.

Info:

Dorothy	902-538-3374	msalsman@xcountry.tv
Pat	902-678-9100	patmutch@hotmail.com
Margot	902-542-1466	margotwithat@hotmail.com

Battery Recycling in Centreville

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



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