

THE CENTRE POST

Issue 70, March 2023

Next Issue: June 2023: Submissions Due: June 1, 2023



Canning Food Bank

by Gail Salmon

In the last few years, the cost of living has increased substantially. We have been hit with COVID, causing shortages and shipping delays, gas and fuel oil hikes, and resulting in everything becoming more expensive. Some of us can tighten our belts and hope that, in time, prices will drop, but others have lost jobs, the elderly are on fixed incomes, and families, suddenly finding themselves unable to cope, must decide whether to heat their homes, pay their bills, or feed their families.

I received a message from Lana Kamennof-Sine and Fred Davis, two members of the Board of Directors and very caring volunteers of the Canning Food Bank: They asked me to write an article informing people who are in need of a hand-up about accessing foodbanks when it comes to groceries, toiletries, and hygiene items, and—hopefully—to find volunteers to help with the work that goes into this needed organization.

The Canning Food Bank began in 1995 in the Canning Lions' Hall Building at 1000 Seminary Street, thanks to Lion Kenneth Tibbett, the founder. Only a fraction of the basement was needed for the food bank at that time: the first year, there were 79 households, totalling 242 people, using the food bank's services. Over the years, the numbers have increased:

2017: 623 households = over 20 tons of food with a value of more than \$100,000
2021: 854 households = 2286 people
2022: 974 households = 3006 people
2023: 105 households = 354 people
In the first six (6) weeks

I toured the space: all except two rooms are used for the food bank. There are shelves of canned food, cereals, and other pantry food items. Welcoming pictures on the walls and in the hallways were painted by artist Doretta Groenendyk, helped by her spouse and local teacher, David Fitch, in preparation for the pre-COVID shopping model. Several freezers, refrigerators, and a walk-in cooler must be maintained and regularly checked to ensure the temperatures are within government regulations. If there is a power failure, someone must turn on the generators and monitor them carefully. Pantry food must be checked and rotated, so those items with the closest 'best before' dates get used first.

The application process allows you to drop in and complete a registration form on your first visit, and someone will be available to answer your questions. Valid identification, with a birth date and address, is necessary for you and everyone in the family. The services are free.

The food bank is open every Wednesday of the month, from 11:30 a.m. until 2:30 p.m., unless there is an emergency or weather closure. Those are posted on local and CBC radio stations, Facebook, and voice mail. The food bank is also open 5:00 p.m.- 8:00 p.m. one Wednesday every month, **by appointment only**, for those who cannot make it during the day. You may call 902-582-3886 or message us on Facebook before 10:00 a.m. on Wednesday to request a delivery or make an evening appointment.

Each household receives a base box proportional to the number of family members; the intent is to provide emergency food support and fodder for lunches for all school-aged children. Boxes are weighed and recorded. Base boxes include additional items: for example, one week in February, they contained a variety of foods and baking goods, pet food, diapers for all ages, feminine hygiene products, soap, shampoo, toilet paper, razors, deodorant, COVID test kits, hand sanitizer, face masks and more. Items may vary slightly every week based on availability. Lana mentioned they have even given out recipes for preparing different vegetables or canned goods offered, such as a hummus recipe distributed due to an overstock of canned chickpeas. Various recipes for zucchini and beets, not to mention delicious pineapple cookies, have been shared by patrons, too.

Anyone interested in donating can drop food off at the Canning Post Office when it's open, at the Canning Food Bank early on Wednesdays, or by contacting them by phone, Facebook, or email to find a mutually convenient time to drop off goods. Financial donations can be made in person or as an e-transfer via Facebook messaging or email. Wayne Dykens, who's been with the food bank since it began, is also on the Board of Directors. He was a volunteer delivery driver

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: centrepostlady@hotmail.com

To place an advertisement, contact:

*Geof Turner
902-300-0947*

geofturner2020@gmail.com

Centreville Hall Rental

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

Editor's Note

As usual, this issue coincides with a change in seasons. Its not surprising if some of us have had difficulty recognizing which season is which these past several months—even the birds seem confused! Winter has been brief, but did pack a punch. A special thanks to those who helped dig their not-so-hardy neighbours out from under the snow.

As always, this issue contains a variety of submissions—educational, informative, thought provoking, and memory evoking. We hope there is something of interest for each of you. Thank you to our contributors, who make the *Centre Post* worthwhile, and to our advertisers who make it possible.

We encourage anyone who is interested in contributing material or becoming involved in the production of the newsletter to contact Suzanne:

centrepostlady@hotmail.com

Anne-Marie

Note: *Submissions may be edited for length and/or clarity. Content will not be changed.*

What's Inside...

Canning Food Bank <i>Gail Salmon</i>	1,3
From the Editor.....	2
Story from the Family Farm <i>Mack Frail</i>	4,5
Recipe from Country Magic <i>Margie Brown</i>	5
Studio 1910 <i>Gail Salmon</i>	6,7
Update from Premier Tim Houston.....	8
Concrete House Museum <i>Terry Drahos</i>	9
Community Clubs:50+- <i>Club, GNC, Park</i>	10
Update from the Marsh <i>Gren Jones</i>	11
News from the Legislature <i>John Lohr MLA</i>	12
District 2 Meeting.....	13
Baptist Church News.....	14
Companions of the Night <i>Sylvia Gard</i>	15
In the Community.....	16

Centre Post Staff:

Suzanne Trudeau - Lead Editor
Anne-Marie Waterbury - Editor
Geof Turner - Advertising
Madeline Sheffield - Distribution
Gail Salmon - Roving Reporter

Website: www.centreville-kings-county.com

Email: info@centreville-kings-county.com



In case of emergency,
Automated External Defibrillators
(AEDs)
are located inside the main
entrances of the
Centreville Community Hall
and **Centreville Baptist Church**
and attached to the side of the
Centreville Park Building

**Be yourself; everyone else
is already taken.**

Oscar Wilde

Canning Food Bank - con't



Logan Morse
REALTOR®
902.680.5752
loganmorse@royallepage.ca

ROYAL LEPAGE *Atlantic*
GO BEYOND

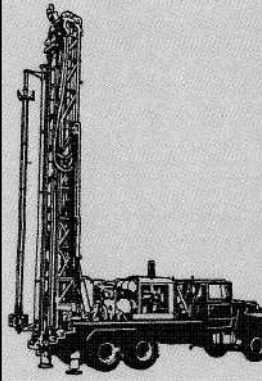
8999 Commercial Street
New Minas, Nova Scotia B4N 3E3
Ph: 902.681.4663 Fax: 902.681.1825
www.royallepageatlantic.com



White Family Funeral Home
100 Cornwallis Street, Kentville, N.S. B4N 2E4
Telephone: (902) 678-3339
Fax: (902) 679-5404
E-mail: whiltz@ns.sympatico.ca
Web: www.whitefamilyfuneralhome.com

Greg White

Serving with Dignity, Understanding & Integrity



K.D. ROGERS
WELL DRILLING LTD.
N.S. LIC. #307
WORKMANSHIP
GUARANTEED
FREE ESTIMATES
OWNER OPERATED
PHONE: KIRK ROGERS 678-0945
TOLL FREE: 1-800-565-4021



 **KODY BLOIS**
MP, Kings-Hants

902-542-4010
kody.blois@parl.gc.ca
101-24 Harbourside Dr,
Wolfville, NS B4P 2C1

for years and the food bank's keeper of the books. Other volunteer board members include Laurie Lightfoot, the board representative for the Canning Lions Club, the generous landlords; Karen Wassenberg, who helps weekly to organize the flow, and Shane Gerrits, who not only captures board minutes but is also the 'best packer' on the evening shifts.

All that said, the true heart of the food bank is made up of the dedicated volunteers who are there, behind the scenes, every day, sorting, shopping, weighing, and organizing to make things run smoothly. The food bank also partners with the Canning Library and will take library books along with their food deliveries to patrons unable to go to the library. They also work with Open Arms, Frugal Moms Kentville, and other organizations to ensure that those in need receive help and that no food goes to waste.

As you can imagine, sorting, packing, and weighing boxes requires the work of many people, and the Canning Food Bank would love to have more volunteers. They have a core of dedicated volunteers now; with the growing numbers of patrons, there's a definite need for more volunteers to lighten the load and to step in when others are unavailable. There are volunteer roles besides doing on-site duties, such as delivery drivers or completing grant applications.

Lana praised the community and its people for all their wonderful support through the years. Northeast Kings Educational Centre's French immersion class recently donated 1,063.56 pounds of food. Stores, businesses, churches, and other organizations have all been willing to donate items or money. The local farmers donate produce, meat, and poultry. If you are interested in volunteering or donating, please feel free to call. You can go to the Canning Food Bank Facebook page, email them at canningfoodbank@gmail.com, or call [902-582-3886](tel:902-582-3886). Donating or volunteering will certainly give you that 'feel-good' moment.

The Canning Food Bank covers Canning and the surrounding area: Centreville, Billtown, Hall's Harbour, Upper Dyke, Blomidon, Scotts Bay, South Scots Bay, Lower Blomidon, Baxters Harbour, Glenmont, Sheffield Mills, Upper Canard, Canard, Lower Canard, Hillaton, Habitant, Kingsport, Medford, North Medford, Norths Corner, Middle Pereau, Upper Pereau, Delhaven, Arlington and Woodside.

Keep an eye on the food bank's Facebook page for info on everything from various government offers of assistance, e.g. Heating Rebate Program; possible local jobs; and Rewind 89.3, for promoting pop-up food drives, or helpful things like the recent [Nova Heat Pumps & Air Conditioning's](#) donation of a heat pump and free installation to the winner of the draw.

Canning Food Bank
1000 Seminar, Canning NS
<https://www.feednovascotia.ca/location/canning-area-food-bank>
Canning Food Bank Facebook

Story from the Family Farm



by Mack Frail

The Lily Pond

Hidden behind Pineo's Pet Spaw & A Dog's Day Inn is the lily pond. In more recent years, access by the public to the pond has been more difficult. My siblings and I were born in the house beyond the farm barn and north of Pineo's Pet Spaw & A Dog's Day Inn. It was part of our family farm. Students from the Acadia University Biology Department came to the pond for specimens of the rare plants that grew there. Rare wood ducks visited the lily pond, and Ducks Unlimited erected wooden duck boxes for their protection. Red-winged blackbirds were one of the species of birds that were attracted to the lily pond. Painted turtles were plentiful in the pond, and it was a skill for boys to catch them by hand. As young children, we were instructed by our parents concerning the dangers of the lily pond. My information is that no lives have been lost in the pond, though I know of a few incidents that could have ended in tragedy.

My father's active service in France during World War One qualified him to purchase his farm under the Soldiers Settlement Board. Veterans Affairs' compensation for his German bullet wounds and shell shock was ten dollars a month, which paid the interest on his mortgage loan. He was proud of his small farm that provided for his family during the difficult years. As a family of eight children, we worked together and had an attachment to family, home, and our family farm. A special part of our farm was the lily pond. The lily pond is described as a kettle. It placed Centreville apart as where a glacier settled and melted to form a large lake that has grown in with peat moss to form its present size. There were other formations in Centreville left by the glacier that have been destroyed more recently. When Centreville was a close-knit community with a lot less population, there was a special feeling toward the lily pond. It was a part of their lives because of its formation, and many other reasons too numerous to mention.

In more recent years, I operated Frail's Valley Nursery and Garden Centre with my wife, Sheila. Before a recent expansion, part of the building used for Pineo's Pet Spaw & A Dog's Day Inn was our garden centre.

Because of the history, natural beauty, and protection area for wildlife and rare plants, I was reluctant to build in the lily pond area. We made an effort not to disturb the bog area that surrounds the lily pond. During the years that we operated our garden center, our efforts to protect a conservation area formed about 18,000 years ago were successful.

Beginning about 1850, generations of people have skated on the lily pond ice. I am one of many children who learned to skate on the lily pond. I have the small skates that were handed down from my siblings, who also made use of them when learning to skate. As a reminder of a time when we had a lot less, I have kept a couple of pairs of skates that are held together with twine, wire, and rivets. Reading diaries and documents written by residents of Centreville from the 1880s, they mentioned skating parties on the lily pond. I have memories of the good times we had on the lily pond. I have worked with other boys to clear snow off the ice to make it suitable for skating and playing games of hockey. Hockey pucks would accidentally go into the bushes around the edges of the pond. We have searched for them but, usually, they could not be found. I have wondered how many lost hockey pucks there are in the bushes that surround the lily pond. I also have memories of the curved alders we used as hockey sticks and the Eaton catalogues we used as shin pads. The lumberman's rubbers that most children wore were low-priced footwear that protected the foot just above the ankle. They often served as our goalie posts.

Towards the end of February, the ice on the pond had reached its maximum thickness. It was then that some of the local dairy farmers came for blocks of ice to store in their ice houses. It was before dairy farmers had refrigeration in their barns and had ice houses where they secured the ice under sawdust. With exception of the rooves and entrances, ice houses were underground. I have pleasant memories of visiting my neighbours' children on a hot summer's day and placing our bare feet on the blocks of ice. My father would cut the blocks of ice that he sold to farmers. The blocks were about two feet in thickness and about the same size in length and width. I still have the ice saw that my father used. Men with teams of horses pulling large bobsleds came onto the pond to load their sleds with the

Story from the Family Farm - con't

large blocks of ice. In those days, before country roads were paved, teams of horses and oxen were common sights on the roadways, transporting commodities such as blocks of ice. Refrigerated methods of cooling milk in large storage tanks located in milk parlours were introduced in about 1955. Ice houses to store milk were no longer required.

Logs and high barriers were placed a safe distance from the area where blocks of ice had been removed, to prevent anyone from venturing on the thin ice. My father felt some responsibility for any accidents that may occur, and he made an effort to make sure that it was a safe place. We were always anxious to skate on the lily pond, but he would not allow us to until he had measured the ice to be a foot thick. Our climates have moderated since those days when we usually skated on the pond on Christmas Day. After we sold our garden centre, others who could have protected the lily pond for its history, wildlife, nature, beauty, and naturalist area have neglected to do so. I look towards the lily pond with feelings of sadness and guilt that I am somehow responsible for its neglect and abuse.

Harvesting ice with teams of horses...




**Centreview Farm
Wagon & Sleigh Rides**

**Scott Henshaw
7810 Hwy 221
Cell 902 670 0387
Home 902 678 3773**

Firewood & Kindling for Sale



**POEHL'S
AUTO RECYCLERS LTD.**



THE AUTO PARTS LOCATOR

Dana Poehl

**RR#1 Kentville
Kings Co., NS B0P 1J0**

**Telephone (902) 678-4564
Fax (902) 678-8099**

Microwave Blueberry Pudding



Submitted by

Margie Brown, My Country Magic

Mix and cook in a glass microwavable bowl.

Sift together:

- 2 cups flour
- $\frac{3}{4}$ cup sugar
- 2 tsp baking powder

Add 1 cup Vital Berry blueberries

Stir in:

- $\frac{1}{2}$ cup melted butter
- $\frac{3}{4}$ cup milk
- 1 tsp vanilla

Mix everything and microwave for 7 minutes.

Caramel Sauce

Mix in a saucepan:

- 1 cup brown sugar
- 2 Tbsp flour
- $\frac{1}{2}$ tsp salt

Add: 1 cup boiling water and stir;

$\frac{1}{4}$ cup butter: heat until melted and the sauce becomes thick.

Add $\frac{1}{2}$ tsp vanilla before serving.

Studio 1910, Highway 359 *by Gail Salmon*



As the community in Centreville grows, many new and exciting businesses continue to arrive to fill the needs of our evolving neighbourhood. Studio 1910 will be putting up a new sign on Hwy. 359 for a Hair and Art Studio owned and operated by Charlotte Onyschuk. Charlotte and her three sons moved to Centreville in July 2021. She loved the century-old home and visited Minnie Sheffield, once the home's owner, to have a chat and learn its history. When I visited Charlotte, she was excited to reach out and meet the community. She is a multi-talented person who radiates positivity.

Charlotte has been a hairdresser for almost twenty years. She trained at the Head Shoppe and branched out on her own, opening Alter Ego Hair Salon in Greenwich, N.S., until moving into Centreville. Charlotte cuts both men's and women's hair. She also does colouring and foils. She has customers who drive from the city and one man who makes a special trip from Truro for the perfect haircut.

Charlotte decorated the salon with her own artwork, plants, rocks, and driftwood. She invites you to visit the gallery or arrange for a hair appointment. Quiet music plays in the background to create a relaxing atmosphere. She will listen to you and personalize your haircut. Some of her clients think she does magic. She has flexible hours: you can call or text for an appointment. (902-691-4520)

The salon is also her art studio. Charlotte studied art at Nova Scotia College of Art and Design (NSCAD) for three years. She uses acrylics for most of her paintings but has used oils, pebbles, driftwood, and several mixed mediums. She has made mosaics with mirrors and sea glass. Charlotte's style is a combination of Realism, Abstract, and Visionary. Her art is vibrant and spiritual. She is a gifted artist, as evident in her work. She has displayed her art at The Tide Contemporary Art Gallery in Kentville. She has been commissioned to paint pictures of beloved pets and several book covers.



Studio 1910 con't


Charlotte's love of sharing art inspired her to have a painting party in November. She invited a class of eight to spend an evening painting on a ceramic magic mushroom or a driftwood gnome decoration while listening to music and sipping wine. She said it was such a great evening that she would like to do it again. Soon her friend Jennifer Uhlman will be displaying her art in the studio. She is also an accomplished artist who usually uses oils. They welcome you to come in and look, have a chat, and perhaps purchase a piece of art.

Jennifer and Charlotte are starting beginner yoga classes in mid-March. Both are excited to share their love of yoga.

Jennifer was born and raised in the Valley. She recently returned from Ontario and now lives in Centreville with her daughter. She believes that yoga has something to offer everyone, young and old, and is keen to start teaching yoga in Centreville this spring! Experienced yogis will benefit from her classes as well. Jennifer earned her YTT 200 certification from Janati Yoga School in 2015 and prenatal yoga certification from Yoga Space in 2018.

Charlotte has been practicing yoga since 2015 and said, "It has made me see parts of myself I didn't know existed. It is so beautiful. Find the love you seek by first finding the love within yourself."

The beginners' yoga classes will commence on March 20th: Mondays 10:30-11:30 a.m. and Tuesdays 7:00-8:00 p.m., at the Centreville Community Hall. Ten classes will cost \$140 and \$100 for seniors. Register at jenniferpaintsns@gmail.com. Please bring your mat, a blanket, and/or dress in layers.



EDGEWOOD ESTATES SUBDIVISION

<p>SEWER-SERVICED LOTS QUIET NEIGHBOURHOOD MATURE TREES PAVED ACCESS ABUNDANT WILDLIFE GREEN SPACES</p>	<p>GOLF COURSE NEARBY ACCESS TO WALKING/ HIKING/SKIING TRAILS FIVE MINUTES TO HOSPITAL TEN MINUTES TO SHOPPING</p>
--	---

902-679-1729 or 902-678-6732



Danielle de Graaf BSc., RMT, CMLDT

902.690.7227
 37 Lady Slipper Drive, Centreville
info@bluehorizonmassage.com
bluehorizonmassage.com

*Deep Tissue Therapy, TMJ Dysfunction,
Manual Lymphatic Drainage*

Beginner Yoga

CENTREVILLE HALL
1951 HWY 359


MONDAYS 10:30-11:30 A.M.
TUESDAYS 7-8 P.M.
BEGINNING MARCH 20

10 CLASSES \$140
\$100 FOR SENIORS

Register at jenniferpaintsns@gmail.com

Come practice with Charlotte &
Jennifer. We look forward to
meeting you!

PLEASE BRING A MAT AND
BLANKET OR WARM LAYERS



Shannon Hartling Webster Street Print Shop

Come see me for all your printing needs

* 35 Webster St. Suite 105 Kentville, NS B4N 1H4 *

Ph: 902-678-5232

email: shartling@websterprint.ca



Tackling Long-Term Care Challenges:

**Update
from
Premier Tim Houston**



For too long, too many Nova Scotians have been waiting to get into long-term care. This is incredibly stressful for those who need it and their loved ones. It also strains the entire healthcare system, as Nova Scotians who need long-term care remain in hospital beds.

The continuing care sector has been underfunded for years, and my government is focused on changing that.

We're making progress. One of the first things we did was establish the first dedicated provincial department in Canada solely focused on the needs of seniors as they move through the later stages of their lives.

The demand for nursing home beds will continue to grow, so we're adding 1,200 new long-term care spaces to the system and renovating 2,300 more by 2027.

Our healthcare workers are the heart of the system. This time last year, 500 long-term care beds were closed because of staffing pressures. We worked closely with our partners in the sector to get them the support they needed to open those beds.

Through temporary efforts like travel staff and other strategic investments, we've opened every bed that had been closed due to staffing. That's right -- when writing this article for submission, no beds were closed for this reason.

Travel staff are a necessary but temporary way to provide care. While we work to recruit, we need to make sure there is enough staff in place to keep beds open, protect patient safety, and support our nurses in the system.

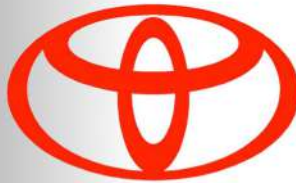
But our focus remains on retaining the workforce of continuing care assistants (CCA) and nurses in the province. We're doing exactly that. We've offered free tuition and books for CCA students and a long-needed pay increase for working CCAs.

Recently, we hit a milestone: the 1,000th free tuition CCA bursary was awarded. We're well on track to hit our target of 2,000 students in the first two years of this program. We've also invested in recruitment within Canada and overseas, like our recent successful trip to Kenya.

Since taking office, I've made it clear that we will explore every opportunity to improve healthcare for Nova Scotians. I know more work needs to be done. We are committed to doing whatever it takes to provide you, and your loved ones, with the care you need, when and where you need it.

Premier Tim Houston

**KENTVILLE
TOYOTA**



**Phone: 902-678-6000
Fax: 902-678-6455
www.kentvilletoyota.ca**

843 Park Street, Kentville NS B4N 3V7

We Care

**Pineo's Pet Spaw
& Dogs Day Inn**

Grooming, Daycare and Kenneling
Large, Small, We Groom them All...and Cats too!
2044 Hwy 359, Centreville
(902) 697-3647



www.pineospetspaw.com
info@pineospetspaw.com

**Charles Macdonald
Concrete House Museum**

Submitted by Terry Drahos

Over the fall, you may have noticed construction activity at the Concrete House. We are pleased to announce that Phase 1 of our three-part restoration is well underway.

The Concrete House was built with a flat concrete roof, poured over and supported by wooden beams and a wooden deck. After almost half a century, a more traditional sloped roof, made of wood and covered with asphalt shingles, was added on top of this. After 100 years, the original wood supporting the concrete had completely rotted. The secondary roof was also in need of repairs and re-shingling. The ingress of water over many seasons was starting to destroy the tops of the concrete walls. Phase 1 of our rehabilitation plan was to create a structurally sound and waterproof roof to protect the concrete house for the next century!

Replacing the rotted wood under the original flat roof was very challenging: It required extensive use of temporary supports to hold up the concrete roof during the work. We are pleased to share that new wood has replaced all of the rotted wood, and the areas of weakened walls have been repaired and improved. We owe a debt of gratitude to Larry Honey, a local structural engineer, who kindly donated his time to design and review the repairs, and to Tait Graves and crew for their undertaking of this difficult work. Once the weather allows, Phase 1 work will resume on the roof, with the repairs and improvements to the secondary roof, including improving the slope and adding a gutter system.

Another aspect of this work was removing the failing secondary roof over the annex, which was once a garage and aviary, and later became the Hazelwood Gallery. This wood and shingle roof had been installed in the 1980s and had several design flaws that led to its early failure. Removing it exposed the original curved concrete roof, covered in many years of raccoon 'waste.' We like the look of this unique, original roofline; we are investigating options for preserving and protecting it using modern roof coating materials and techniques.

Phase 1 is fully funded and scheduled for completion in the spring of 2023.

The volunteer board is now working on fundraising for Phase 2, which will include completing the heating and ventilation systems and interior electrical upgrades. The following are also included.

Upstairs:

- removal of carpeting (in kind);
- removal of mould;
- re-drywalling walls and ceilings (as needed);
- painting, and
- repairing/patching stairs.

Downstairs:

- re-drywalling walls (as needed);
- painting;
- re-tiling the living room, bathroom, kitchen, and hallway between the kitchen and annex;
- repairing and cleaning all cabinets (in kind), and
- the hanging system in the living room.

Annex/Hazelwood Gallery:

- insulating exterior;
- repairing concrete walls and doorways;
- patching and painting walls;
- installing lighting;
- the hanging system, and
- pouring the concrete floor.

If you are interested in helping in any way, please email charlesmacdonaldsociety@gmail.com

Before



After





Centreville District Park and Recreation Association (CDPRA)

Submitted by Joy Acker, Secretary

The Board of Directors is working hard on obtaining grants for this year to construct two new dugouts on the #4 ballfield, replace the roofs on the six existing dugouts with steel, and get a small storage building.

There is much damage throughout the park from Hurricane Fiona. We have been fortunate to obtain a grant from Trails Nova Scotia to have an arborist remove the brush and cut up the downed trees once the snow clears.

Our Area Rate meeting was held on Feb 21, 2023, and a rate of \$26 per dwelling unit was approved.

Planning for Centreville Day started in March with a public meeting. If you are interested in helping, please send your name to:

centrevilleparkrecreation@gmail.com

and we will add you to the list. Any assistance you can provide is most welcome.

We are waiting for Nova Scotia Power to come and install a new street light in the parking lot on Saxon Street.

We have replaced the old fridge in the park building and were lucky to have one donated.

We are in the process of obtaining a grant for a summer student, so if you have a young adult or know of one who is interested, please keep us in mind for June, July and August.

Snowshoes are available for loaning out – message us on Facebook or call [902-679-1133](tel:902-679-1133) to arrange pickup.

General meetings are held on the 3rd Tuesday of each month at the Community Centre in the cold months and at the park building during the warmer months.

We LOVE new VOLUNTEERS!

Come to a meeting or message us at:
centrevilleparkrecreation@gmail.com
to get involved.

Community Clubs



Centreville 50-Plus Club “Friends Enjoying Friends”

*Submitted by Darrell E. Spurr,
President*

The Centreville 50-Plus Club meets every Wednesday from 1:30 to 4:00 pm at Centreville Hall. We enjoy card games— bridge, cribbage, 45s—and several other board games. Our membership is growing as we welcome residents from Centreville and surrounding areas. We will celebrate each of our members' March birthdays with a cake. We also will celebrate St. Patrick's Day with our 'Pot of Gold' treat bags: join us and wear the green on the third Wednesday, March 15th.



Good Neighbour Club

*Submitted by
Susan Wood*



The Good Neighbour Club (GNC) meets at Centreville Hall **on the third Thursday of the month at 7 pm.**



The Good Neighbour Club is organizing a Ham Supper for April 15, 2023. Keep an eye on the sign board outside of the hall and the flyers for more information.

If you or anyone you know is interested in joining the club or volunteering to help with the supper or any of the club's undertakings, please call **902-698-3747** or any club member.

**Next meeting: March 16th at 7 pm.
New members are welcome.**

Almost everything will work again
if you unplug it for a few minutes...
including you.

Anne Lamott



Update from the Marsh

by Gren Jones

NS Senior Provincial Director
Ducks Unlimited Canada (DUC)

Dear Readers:

With the winter soon forgotten, it's time to celebrate spring! It is a time of renewal. In Nova Scotia, it can be somewhat challenging to determine the actual day when the new season begins. We all know the expression, "Wait 5 minutes, and it will change!" We can always hope that it will be more compatible than what has been an unusual winter. Some of you may recall that in March of 2013, we had a very warm week or two, and the farmers got a good head start until the cold weather returned...

In January, our DUC Habitat Manager, Rob Fraser, contacted me about a rather unusual occurrence at Miner's Marsh. I also heard from the Department of Parks and Recreation about the trails at Miner's Marsh. After a long, dry spell, the trails suddenly looked like they had been vandalized. Water levels had returned to normal, but there were numerous spots where one typically wouldn't see water on the paths. There were holes and puddles in several places that had never been damaged, such that the Town of Kentville put up warning signs. I've included a photo of the pathway that runs parallel to the river on the south side.

It didn't take long to determine what had happened. The muskrats were moving to new territory around the eastern impoundment and were undermining the trail in their quest for food. Muskrats are diggers: unfortunately, these animals aren't concerned with humans. Keep in mind that it is a wetland: in a sense, we are not the inhabitants. The trails were repaired, although several spots are still a danger. Miner's Marsh will have some maintenance work done in late spring related to water management.

The Town of Kentville has some exciting plans for Miner's Marsh and the surrounding area. KCA Elementary Grade 7 students are using the Marsh for a science project on invasive species. There will be new signage in the area, and Ducks Unlimited Canada (DUC) Wetland Field trips for local Grade 4 students will take place in late May or early June.

On a national level, I want to share several announcements. As you know, Duck's Unlimited Canada is the leader in protecting and maintaining Canada's wetlands. It is highly involved in delivering wetland policy in every province and territory.

* April 1, 2023, DUC will celebrate 85 years of wetland conservation, a tremendous achievement!

* DUC has received a Canadian Non-Profit Employer of Choice Award that "recognizes Canadian organizations that have committed themselves to better business management practices ensuring successful mission achievement." (neoc.ca)

* Michael Nadler, a Parks Canada senior executive, was selected as chief executive officer (CEO) of Ducks Unlimited Canada. CEO Nadler officially took the helm at the Head Office in Oak Hammock Marsh, Stonewall, MB, on February 14/23. The Board of Directors will hold its winter meetings in Montréal in early March, and I am excited to meet our new CEO.

* 2023 marks my 40 years as a volunteer and 14 years on the National Board of Directors.

The Scorecard:


Nationally: 6.2 million acres conserved and restored, 12,329 projects managed, and 228.1 million acres influenced (including land around the wetland).

Atlantic Region: 129,000 acres protected, 550 water control structures and dykes, and 160 fishway passages.

Visit www.ducks.ca to donate land, money, or a legacy gift.

Contact: E: gc_jones@yahoo.ca C: 902.670.4967





Hon. John A. Lohr
MLA Kings North

Phone: 902-365-3420
Email: johnlohrmla@gmail.com



News from the Nova Scotia Legislature

As we head into March, it seems spring is just around the corner. Winter has been mostly mild, except for a couple of brutally cold days that have severely damaged our grapes and, potentially, other crops. The legislature's spring session will begin in late March and include the all-important budget. I expect our government will continue to invest in healthcare as our number one priority.

Healthcare is a challenge across the country, and we are grateful for increased funding from Ottawa. Even if it was not as much as hoped, it will certainly help.

I am very pleased that Hwy 359, from Kentville to Centreville, will get a much-needed resurfacing this year. And hopefully, a bit more work will get done as well, budget depending.


My role in the government is Municipal Affairs and Housing. There is much to do in a housing crisis that reaches right across the province. We are investing in affordable housing, cooperative housing, modular housing, student residences, rental supplements, public housing, and water and sewer infrastructure to support housing.

I recently met with staff from Public Works and Environment (formerly known as Transportation!) about drainage issues on Hwy 221 in Centreville. There is follow-up to do, and I will have more to say once a plan comes together.


I remain grateful to serve as your MLA. I encourage you to reach out or drop by my office if you are having challenges navigating government issues. With three levels of government and multiple departments and programs, it can be a challenge.

Thank you,
John A Lohr

Turner's Handyman



&



Snow Removal

Eric Turner

1007 Marie Cres.
Kentville NS B4N 4K4
902-670-3759
eric_turner39@hotmail.com
www.nslocal.ca/turnershandyman



FOOTES FARM MARKET

& FROZEN TREATS



Open Year Round
Monday - Sunday

Fresh Local Produce @ Great Prices
Fresh Fish, Steak, Pepperoni,
Homemade
Bread,
Milk, Eggs & Ice Cream

Fall/Winter Hours
8 am to 6:30 pm

footesfarmmarket.com • (902)678-5253 • **Follow Us on Facebook!**



DISTRICT 2
Councillor

COUNCILLOR.MISNER@COUNTYOFKINGS.CA
902-698-2023



SCOTT E. HENSHAW
Electrical Contracting Inc.

P.O.Box 59
7810 Hwy# 221
Centreville, NS B0P 1J0

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



**AUTO TRIM
DESIGN**
OF NOVA SCOTIA LTD

mail@atdns.ca

P.O. Box 60
Centreville NS B0P 1J0
office: 902-678-2208
toll free: 800-565-2208
fax: 902-678-1422



THE **MUNICIPALITY OF THE COUNTY OF KINGS** INVITES YOU TO A

DISTRICT 2 MEETING


Join Mayor Peter Muttart and Coun. Lexie Misner for a
Community Conversation in District 2.



Do you have questions for your Councillor? The Municipality of the County of Kings is hosting a community conversation in District 2 to answer questions from residents and share updates on the current and future work of the Municipality.

DATE: April 6, 7 to 9 P.M.
LOCATION: Centreville Community Hall, 1951 Highway 359
FOR MORE INFORMATION: www.countyofkings.ca/district-meetings

Follow @KingsCountyNS on Facebook for regular updates from the Municipality. To reach municipal staff by phone, call 1-888-337-2999.




**BROWN'S
CONVENIENCE**

(902) 678-9639


**We carry all the essentials:
Milk, Bread, Pop, Snacks
&
Pizza!**

1-1867 NS-359, Centreville,
NS B0P 1J0



**CENTRE
SLICE**

(902) 678-9654



News from
Centreville Baptist Church
Rev. Dr. Carol Anne Janzen, Interim Pastor

Despite the late winter weather, life at Centreville Baptist is warm and cozy. Four large heat pumps were recently installed in our sanctuary and have made an appreciable difference in our comfort level. And we're even more excited about the difference they will make during the dog days of summer. We highly recommend them!

As this new year moves along, we're pleased with the growth of our faith community. Pastor Carol Anne is conducting Inquiry Classes for those who wish to explore what the Christian life is all about or simply want a refresher on the basic tenets of our faith. We are eagerly anticipating a baptismal service on April 16th, the first Sunday after Easter.

But before we arrive at Easter, we move through the more reflective days of Lent. We're exploring what it means to journey with Jesus towards the cross and reflecting on the lessons he taught for our lives here and now. Our compassionate ministries, especially in support of our area food bank and the Canning and Area Inter-Church Council, are strong. This year, for the first time in three years, the weekly Friday Lenten Lunches are being offered to raise funds for emergency relief in our community. Centreville Baptist's turn is on March 17th, St. Patrick's Day—join us for a simple lunch from 11:30 am – 1:00 pm, and be assured that molasses will be on the table! We've also taken on new mission projects, including a partner-in-mission, Kathryn Scott, who recently moved to Latin America to join our Baptist outreach and development work through Canadian

Baptist Ministries. We continue to financially and prayerfully support relief efforts in Ukraine, home to many Baptist churches.

The soup lunch held on the last Tuesday of every month, 11:30 am – 1:00 pm, continues to grow in popularity. For a mere \$10, you can enjoy a variety of delicious soups followed by a choice from several desserts—all home-cooked, of course. It's a wonderful opportunity to meet friends and acquaintances.

Looking ahead to April, we will observe Holy Week with several opportunities for worship. A Maundy Thursday service will be held on April 6th at 7:00 pm, focusing on the Last Supper. An ecumenical Good Friday service of area churches will be held at Centreville Baptist on April 7th at 10:30 pm; a joint choir directed by Kelly Ells, the music director of Pereaux Baptist Church, will participate in the service. The week culminates on Easter Sunday, when we will celebrate the Resurrection of Jesus Christ in a music-filled service at 10:30 am. We invite you to attend any of these services.

May will feature a return of the very popular **Quilt Show**, to be held on **Saturday, May 13th**. This show has always been a visual feast for the eyes, so be sure to mark it on your calendar!

Centreville Baptist is a church which strives to love God and love people.

870 Murray Drive
Centreville, NS B0P 1J0
902-678-1946



Happy Easter

**Interchurch
Lenten Soup Luncheons**

The Canning and Area Interchurch Council (CAICC) is resuming their Lenten Soup Luncheons on Fridays during Lent, 11:30 am - 1:00 pm. Freewill offerings for the CAICC Emergency Fund will be accepted.

February 24 – Emmanuel United Church, 30 Main Street, Kingsport;
March 3 – Pereaux Baptist Church, 841 Perea Road, Pereaux;
March 10 – First Cornwallis Baptist Church, 1012 Middle Dyke Road, Centreville;
March 17 – Centreville Baptist Church, 870 Murray Drive, Centreville;
March 24 – St. John's Anglican Church, 1105 Church Street, Port Williams, and
March 31 – Canard Community Church, 1315 Highway 341, Upper Canard.



Carol Anne Janzen, pastor@cbckc.ca

Companions of the Night

Sylvia Gard



How long can a night be? When one is awake, alone, far from shelter?
What might it hold? This darkly unknown Night?
How does it feel to be on your own?

A choice is made to experience a night alone, to situate in a magnificent
hemlock grove. In a magnificence that is home to bears, coyotes, deer,
night fliers and crawlers. Far from human settlement.

A date is chosen, minimal supplies gathered. Late in an afternoon the trek
begins to the grove. Brushing past a tamarack, the soft needles prompt
mother memories; tears spring unexpectedly. Brown rabbit hops into view;
its timidity mirroring the one who walks alone.

Enter the grove. There's still enough light to select a spot to sit with ease
leaning against an immense hemlock tree trunk.

Thick canopy blocks the evening light; night descends swiftly. An
awareness rises that leaving now is impossible without the guide of light.
The terror of being lost in the darkness overrides the fear of what may
emerge in this dark night. Staying still.

Waves of fear approach, recede, approach again. In the moments when
fear recedes, all the people who ever extended love and caring are
named. In the mind's eye, they stand roundabout witnessing helplessness,
offering strength, loving still, sometimes singing. Keeping the space safe.

Fear pops in again. What's that sound? What's that shape? Did something
move? An impulse rises to shout who's there?

Deep night arrives. A spot of light. A spot of light moving! Omigod! Is it
near? Farther away? More lights! Panic. Some appear LARGE. What is it?
What's happening?

A whisper. 'Aaahhh Fireflies!' Fireflies fill the spaciousness of the grove,
always moving and meeting. Fear lets go a little bit. Enough to see the
joyful flow of little lights. These companions stay till the rising light of day
renders them invisible.

May all whose nights seem dark know the presence of little lights.

Those crossing the water. Those hearing constant noise. Those seeking
relief from hunger. Those walking away from lands destroyed. Those
whose homes are no more. Suffering children.

Community Groups



In case of emergency, Automated External Defibrillators (AEDs) are located inside the main entrances of the **Centreville Community Hall** and **Centreville Baptist Church** and attached to the side of the **Centreville Park Building**

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 at 6 pm**. We are open to new members at the cost of **\$48.00 yearly**, which includes a magazine from headquarters with "Eating Sensibly" ideas and recipes. You can drop by for one free meeting. For more information contact Madeline Sheffield at 902-678-7584. **Please note changes to time and contacts.**

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 Christine at 782-232-1448. Please note change in contact info.

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.

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

Where: Centreville Hall

When: **Fourth Thursday** 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

'50-Plus' Club

The '50-Plus' Club meets at the Centreville Hall **every Wednesday, 1:30 - 4:00 pm**, except in July and August.



Meetings resume in September.

Centreville District Park and Recreation Association

The Centreville District Park & Recreation Association meets the **third Tuesday of each month at 7:30 pm** at Centreville Hall. **Please note the change in meeting day.** Anyone interested in becoming involved or wishing to share ideas or concerns is welcome. Reach out to us on Facebook.

<https://www.facebook.com/Centreville-Park-441549315950211>