

THE CENTRE POST

March 2020 Issue 58

Next issue: June 17, 2020
Submissions due: June 1, 2020

The Charles Macdonald Concrete House of Centreville Society

by Fred Macdonald

We're pleased to announce that our plea in the *Centre Post's* last issue has yielded positive results. Three new members have been elected to our board. These individuals offer new energy and expertise that are diverse and most welcome.

The first order of business is to engage a professional to develop a plan for the upgrading of our two properties, the Charles Macdonald Concrete House and the Blue Cottage at Huntington Point. The mission then will be to solicit funding to act on the plan. Additionally, we're working to streamline our online presence and social media, to better communicate society activities.



Holidays at the Blue Cottage continue to be popular, and a modest source of revenue for the society. At the time of this writing, nine (9) weeks are booked, but there is still time available in September.

In the future, we expect there will be opportunities for volunteers to help out. We will try to keep the community apprised of our activities through our contributions to the *Centre Post* and social media.

www.concretehouse.co

Facebook:
The Charles Macdonald Concrete House Museum

The **Centre Post** is published four times a year:

September, December, March and June.

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

For submissions, contact:

Suzanne Trudeau, Lead Editor
902-678-7769

E-mail: centrepstlady@hotmail.com

To place an advertisement, contact:

Mike Sweeney at 902-679-2780.

Editor's Note

As I took a break from a final review of this newsletter, I enjoyed the sounds and sights of spring. I have crocuses that need only a few more hours of sun to bloom, and the birds' songs are definitely different than they have been all winter. I've also just realized why the backyard is full of robins—they've eaten almost all of the bright red berries off my holly bushes! Who can begrudge them? Happy spring to all!

We need help! We're looking for someone who is interested in taking turns composing the newsletter. We encourage anyone who is interested in getting involved in the production of the paper or contributing material to contact Suzanne at

centrepstlady@hotmail.com

Thank you to our contributors, who make the *Centre Post* worthwhile, and to our advertisers, who make it possible.

In this extraordinary time, I wish you all good health.
Anne-Marie Waterbury

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Dates to Remember...

- March 17.....St.Patrick's Day
- March 19.....First Day of Spring
- March 21 **CANCELLED**.....Big Breakfast 7—10 am
- April 10.....Good Friday
- April 12.....Easter
- April 18 **TENTATIVE**.....Big Breakfast, 7—10 am
- May 16 **TENTATIVE**.....Big Breakfast, 7—10 am

Centreville Hall Rental

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



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



FYI - Copied from the 2020 Valley Waste Resource Calendar

YOUR COLLECTION DAY IS CHANGING

To improve curbside collection efficiency, beginning Tuesday, March 31, 2020, Valley Waste will start collecting waste four days per week instead of five. What this means is that collection days will change across the Valley.

CHANGES:

- Curbside collection will run 4 days per week, Tuesday – Friday
- You will have a new collection day. It will still remain once every 2 weeks but it will be on a new day
- Each collection day will start at 7:00 am (instead of 8:00)
- Waste can now be set out after 9:00 pm the night before
- Transfer stations will be closed on all statutory and civic holidays

FIND YOUR NEW COLLECTION DAY

- Follow the map on the back cover of the calendar
- Download the Recycle Coach™ app (bonus is you'll get reminder notifications)
- Find it online. Visit the curbside rules page on our website. Choose your municipality, click "My Schedule" and type in your civic address
- Call or email Valley Waste (902) 679-1325, 1-877-927-8300 or info@vwrm.com

Starting on April 7/20, our garbage collection day will change from Monday to Tuesday (Week 2). There are also changes to the spring and fall clean-up collections. For complete information, see the Valley Waste Resource Calendar or visit their website:

www.vwrm.com



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Update from the Marsh

by Gren Jones, NS Senior Director

Ducks Unlimited Canada
Conserving Canada's Wetlands

A Conservation Partnership with Artistic Talent

Dear Readers,

If you have been reading my regular column on wetland conservation, you know that I am passionate about the tremendous work done by DUC. As a director, I have been involved in numerous projects and events—both locally and nationally. I have met fascinating people, learned a great deal about science with regards to wetland conservation, and helped with raising funds to help with the mission. Also, as a former teacher, I believe in the importance of educating youth about the environment.

Speaking of funding, here's something that you may not be aware of. In 1984, a very special group was formed to assist conservation organizations devoted to wetlands. In 1985, the federal government issued the first duck stamp. Waterfowlers purchase their federal licenses from Canada Post, and thus the stamp was added to increase revenue for habitat development. It should be emphasized that hunters have willingly purchased their annual Migratory Bird Hunting permits with the conservation stamp. Personally, I have enjoyed the artwork and collected the stamps for 35 years.

Wildlife Habitat Canada (WHC) has been working to help fund projects for the past 35 years. The idea of a stamp project was not so complicated to establish, as the Americans have been using this method of funding for a long time. To this end, WHC developed an annual stamp competition using wildlife art created by Canadian artists. The first person to be selected was Robert Bateman.

Revenue from the permit and the beautiful stamps has provided over \$55 million to the conservation mission. These funds have been invested in wetland conservation that supports more than 1,500 projects, protecting and restoring thousands of acres of sustainable habitat for wildlife. Also, WHC provides framed artwork with the stamp and print series. Each year, Ducks Unlimited offers these beautiful works of art for sale at their dinners and various other types of fundraisers.



So, how does DUC benefit? WHC provides funding to assist in developing habitat conservation projects. Their objectives are:

- * Provide a funding mechanism for wildlife habitat
- * Conserve, restore, and enhance wildlife habitat to retain the diversity, distribution, and abundance of wildlife;
- * Foster coordination and leadership in the conservation community across Canada; and
- * Promote the conservation contributions of waterfowl hunters and encourage hunting participation.*

* Source: Wildlife Habitat Canada www.whc.org



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Update from the Marsh - con't

The Results in our Region

The Eastern Habitat Joint Venture (EHJV) is the financial program that supports all four Atlantic Provinces, as well as Québec and Ontario, with 780 million acres, or 30%, of Canada's wetlands. This includes coastal bays and saltmarshes, floodplain wetlands, and boreal forest wetlands. Species such as the American black duck, the mallard, the ring-necked duck, the green-winged teal, the goldeneye whistler, the common eider, and the Canada goose all benefit from the investment in a variety of habitats.

There *is* a point of concern. The current cost of the stamp is \$8.50, which was the price set in 1991! The price remains unchanged and, of course, the cost of ecological services has greatly increased. It doesn't require a rocket scientist to proclaim that there must be an increase in the stamp's price to deliver more programs. Please note, the Federal Department of Environment and Climate Change had planned to do this until the recent federal election was called, and so we wait. Hopefully, the 2021 stamp and permit will increase to a reasonable fee. In the United States, their stamp increased to \$25.00 last year.

Since I love trivia, it's only fitting that we close with this little known fact:

If one could line up, end to end, all the WHC stamps sold since 1985 in Canada, the line would stretch 225 km. That's longer than PEI!



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Interested in becoming a supporter?

- Find the app "My DUC" on www.ducks.ca
- Attend an event. The Valley Chapter dinner auction will be held on Saturday, April 25th, at Wheelock Dining Hall, Acadia University. Dinner/membership is \$50 per person, reduced cost for youth.
- Are you interested in becoming a volunteer? Ducks Unlimited is, first and foremost, a grassroots organization.
- Are you a landowner with land that could be enhanced as a wetland?
- DUC provides wetland field trips for students in Grades 4-5. Their curriculum is environmental, and DU's education program is fully approved. Local schools go to Miner's Marsh in late May/June. Schools are always looking for sponsors.
- Looking for a science project for school or want to learn more about current issues, such as sea-level rise? Lots of information is available on the DUC website.

My contact info: gc_jones@yahoo.ca



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Community Clubs & Events...

Centreville 50-Plus Club

by Darrell E. Spurr, President

After taking a break over Christmas and New Year and a one-week storm delay, Centreville 50-Plus restarted on January 15th. In April, we will celebrate our 11th anniversary. The club continues to grow, as we recently welcomed several new members.

We meet Wednesday afternoons from 1:30 – 4:00. Games played include bridge, cribbage, 45s, sequence, and the ever-popular aggravation. Mid-afternoon, we take a break and enjoy coffee/tea and a light lunch. In February, we celebrated Valentine’s Day, and on March 11th, we wore green and celebrated St. Patrick’s Day. Monthly birthdays are celebrated on the 3rd Wednesday of the month, with cake and photos.

Area seniors are invited to drop by on any Wednesday, and we will find a game to play.

For info, call Darrell or Myra at 902-678-7209.

Spring and Summer Clothing Give Away

at the
Centreville Baptist Church

Friday April 24th 9:00 - 11:30 am

Donations of good, clean clothing, towels, bedding, curtains, footwear, etc. are accepted mornings at the church after the Easter Holidays until noon on Thursday April 23rd



No winter items at this time.

Thank you for your support.

For more information, contact Madeline at 678-7584 or the church at 678-1946.

The Good Neighbour Club

by Susan Wood

The Good Neighbour Club celebrated the 14th anniversary of the Big Breakfast on February 15th. Turnout was great, with some new faces. We have had great success with the breakfast, and do appreciate the support of the volunteers and the community.

After a delayed start this year—the January meeting was cancelled due to stormy weather—meetings have resumed on the third Thursday of the month at 7:00 pm at the hall. All women in the area are welcome to attend.

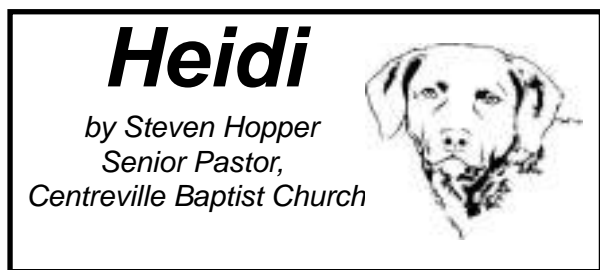
*Congratulations to Gilbert Allen
on his induction into the
Atlantic Agricultural Hall of Fame
on October 17, 2019.*

NOTICE

Due to the COVID - 19 situation
the Good Neighbour Club’s
Big Breakfast
scheduled for
Saturday, March 21st
has been
cancelled.

Future breakfasts are cancelled until further notice.

*"The greatness of a
community is most
accurately measured by the
compassionate actions of its
members."
Coretta Scott King*



I love dogs, and it is all because of a Chesapeake Bay retriever named Heidi. My dad brought Heidi home as a pup. She was the runt of the litter. As I recall, her ears had been chewed by the other pups, and her hair was full of dander caused by her mother's neglect. Very little was attractive about her appearance. It wasn't long, however, before my parents nursed her back to health, and she took on the looks of a fine dog.

We were not often allowed to play with her when she was young. My father was training her as a hunting dog. When fully trained, she would swim out in the water and retrieve the ducks after my dad shot them. We may have been biased, but we thought she turned out to be the best dog of the litter.

We moved outside the city when I was thirteen. My dad built a small hobby farm and stopped hunting with Heidi, so she became a family pet. Now, she retrieved baseballs instead of ducks. She even liked to play hockey and would catch the puck in her mouth. Or she would run across the ice and retrieve it when one of us missed the net only to watch the puck sail across the frozen field of ice.

I recall the year when we were playing hockey outside after a spring thaw. The brook had some open spots in it, and, as fate would have it, someone shot the puck and missed the net. The puck floated across the ice and

went into the open water. Next thing I knew, Heidi dove into the water and, a few minutes later, came out with the puck. Best retriever ever!

What I remember most is that Heidi waited every school day at the end of the driveway for me to come home on the school bus. My stay-at-home mom said the dog knew what time the bus came, and would go out at the same time every day and wait. Heidi would be there for me as soon as I got off the bus to give her a scratch behind the ears, and walk with me back up the driveway.

There were days, however, when I stayed at school and played sports, and didn't take the bus home. The bus would drive by the house without stopping. There Heidi would be, left waiting at the end of the driveway for nothing. As I think back, that must have been disappointing for her. There Heidi would be, walking back up the driveway with her head down, all alone.

Have you ever been disappointed? I am sure that you have been, the same as I have. My beloved dog aged, got arthritis, and had to be put down. I was sad. It is at times like these that many people speak to us using religious platitudes like, "Jesus never disappoints." These sayings are not completely true. Jesus does not take away all of our disappointments so that life becomes nothing more than an enjoyable ride on a merry-go-round.

What Jesus does promise is to help us as we struggle under the weight of disappointment. The Bible says, "Cast all your cares upon him because he cares for you!" (1 Peter 5.7) If you are struggling with disappointment, I encourage you to tell it to Jesus in prayer and then watch as he helps you cope.



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
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1942 Hwy 358 Centreville, Nova Scotia
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Email: info@delfthaus.com

Story from the Family Farm

by Mack Frail

I write the following to recognize the Centreville Baptist Church, which has served the community for over 100 years. This brief church history is not intended to make comparisons with other denominations or those mentioned.

Construction of the Baptist church was completed in 1919, and it was dedicated on May 16, 1920. The first Baptist church was built at the intersection of Highway 359 and Sherman Belcher Road. The building remains opposite the Centreville Post Office, with the steeple and belfry that indicate that the home was formerly a church. Dr. Rev. Freeman Fenerty provided me with information concerning the church. When Freeman was a boy, he often visited with his brother, Clark Fenerty, who was employed on the Cad Roscoe farm. In later years, Freeman also worked on the Roscoe farm. His name, with others, was carved on the bunkhouse wall. Freeman shared with me that, when he was twelve years old, he was sitting on a lumber pile with his friend Lewis Manson when he overheard a conversation between Rev. A. J. Prosser and Ruben Thorpe. The lumber was where the former church is located and was for the building of the Centreville schoolhouse, which is presently the Centreville Community Hall. Ruben Thorpe donated the land for the Centreville's first Baptist church, and the conversation that was overheard was Ruben asking Rev. Prosser where he wanted the church to be built. Rev. Prosser's reply was that he wanted it built where the former Bowles Store was located at that time.

The former Bowles Store was moved to its present location, the first house beyond Centreville corner, on the hill and north of Highway 359. The building was renovated with a lot of changes. The changes included a section built on the back and a veranda built on the front. The veranda is now a sunporch. I have always felt a connection to Centreville's first Baptist church because my father, Wallace Frail, purchased the house after his return in 1919 from serving in World War One. In 1921, the year after the church was built, my mother, Mabel Isaac, arrived in Nova Scotia from England. Mabel and Wallace were married and settled in their new home. Seven of their eight children were born and grew up in the home. I am the seventh child, and the last to be born in the farmhouse. My younger sister, Rachel, was born in the Kentville hospital. Another connection that I have to the first Baptist church is the livery stable that was located near the church. In 1939, my father purchased the building, and I watched from the old post office window when it was moved on skids by several teams of

oxen to a location on our family farm. Wallace made use of the building as a cooper shop that he operated for many years, making barrels for the local fruit growers. The building remains on the property. From about 1885, family members on my father's side have lived in Centreville.

The first church in Centreville was a Roman Catholic church. It was located in front of the Serenity Gardens Cemetery, on Sherman Belcher Road. The land for the church and cemetery was donated by Josiah Sweet Rusco (later changed to 'Roscoe') in 1856. I expect that the church was built about that time. The first burial in the Roman Catholic cemetery was in 1858. Centreville had a large population of Irish, who were Roman Catholic. Their numbers had dwindled before 1900, and their church on Sherman Belcher Road was vacant until 1910, when it was moved to Woodside.

There was a settlement on Banes Road in Centreville that extended into Sheffield Mills. French Acadians were the first to settle there and, after their expulsion, the Irish settled in the area. The evidence of an early settlement in the area includes rock foundations, and the settlement is mentioned in old diaries and writings. Artifacts have been located that include underground wood and clay pipes. It became known as Atlanta, a name that was probably applied and used after the arrival of the New England Planter settlers in 1760. There is a cemetery in Atlanta where the graves are unmarked, and an indication of a very early Roman Catholic church there.

The first documented church, and the nearest to the area that became Centreville, was built in Chipman Corner. It was built by the early French Acadian settlers in 1768. It was a Roman Catholic church known as St. Joseph Church. During the expulsion of the Acadians in 1755, St. Joseph Church was set on fire and destroyed. In 1768, the New England Planters who settled in the Chipman Corner area built a church near the previous location of St. Joseph Church. They were Congregationalists, a faith derived from the Puritans who formed the Massachusetts Bay Colony in 1629 – 1630. Many of the New England Planters were descendants of the Pilgrims and the Puritans, and they brought some of their former ways, which included religious faiths, with them. Hadley Chipman and his son William Allen Chipman settled in the area that became Chipman Corner. Space does not allow me to describe the influence that the Chipman families had on the early churches and the history of Kings County.

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

The New England Planter settlers living in the Centreville area of the Cornwallis Township attended church at Chipman Corner. I have thought of the distance that it was to travel by horse-drawn transportation.

Henry Allien was born in Newport, Rhode Island, on June 14, 1748. He moved with his family to Falmouth, Nova Scotia, in 1760. In 1775, at the age of 27, he began to preach as an Evangelist Minister. He was recognized as a great speaker, and many more credits are attributed to him. His faith was Congregationalist, but he preached concerning his belief that became known as his New Light Movement. His preaching in the Congregational Church at Chipman Corner caused many of the congregation to follow the New Light Movement.

Attendance fell off at the Chipman Corner church, as members thought it was not conveniently located. The result was that, in 1807, the original First Cornwallis Baptist Church in Upper Canard was built. Rev. Edward Manning, known as 'Father Manning', was the first minister. Many of the Baptists from Centreville attended church there.

After Rev. A.J. Prosser's three years as senior pastor of the first Centreville Baptist Church, seventeen additional pastors served, including our present senior pastor, Rev. Dr. Steven Hopper. There have been many special speakers and those who have temporarily filled in. I was acquainted with most of the ministers, including Rev. Dr. Freeman Fenerty who I have previously mentioned.

The Centreville Baptist Church was affiliated with the Upper Canard Baptist Church. In 1974, the Centreville church members voted to become independent. I have a lot of memories of attending Sunday school in the old church. I also have memories of attending church services with my father and older siblings. I remember the people who worked for, and were connected to, the church. I am aware of the important part that the Centreville Baptist Church has played in the community. I have a lot of wonderful and interesting memories that involve both the old church and the new Baptist church on Murray Drive, which was dedicated on March 30, 1997. The church continues to be the backbone of the community.



Jason Vander Honing

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News from the Legislature

This past Tuesday saw the tabling of the budget. The budget projects a surplus of \$55 million on a total income of \$11.5 billion. That sounds like a lot but is akin to spending \$115 and having 55 cents left over. Nevertheless, a balanced budget is to be applauded.

There are questions about whether the budget adequately addresses two very serious concerns. The first is the impact of the closing of Northern Pulp, and the second is the huge increase in capital debt.

The closure of Northern Pulp is predicted to seriously impact the lives of 11,000 forestry workers and has caused the loss in land values for 30,000 woodlot owners. The actual job losses that will occur remains unknown, but will certainly be a significant number. The loss of revenue in rural Nova Scotia will affect everyone, from car dealers to hairdressers. The province will also lose revenue while incurring transition costs, plus a potentially very large payout to Northern Pulp. That payout will be due to the province's unilateral breaking the contract Northern Pulp had to use Boat Harbour until 2030. Will we be liable for lost profits to 2030? Possibly! All told, one questions the validity of the budget's projecting increased tax revenue.

The second concern is the immense increase in the capital budget to just over \$1 billion. While the minister of finance has characterized this as good debt, it is debt nonetheless. With all the projects announced, the province's projected debt will jump to \$17.9 billion by 2024. The increased capital spending will certainly trigger economic growth, but it remains to be seen if we can spend ourselves to prosperity.

A shock to me was seeing that we had underspent the hospital maintenance budget by \$60 million last year. This coming year, the hospital maintenance budget is down by \$90 million. If we won't maintain our current buildings, does building new make any sense? It appears the decision is being made based on the political need to have a current budget surplus. Failing to maintain the buildings we now have only costs us dearly in the long run.

A significant factor in our balanced budget success to date has been the steadily increasing transfer payments from Ottawa. This year, the province is benefiting from an additional \$395 million in transfer payments to a total of \$3.616 billion. The fact that, during the Liberal government's time in office, we continue to average 10% year-over-year increases in transfer payments, indicates that our economy increasingly lags behind the rest of Canada. It's a troubling sign that needs to change and certainly casts the good-news budget in another light. Our province also has the lowest average family income and was the only province to see an increase in child poverty.

If you have questions about the budget or the forestry transition fund, please email or call my office.

Coronavirus or COVID-19

There is a possibility that the coronavirus will significantly impact Nova Scotia. If that does happen, my office will forward any information we receive. Meanwhile, it's good to consider general health and hygiene precautions. One family I know of immediately washes their hands upon coming home. It seems like a good idea. For your information, I continue to ask the Minister of Health about the family doctor shortage in the Annapolis Valley. The best health plan starts with having a family doctor! With the coronavirus concerns, that becomes all the more important. If you do not have a family doctor, please put your name on the list by calling 811.


I welcome your questions or concerns on any topic!

Thank you,
John Lohr, MLA Kings North

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Kings 2050 is Done and Dusted

I started paying attention to land-use planning issues in 2008, four years or so before I became your Municipal Councillor in 2012. Kings 2050 was officially launched in 2011.

On March 2, 2020, when I read the resulting Ministerial Approval of our County's new Municipal Planning Strategy & Land Use By-law, I felt a deep sense of satisfaction, relief, and thanks to everyone who brought this work to a very positive conclusion.

These documents will guide development in the county until 2050, maybe even beyond. They are the result of hundreds of hours of public engagement sessions and scores of long Planning Advisory Committee meetings, where both councillors and citizen appointees slogged through detailed reports and considered staff recommendations.

The documents are a stellar example of how farmland can be protected from non-farm related development, and how a variety of residential and commercial options can provide safe, progressive development within our growth centres. In this district alone, over 400-acres were converted from lands slated for residential development to agriculturally protected lands. Thanks are owed to farmers who took time away from their fields and barns to provide invaluable advice, and to residents, organizations, and business owners who described to council how development should, or should not, occur between now and 2050. This is democracy at its best! So...

Congratulations!

...to everyone who kept our feet to the fire and steadily helped difficult discussions to roll forward! Elected officials can't succeed without citizens bringing their knowledge and skills to bear, and pushing us to make the best possible decisions.

Canning Food Bank

When the budgets of families living in low-income circumstances hit critical lows, there's the option of receiving supplies at the food bank. Where service is available depends on your postal code. The food bank operated for Centreville residents is at the Canning Lions Hall on Seminary Avenue. It permits only one visit every four weeks, although a children's snack bag is available every two weeks.

Based on the observations of regular volunteers, the model for distributing food is headed towards some worthy changes. Thanks to Gary Long, a long-term volunteer, Brian Hirtle, Meg Hodges, and I had the opportunity for a tour.



L-R: Meg Hodges, Pauline Raven, Gary Long, Brian Hirtle

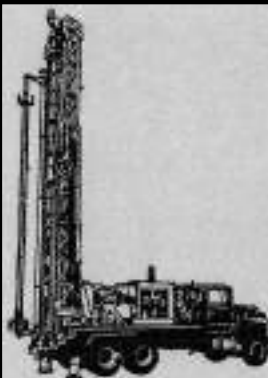
It was a worthwhile exchange of information that should result in some help from the county. Space improvements are clearly needed to better serve residents and assist volunteers.

We also learned that an extra volunteer or two would be a welcome addition, especially on Wednesdays, when the food bank opens its doors from 11:45am-2:30pm. The food bank's number is 902.582.3886. If you are interested in hearing more about a volunteer role, please contact Gary Long.

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Recipe from Blueberry Acres
 by Margie Brown



Blueberry Oat Bars

Berry Layer:

- ½ cup sugar
- 2 tablespoons cornstarch
- ¼ cup water
- 2 cups Blueberry Acres blueberries
- 1 tablespoon lemon juice

Oatmeal Crust and Topping:

- 1-½ cups oats (regular or instant)
- 1 cup all purpose flour
- ¾ cup packed brown sugar
- 1-½ teaspoons Baking powder
- pinch salt
- 1 cup butter or margarine

Berry Layer: In a medium saucepan, stir the sugar and cornstarch together. Mix in the water, blueberries, and lemon juice. Bring to a boil over medium heat, stirring. Reduce heat and simmer, stirring until thickened, about 5 minutes.

Oatmeal Layers: Preheat oven to 350 F. Grease an 8" square baking pan. In a large bowl, stir together oats, flour, brown sugar, baking powder, and salt. Drizzle with the melted butter and toss with a fork until well combined. Press half of this mixture into the baking pan. Cover with berry mixture. Sprinkle with the remaining oat mixture. Bake for 40-45 minutes or until golden and bubbly.



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***Meet Amy McCormick, RMT, RAPID Specialist at
Valley Massage Therapy Clinic***

Amy McCormick is one of our registered massage therapists at Valley Massage Therapy Clinic. She has a keen sense of knowledge of anatomy and how our bodies function, both physically and psychologically. She thinks outside the box, dissecting an issue starting at the bone, focusing on the nervous system, and finding the root of the condition for an effective treatment.

Amy doesn't generally believe in modern medicine for pain relief as, most of the time, it only masks the pain instead of fixing the reason why the pain is present. Long- or short-term use of pain medication has the potential to create chronic pain syndromes, encouraging further medical problems—illness, injury, and emotional/mental illnesses.

"If breathing is not normalized, no other movement pattern can be." Karel Lewit

The majority of Amy's treatments begin with normalizing the breathing pattern through innovative techniques that are engaging and fun. Along with her assistant, resident Skelly the skeleton, she educates her clients to give them a better understanding of their bodies. A pain-free movement begins with breathing and neutralizing each person's posture. A person's occupation, hobbies, amount of driving, exercise, sleep patterns, past or present injuries, illnesses, and the way you sit while watching TV all have an impact on a person's wellbeing. Over time, each position creates a posture and breathing habit that can affect the way your body perceives pain. This potentially can result in a decreased ability to move through a motion.

The goal of each client is to achieve pain-free movement throughout their day. This is not possible through a one-time treatment, but a series of treatments close together to nip it in the bud without further delay. With education, interactive, and sometimes 'off the wall' exercises, Amy uses movements mimicking daily tasks to reset our muscle memory and help with the road to recovery.

Amy's goal for success does not rest solely with her healing hands but as a team effort, building a trusting relationship with each client to see them walk away pain-free, functional, happy, and proud of their accomplishment.



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Firewood & Kindling for Sale

No Earthly Good

by Steve Hopper

In 2013, I did some research in an attempt to answer the question, "Why do the adult children of current church members stop coming to church?" After reading many books on the topic, I interviewed eight individuals who were involved in church as children but no longer attended as adults.

Here is what I found: The church, they said, had become so heavenly minded that we were no earthly good. We were so focused on preparing people for eternity that we forgot that God called us to alleviate suffering on earth. They believed that it was part of the church's ministry to provide spiritual and religious training that focused on Jesus Christ. They correctly pointed out, however, that this can never be done to the neglect of helping people live a better life in the here and now.

To correct this, I and other Christian leaders realized we needed a more holistic approach to ministry. This meant that we would develop programs to care for people's souls, bodies, relationships, and mental health.

At Centreville Baptist Church, we have developed and will continue to develop our own programs. This is an enormous task, and, as a church, we cannot do it alone. So, we have partnered with other organizations and groups to help us with this mandate.

Let me introduce you...

One of the groups the Centreville Baptist Church has partnered with is Young's Uechi-Ryu Karate and Fitness Club. What follows is a brief history and introduction to the club.

Patty Young began training in Uechi-Ryu ("way-chee") Karate in 1996 at the Kentville Karate Academy, a club that traces its roots back to the late 1970s. Two years later, she began teaching in the children's classes. Patty, along with her friend and training partner, Kristin Amirault, ran the children's program for many years. In 2003, as a 2nd-degree black belt, Patty became the owner and head instructor of the club. She changed its name to Young's Uechi-Ryu Karate & Fitness in 2010 when it relocated to New Minas. Patty and Kristin, now 5th-degree black belts, have over 40 years of combined experience teaching karate to all ages and abilities. Our youngest class starts at five years of age, but Uechi-Ryu is a style of karate that many people practice in their 60s, 70s, and even 80s.

Patty, Kristin, and their dedicated brown and black belt instructors work hard to run classes that are both fun and challenging, and to help students achieve their goals and reach their potential. Young's Karate has a warm, friendly, supportive atmosphere where students learn new skills, improve their balance, coordination, strength, and flexibility, and learn respect and discipline, as well as self-defense. Karate classes are good for the mind, body, and spirit.

Over the years, four of Patty's students have earned a spot on the provincial Karate Nova Scotia team, competing at provincial, national, and international level tournaments. Patty's club is a member of three karate associations, which provide students with opportunities to participate in tournaments, group workouts, and seminars each year.

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Young's also currently offers three fitness classes: pound, taught by Bergie, cardio kickboxing, and a low-impact free-weight class taught by Patty, Natalie, and Carolyn. These classes are a great workout, lots of fun, and set to energetic music. The fitness instructors are enthusiastic and always ready to help new students learn techniques and sequences, and modify exercises for individual abilities.



This is what two of their students have to say about the club.

"Always a welcoming atmosphere, I feel supported in my fitness goals, and it is a fun and challenging workout. I love how it can be modified for beginners easily but also amped up to an advanced kickboxing class, so you are always pushing yourself to create positive change." Lorrie

"I have been going to Young's Karate since 2015 and have my purple belt now, going for my stripe. They have helped me win many gold medals, as well as silver and bronze. I love everyone there, and they gave me confidence, and I can't wait to achieve my junior black belt." - Khloe

The club is always looking for new students to join its family and would love for others to reap the many benefits the classes offer. As well, she welcomes anyone wanting to drop in and watch a class.

Patty Young can be reached at (902) 542-7741 and on Facebook.

For information about classes at the church, go to <https://www.cbckc.ca/facilities>

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Centreville's Annual Quilt & Rug Hooking Show

Fri. May 8, 2020- 10am-5pm
Sat. May 9, 2020 - 10am-3:30pm

Centreville Baptist Church
Murray Drive, Centreville, Kings County N.S.

Admission: \$5.00

Featuring:

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

Merchant Mall

Display by The TARTS - A local quilt artist group
Door Prizes

Friday: Lunch \$10.00
Saturday: Lunch \$10.00

Quilt and Rug Registration - Wed. May 6th - 9am-8pm
For information:

Sharon at 902-678-2836 / mmanzer@eastlink.ca
Ruth at 902-678-4206 / ruthbentley76@gmail.com

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Centreville Park and Recreation Association

George Graves, President

At our January meeting we discussed projects and grants for the new year. Different views were expressed concerning the installation of the new ballpark in the first soccer field, backstop side fencing on both sides of infield, dugouts for players, and benches for spectators.

Plans include:

- * extend the trail along Sherman Belcher Road sometime in the near future;
- * a new lime shed by the large ball field and BMX trail;
- * upgrade the electrical panel from a 60-watt to a 100-watt outage to ensure better performance, and include a breaker switch box; and
- * application for a student in July and August to mow and perform other park duties.

We will be applying for grants to accomplish these plans.



Baseball season will start again this July and we are hoping to have 200 players this summer.

Our area rate meeting was held on February 19/20. An increase of \$1.00, bringing the rate to \$26.00 per dwelling this year, was proposed and voted on. The vote was 50 to 3 in favour of the increase.

We are always looking for more volunteers to help out and to participate at our monthly meetings held on the 3rd Wednesday of the month – 7:30 pm at the community hall.

Centreville Park Maintenance and Improvements

by Aaron Dondale, Park Director

Residents in Centreville are blessed with a beautiful 38-acre park with four baseball diamonds and wooded walking trails through old growth native forest. The park has a playground, a BMX bike circuit, and a soccer field. There is also a tennis court that is used for basketball, ground hockey, and youngsters learning to ride bicycles.

Park projects worked in 2019 included:

• Trail blazing and accessibility maintenance	\$5,000
• Improvements to the parking lot	\$2,500
• New baseball netting (main field)	\$700
• Electricity, insurance, compensation	\$3,800

Park projects planned in 2020 include:

• Trails re-surfacing and accessibility maintenance	\$18,000
• Tree / bush trimming	\$5,000
• New signage (park rules, maps)	\$4,000
• Electrical upgrades (panel, outlets, lighting)	\$3,400
• Woodchips for the playground	\$2,000
• New basketball hoops	\$400
• Electricity, insurance, compensation	\$3,800

The park is maintained and operated by the Centreville Park and Recreation Association, comprised of community volunteers. Park maintenance and improvements are funded by an Area Rate and government grants, as well as by donations of money, assets, and time from local businesses and community members (current and former). Every donation helps and is greatly appreciated!

If you would like to be involved, the Centreville Park and Recreation Association meets on the third Wednesday of each month at the community hall, at 7:30 pm. Please come by and say hello.



ELDERDOG CANADA

by Elizabeth Deamone
Contact Person, King's County ElderDog

ElderDog Canada is a national, non-profit, registered, charitable organization dedicated to ageing people, ageing dogs, and the important connection they enjoy.

ElderDog Canada was started in 2009 by Dr. Ardra Cole, a professor at Mount Saint Vincent University. Since its beginning, it has had exceptional growth and now has twenty-three pawds (chapters) across Canada. There are seven pawds in Nova Scotia, where ElderDog's national office is located. ElderDog Canada relies entirely on fundraising and donations to support our work. We are 100% volunteer-run, and all our services are free of charge for the elderly.

The King's County Pawd was started six years ago. Although we are called King's County Pawd, we cover a territory from Ellershouse to Digby. Since we began, our dedicated volunteers have been busy planning events, including displays, yard sales, farm markets, and various fundraising events to bring awareness to ElderDog and the services we provide to the elderly within the community. All volunteers must pass a criminal record check, and they wear approved photo identification cards when representing ElderDog Canada.

We have helped more than eighty elderly people and their canine companions through our *in-home support* and *rehoming* (adoption) programs.

ElderDog Canada provides *in-home support services* to help seniors keep their beloved canine companions at home with them as long as possible. This includes walking dogs, helping with basic hygiene, and taking dogs to appointments—whatever non-financial basic care may be necessary to help seniors and their dogs

stay together. We also offer temporary foster care if an elderly person needs to go into the hospital for a specific period.

Sometimes, seniors may need to relocate and are unable to take their beloved canine companions with them. Or, they may simply be unable to care for their dog. At ElderDog Canada, we can help make the transition as easy as possible. Through our rehoming program, we can provide reassurance that their beloved dog will be placed in a new, loving home and cared for for the rest of the dog's life.

The success of the King's County Pawd has been made possible by the great community support of veterinarians, groomers, trainers, pet shops, local businesses, and the general public. And, of course, the volunteers, who tirelessly work to bring awareness to ElderDog Canada and provide services to the elderly within the community.

On May 23, we will hold our 3rd Annual Doggie Expo, Paws for a Cause. This is King's County Pawd's main, and most successful, fundraising event, and will include vendors from our local doggie businesses, ElderDog Canada merchandise, and a doggie item swap (exchange your clean, gently-used doggie items for one of ours, or purchase ours for a goodwill offering), plus other fun activities. Pet nail trimmings and photographs will be available. The general public and their on-leash canines are welcome and encouraged to partake.

Be sure to join us at the New Minas Firehall, Saturday, May 23, 2020, 10 am - 2 pm. The entry fee is a goodwill donation. All proceeds raised will go towards ElderDog Canada, which supports our very own local King's County Pawd.

If you know of anyone needing our services, or who is willing to volunteer, visit:

www.elderdog.ca, <https://www.facebook.com/elderdogkings/>, or call us toll-free at 855-336-4226.

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Ruminations on Remembering

by Sylvia Gard

Who is she? This picture of a young woman with her soft blue sweater, her tiny earrings, her eyes gazing calmly through the glass. This picture on the living room wall. Perhaps on many walls around the country.

Ordinary in one way but the presence in her posture suggests extra-ordinary.

She stands apart from the other pictures of somewhat dour forebears who encircle the room.

And yet she, too, calls for a certain veneration.

The child is on the cusp of meaning-making. She wonders who is this person? Well, she knows whose picture this is but, really, why is her picture on the wall? And why is her image front and centre in the living room?

Never does she ask these questions aloud. Each visitor, upon being invited into the living room, invariably looks at this picture, turns to the mother and asks, 'Is that you, Olga?'

In the space between the question and the answer, the mother lingers.

Even as the child grows older, she, too, lingers in this space. Might she voice something about the poise of the figure, the calmness of her gaze, the assurance of responsibility, a certain dignity in one so young?

Might she voice something about the road ahead?

Might she empathize with her responsibilities, perhaps her loss of personal freedom? Might she make note of the inspiration this young woman invokes? Might she be aspiring to be like her? Might she be wondering how it would feel to be seen and photographed in a similar way? Is she imagining what it might feel like to be her, here, in this living room, kitchen, bedroom even?

"No-o-o. It's a...it's a picture of Queen Elizabeth", the mother finally says.

What is the child hearing in the reluctant response?

Remember who you are.

The child, still a child but closer to the cusp of adulthood, is standing in an Honour Guard, awaiting inspection by the Queen. Even though an organizer, in her enthusiasm, has given the Honour Guard small flags to wave, the Queen does not waver in her role as the Inspector of the Guard. Despite the waving flags, despite the nervous jittering, despite the now informal stance, the Queen moves slowly along the Honour Guard inspecting each girl. As Her Majesty approaches, the child braces in expectation of being seen in disarray, in her imperfection. Instead, the inspecting eye reflects neither approval nor disapproval. In that momentary connection, the child becomes visible.

Through the seeing eye, she hears the message.

Remember who you are.

This child has now grown into her thirtysomethings. An adult, it is thought. She is drawn to a photographic exhibition of portraits of the Queen Mother. Taken to celebrate the arrival in a particular life stage. The photographs are large, as if to complement the presence of this person. She does feel large, not large as in overpowering but large in warmth, kindness, lightness of spirit. "Come closer", she seems to say. "I am so very glad to be alive, to be learning and living and loving the world in which I move. I find it so easy to be gracious, to delight in the sparkle and wonder of you."

Remember who you are.

It is sometimes said that, when a mother is in that intense transitional stage of child birthing, she reaches to the heavens, gathers the celestial about her, bringing back a crown of stars for this child emerging from the womb.

Remember who you are.

Remember where you come from.

Queen Elizabeth II

Born 1926, Crowned as Queen in 1952
Royal Tour in Prince Edward Island 1959

Her Majesty the Queen Mother

Born 1900 Died 2002

Photo Exhibit, Fredericton, NB, 1975
honouring her 75th birthday

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

Contact Betty Harper
902-678-0041

timharper@eastlink.ca