

THE CENTRE POST

September 2016 ~ Issue 45

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Submissions due December 1, 2016

EAGLE CREST GOLF COURSE

BY GAIL SALMON



I drive past Eagle Crest Golf Course on most days and admire the rolling hills, trees, and all the enthusiastic golfers. Today, I drove up to the beautiful clubhouse and greens to talk to Osbourne Ward, owner and president of Eagle Crest. Ozzie, as he likes to be called, has been involved in Eagle Crest since it was only a dream of his and his father, Garnet.

Garnet pursued his dreams of being a farmer, purchasing a farm in 1967 in Centreville. He was well known for his knowledge in farming and carpentry skills, and farmed livestock and produce. With a new ambition, an old farm was purchased from Dr. Clarence Goss, a prior Lieutenant Governor of Nova Scotia, and Garnet and Ozzie created the nine-hole Eagle Crest Golf Course. The name was given because there were so many bald eagles in the area. At that time the county regulations regarding farmland were quite strict, and farmland could not be used for residential or business purposes. To accommodate the regulations, they sold bags of grass seed for \$5.00 each to anyone who wanted a day of golf: if you purchased a side of pork, you could golf for the season. People actually called it the "Pork and Putt". The county changed the regulations after that first year, and Eagle Crest came into fruition.

Today Eagle Crest is a picturesque, par 72, 18-hole golf course. The clubhouse looks rather stately surrounded by white stones, green grass, and framed in blue sky. Golfers take pleasure in the nature around them, including local wildlife such as fox, deer and coyotes. Ozzie says they especially like the ducks that inhabit the several natural ponds on the property. Eagle Crest has 400 members and boasts 25,000 rounds of golf.

There is a pro shop in the clubhouse, and they have instructors for all levels. Junior clinics are held in the spring and one is starting in the fall. They have an after school program and students from NKEC come to practice their swings on the driving range. Seventy percent of the golfers are from Halifax and spend time at farm markets, wineries and other businesses in the area. Eagle Crest actually promotes local businesses. Ozzie says they support Ducks Unlimited and other

(Continued on P. 3)

The Centre Post is published four times
a year:

September, December, March and June.

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

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

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Lead Editor's Note...

As we 'head back to school', whether we are young or old, there is always something new we can learn from life. Unlike the geese I've been hearing lately who have a built-in GPS, we have a choice as to which direction our lives can take us.

I urge you to take the time to familiarize yourself with your local candidates who are running in various elections, especially since this is the first time we get to elect a mayor for Kings County. Please exercise your right to vote.

Thank you to our regular and new contributors as well as all of our advertisers who make this newsletter possible.

Suzanne Trudeau

***Please note that the political ads in this issue
have been paid for by the candidates and
authorized by their agents.***

Centreville Website:

centreville-kings-county.com

Dates to Remember...

September 15.....	Good Neighbour Club
September 17.....	Big Breakfast
September 21.....	Centreville Park Association (cancelled)
September 22.....	Fall begins
September 29.....	CDCDA
October 6.....	Good Neighbour Club
October 10.....	Thanksgiving
October 15.....	Park Cleanup (8am-2pm)
October 19.....	Park Association
October 20.....	Good Neighbour Club
October 21.....	Clothing Give Away (Baptist Church)
October 27.....	CDCDA
October 29.....	Fuel Supper

Eagle Crest cont'd from P. 1

charities through green fees. Last Christmas they opened the course and the fees went to the food bank. He also stated that they were open in February this year, and boasted that the course has been open during every month of the year. During the winter months he charges a fee of \$20 for a membership for a family or anyone who wants to cross-country ski or snow shoe: he has to charge because of insurance liabilities. (We went snow shoeing there and it is a wonderful spot to "putter" around on a sunny, winter's day.) He also offers the club and tent for weddings or receptions as long as there is no snow, but does not do catering.



Club House

If you are interested in trying out the course you can look at their website <http://www.eaglecrestgolfcourse.com/>. Green fees can be reserved online and you can call or email if you have any questions about membership. His brother, Jared, is the club manager. Ozzie says that he loves his job, and why wouldn't he? He gets paid to play golf and walk around the wonderful course. He even said that his golf game has improved and he has shot a 6-under on his course.




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Charles Macdonald Concrete House

By Fred Macdonald

Successful Season

The Charles Macdonald House of Centreville Society has just completed another successful season and our student guides are again off to further their education, Sarah at Memorial University in St John's and Halie in a museum management course at Flemming College. In addition to digitizing most of the society's archives, they hosted some 500 members of the public and acquainted them with our little-known gem of Nova Scotia lore. And the grounds at the Charles Macdonald Concrete House have never looked better with the attention of Del Walsh, owner of Alpha Lawn care and Plow Service. Charlie would say, "Doing good service!"

Elephant in the Room

In early August a mysterious concrete elephant, measuring roughly 3 feet from trunk to hind foot and approximately 2 1/2 feet in height, was delivered to the Charles Macdonald Concrete House with a note explaining that it had been taken from the grounds 30 years ago as a prank. As the Society has only owned the property for 20 years, we checked with former owner John Legge who had no recollection of it at all. It is of unusual construction for Charles Macdonald, as it was cast and it displays an indecipherable stamp on its side. Charlie's method was to apply a thin concrete mixture to a shaped wire mesh. "You put a little on and take a little off, and pretty soon you've got something", he would say.

We are puzzled...

Is there anyone among the Centre Post's readership able to enlighten us about the mysterious pachyderm in our room?



Volunteers

The Charles Macdonald House of Centreville Society is looking for volunteers and board members with backgrounds or interest in marketing, merchandising, and with expertise in managing small rural museums.

To celebrate our 20th year we are developing a line of reproductions and replicas of paintings, watercolours, sketches, and sculptures that Charles Macdonald created in his lifetime.

"A self-made man of many talents, Macdonald has made an important contribution to the political, social, economic and cultural life of the province", wrote Bernard Riordon of The Art Gallery of Nova Scotia in a catalog accompanying the gallery's 1981 exhibit of Charlie and Mabel Macdonald's works. In recognition, Charlie's oil painting "Homestead Road" now resides in the permanent collection of the Art Gallery of Nova Scotia.

Individuals interested in getting involved should contact Fred Macdonald or Kevin West at <mailto:info@concretehouse.ca>



How Does the Quality of Sleep Affect You?

Joelle McLaughlin, RMT

Registered Massage Therapist at Valley Massage Therapy Clinic

How do you sleep? This is an involved question, and one we ask most patients in our clinic. Is it restful? Do you have trouble getting comfortable? Trouble initiating sleep? Staying asleep? What position do you sleep in? Does your discomfort greet you in the first few moments or steps of your day?

Sleep is a major part of our life; on average, we spend a third of our adult life asleep. How we sleep, however restful or deep, can influence our moods, stress levels, pain levels, and our ability to cope with them during our waking life. Restful nights of comfortable sleep can give our body and mind a crucial opportunity to rest, digest, and - both physically and mentally - repair and rejuvenate. In our stress-filled, modern lives it can be difficult to find time for 7-8 hours of nightly sleep, and when the chance does arise we often find ourselves still caught up in the adrenaline-fuelled, heart-pounding events of our day.

Massage therapy can help deactivate our body's overactive stress responses and encourage our parasympathetic nervous system to fire properly (the wonderful "rest and digest" nervous system we so rarely engage with!)

The soothing strokes of general Swedish massage, manual lymphatic drainage (MLD), and therapeutic manipulations can encourage your nervous system to switch gears into a restful state. This gives your adrenal glands a break and allows for the body to process other feel-good hormones, like serotonin.

Management of physical pain through therapeutic massage can also encourage a good night of sleep and pain-free mornings by balancing inflammatory responses and restoring tissue health to the area. Not to mention a massage is an opportunity to relax, as both our body and mind can be at rest. Practicing habits of meditative rest can help our body and mind reset our circadian rhythms and help us regain control of our stress responses. This practice teaches our body how to calculate itself, how to recognize when it is time to sleep and ideally, how to initiate it.

So, how do you sleep? Ask your registered massage therapist about stress management and restless sleep patterns. A massage can help!

TIP: Are you a side sleeper? Did you know that sleeping improperly on the same side nightly can contribute to chronic postural misalignment and cause further discomfort into your waking life?

If you must side sleep, be sure to use 3 pillows:

- 1 under your head - keeping your neck aligned with your spine. Not too flat or fluffy!
- 1 to hug - keeping your shoulders and ribcage neutral.
- 1 for your hips- between your knees to prevent a leg-crossing effect in the low back and hips.

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STORY FROM THE FAMILY FARM

By Mack Frail



My brother Gerry and I often reminisce about the years when we were growing up in Centreville on our family farm. It is with mixed emotions that we recall the people and the events that occurred. Our combined memories cover a wide range of happenings, and we enjoy a laugh together when recalling anything that is amusing. There is a feeling of sadness when we are reminded of the loss of friends and loved ones, and the realization that a way of life that we experienced when growing up on the family farm has faded into the past. I grew up in a close-knit family, next to the youngest of eight children. Gerry is next eldest to me, and the one surviving of my four brothers. I had three sisters and the two eldest have died; Rachel, the only surviving sister, is eight years younger than I am.

The hot days of the past summer refreshed our memories of when helping out harvesting hay on the Centreville meadows. Hay was not baled but rather it was harvested loose during those early years. From about age six I rode on the hay wagon that was pulled by our team of oxen, and later horses. My father did not object to my coming along to the hay fields because he would have a job for me. His one strict order before being allowed to go with him was to wear a hat to prevent sun stroke - it didn't matter that we were shirtless and bare foot. Among my first jobs were going to the spring for jugs of water for the thirsty workers and tramping the loose hay down into the hay wagon. Gerry reminded me that we had time from helping on the farm to go to cool off at the swimming hole that was located on the Brandywine Brook, which flows through the Centreville meadows.

From an early age Gerry and I earned our own spending money. We didn't receive pay for working at home on our family farm, but we looked for work in the community. We helped the disabled and the elderly in the community, and worked on neighbouring farms. We snared rabbits that we sold, and trapped muskrats and sold the pelts.

Our memories from those early days include all four seasons. In autumn we were back in school, and it was harvest time on the farm. We played soft ball during the spring, summer, and fall. Centreville had ball teams and hockey teams that competed against teams from near-by communities. Our ball fields were crude compared to the present fields in Centreville. They were fields that farmers allowed us to use. We organised our own activities, and our involvement provided us with lots of enjoyment.

During the winter months one of the important jobs was keeping our wood box filled. There were no oil furnaces in

Centreville during the early days, and most homes were heated by wood stoves or wood furnaces. Trees were harvested from the forest with the use of axe, cross cut saw, buck saw, or pulp saw. I was fifteen in 1950 when chainsaws came into use, and they were heavy and awkward to use. We skated on the Centreville meadows after they flooded and froze over. We enjoyed our games of hockey on the several ponds and in the Centreville closed-in skating rink. We coasted on the hills in Centreville, and hitched up our horses and went for sleigh rides.

Spring was a busy time on the farm, preparing the land and planting. Farm work was more labour intensive and time consuming during the days when we used horses and smaller tractors.

We worked closer to the land when a lot of the work was done by hand without the use of the large and more modern equipment used by today's farmers. Trout fishing was among the activities that we enjoyed, beginning in the spring until late summer. The brooks in Centreville where we fished are overgrown now or dammed for irrigation ponds.

Gerry and I have enjoyed our conversations about when we were growing up in Centreville. After a stroke and several seizures, Gerry has recently been having difficulty remembering, and normal conversation has become difficult for him.

He has moved from his home in Centreville into nursing care. I visited with him often before he was recently moved to Camp Hill Hospital, and during some of our visits when his memory is more alert than others we continue sharing and enjoying our memories. Gerry is the only contact that I have to share these special memories from our past with, and I miss his recollections that he has shared with me.

Changes continue to take place in Centreville, and when those living in the community become seniors they will also have memories to share.



Kitchen Renovations

By Anne-Marie Waterbury

The Good Neighbour Club, after much discussion and planning, initiated a major renovation of the Community Hall's kitchen that was completed this summer. The project was funded by monies raised from their Big Breakfasts, augmented by a grant from the Community Hall Assistance Program (CHAP).

Not only is the kitchen bigger (moving the interior wall a mere 10 inches appears to have doubled the space!) and brighter (the new cabinets are constructed of a much lighter-coloured wood than the old ones were) - it is also more functional. Space was designated and constructed for specific purposes, such as tray and utensil storage; a microwave shelf has freed up counter space; a deep sink with a spray nozzle will make washing large pots and coffee urns if not a breeze, at least a lot easier than in the past; and lighting over the sink means no longer having to work in your own shadow.

Thanks to Derek Wood for taking the club's needs and wants and turning them into a beautiful reality.



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The summer has gone by remarkably quickly and has been one of the sunniest in memory. While our farmers could have used more rain it has otherwise been a great summer. There have been many things happening this summer in the political world and I will comment on a few.

This spring I presented a 300-signature petition in the Legislature asking for a 50-kph speed zone in the heart of Centreville. The Department of Transportation is planning to do a speed study in Centreville and will do a temporary installation of a radar speed check to try to get everyone obeying the 60 kph existing speed limit. Thanks to Merv Steadman for initiating this. Likewise, getting potholes fixed has been an ongoing concern. Highway 359 saw some repairs. If you have a pothole concern, contact my office with the civic address of the pothole and we will try to get it fixed.

This summer saw the long awaited hospice announcement. While it's very welcome to finally have the hospice build announced, the lack of a design, budget allocation, or completion date are disconcerting. The Health Authority stated that 2019 was the completion date "goal". Let's hope they score that goal!

Election rumours dominated the summer with the possibility of a fall election. This was triggered by the Liberal government's getting many of its candidates nominated plus their doing a survey asking people if they would be okay with a fall election. Enough people must have said they would be upset, since it now seems unlikely. Personally I am pleased there will be no election this fall. I am in favour of fixed election dates for a variety of reasons, including the fact it will reportedly save \$1.5 million on election costs. The McNeil government is on record in support of fixed election dates, too - apparently just not this upcoming one.

I am often asked if I like being your MLA. After 29 years of farming, maybe I was ready for something different, because I really do enjoy serving in the Legislature. One thing I particularly enjoy as your MLA is being able to connect people with the help they need. It is a privilege to serve and yes, I am reoffering in the next election, whenever that is. Please do not hesitate to contact me if you have any concerns. I also have a weekly email newsletter and you can subscribe by emailing me at johnlohrmla@gmail.com

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VOLUNTEER APPRECIATION DAY - JULY 9, 2016

By Gail Salmon



The original group that started the Big Breakfasts, from left to right:

Susan Wood, Marion Roode, Myra Spurr, Stella Boutillier, Ann Steadman and Ada MacDuff who spearheaded the project.

In July the Centreville Good Neighbour Club's Big Breakfast Committee held a thank-you brunch at the Centreville Hall to show their appreciation for the volunteers who have cooked, served, washed up, and donated to the many breakfasts that have been held over the past ten years.

The Breakfast Committee was started at that time by Ada MacDuff, who had the marvellous idea to start serving breakfasts to earn money to refurbish the Centreville Hall and kitchen. In February 2006 they held breakfast number one, and the rest is history. They have had 170 volunteers over the years; some have moved away, some are no longer with us, and some still spend the third Saturday of the month working at the hall serving delicious breakfasts. Over the years the hall has had a complete facelift: walls, windows, roof, basement, furnace, new kitchen, dishwashers and other improvements - many, if not all, of which have been contributed to by funds raised through the breakfasts.

After much planning and many phone calls, on July 9th the members of the Good Neighbour Club (GNC) opened the hall to the volunteers. Marion Roode, a

GNC member for years who now lives in Halifax, came saying that she could not miss seeing everyone again. Ada MacDuff, no longer in charge of the breakfast, attended with more than 60 other volunteers, GNC members, and their spouses. The hall was abuzz with cheerful chatter, laughter, a few tears, and a sense of community and pride as they toured the hall to inspect the fabulous and spacious new kitchens. People arrived at 10:00 am and stayed until the end, connecting with co-volunteers they hadn't seen in years. The GNC members provided the coffee, tea, juice, and all the delicacies for which they are famous. Mary Ellen MacDuff, who assumed the responsibility for organizing the breakfasts from her mother Ada, said committee members tried their best to reach all the volunteers: if they missed anyone, please accept apologies from the Good Neighbour Club. They would like to thank all the patrons over the years for making these breakfasts a success.

Breakfasts will resume on September 17th. Volunteers are still needed: if you would like to help out, please get in touch with the Good Neighbour Club or Mary Ellen.

Summer News

from Your Community Park's Board of Directors



Centreville Day (see photos on P. 11)

Centreville Day was held on August 20th this year and we couldn't have asked for better weather (last year there was a heavy downpour in the afternoon). There were many activities enjoyed by all ages.

The Centreville Baptist Church provided the popular Bounce Kingdom. There were various games and activities for the children, such as Plinko, Fish Pond, Fish Tank, Bean Bag Toss, Sucker Pull, Wheel of Great Fortune, Three Point Shot, Hockey Precision Shoot, a dunk tank, face painting, and tattoos. As well, there was a 50/50 draw that was won by Margaret Wallace and a jelly bean guessing contest that was won by Jordan Majiace.

We had a very busy BBQ from 10:30 am until 4 pm, and there were a few new volunteers to help out who were greatly appreciated.

The Kentville Fire Department provided much needed cooling off for the children with their sprinkler system.

There were 11 rookie baseball teams playing from 9 am to 3 pm.

The day was capped off with some aspiring young gymnasts, a beautiful cake prepared by our new Baked Inn Bakery & Eatery, and excellent fireworks by James Stacey. The fireworks were sponsored by Bob Ansems Farm, Colby Daniels Service Center,

C Hines Automotive Repair, Kevin Smith Asphalt Sealing, Baked Inn Bakery & Eatery, Centreville Kwik-Way & Diner, Foote's Farm Market, Pineo's Pet Spaw, and D.O. Sanford Garage.

Summer Students

We were very fortunate to have two wonderful students, Joslin Holt and Brendan Haughn, to look after the day camps and park maintenance. They did a superb job of keeping children busy with lots of physical activity and crafts. They also did a tremendous job with the park's maintenance. The park never looked so good!

Wages for both students was 90 percent covered by a summer student employment grant.

We wish them well with their studies this year and hope to see them again at the park next summer!

(Continued on P. 11)

From Left to Right:

Joslin Holt, George Graves (President) and Brendan Haughn



Our Fall Cleanup will be on OCTOBER 15, 2016

FROM 8:00 am UNTIL 2:00 pm

Bring a friend, family member, neighbour and come out to help with the cleanup. BBQ for all volunteers!



Edgewood Estates Subdivision



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679-1729 or 678-6732

(Park Report cont'd from P. 10)

Accessibility Project Update

It's been a busy spring and summer at your park, and the development work aimed at greater accessibility is complete. Now is the time to take a walk to the park to see:

- The beautiful new and accessible washrooms;
 - The accessible, covered outdoor building in the wooded area aimed at providing a nice, cool spot for everyone to relax and enjoy nature; and
 - The accessibility trail linking these new park amenities to one another and to the playgrounds installed last year.
- As well as new benches and picnic tables for the playground area.

This has been the second major development project undertaken by the park's board. This work was possible by putting your federal and municipal tax dollars to good use! The park applied for and received:

- A \$21,532 grant from Canada's Community Accessibility Stream of the Enabling Accessibility Fund and
- A \$7,061 Park Development Fund grant from the Municipality of the County of Kings.

The park board would like to take this opportunity to thank everyone who volunteers. Your contributions are: "the wind beneath our wings"! We are very grateful to each of you.



New Gazebo with wheel chair accessibility built by Stephen Leblanc Construction for the park



Kentville Volunteer Fire Department (Centreville Day)



Plinko game & Bounce Kingdom (Centreville Day)



Dunk Tank (Centreville Day)

COMMUNITY EVENTS

Valley Voices, an a cappella show chorus, is presenting a musical variety show: "Let the Curtain Rise" Saturday, October 15, 7:00 pm, at the Coldbrook & District School, 2305 English Mountain Road. Cost: \$15.00

For more info: www.valleyvoices.org

Tickets may be purchased at R. D. Chisholm Ltd., Kentville, Wild Lily, Wolfville or any Valley Voices member.



Fall / Winter Clothing Give Away

Centreville Baptist Church Murray Drive (Off of highway # 359)

ONE DAY ONLY! FRIDAY, OCTOBER 21, 2016
8:30 a.m - 11:30 a.m

Sponsored by: Centreville Baptist Missions In Action group

Donations of clean. fall and winter clothing and footwear (including skates), bedding, towels, and curtains gratefully accepted. Items for children especially appreciated. No summer clothing accepted at this time.

Items may be dropped off to the church beginning October 9th.

For more info call Marilyn 902-678-3939 or Madeline 902-678-7584

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Acadian Days brings together the best of l'Acadie—a weekend of music, food, speaking engagements, and fun.

Submitted by Darlene Muise

Centreville Baptist Church News

Submitted by Mack Frail

The summer months have passed by and we are heading into fall. September is the month when many activities that were cancelled for the summer resume. Associate Pastor Jeff Milne has supplied the following information:

- **Youth Group** will begin on September 22nd. Meetings will be held every Thursday evening from 7:00 pm to 9:00 pm, and students from Grades 6 to 12 are welcome. Youth Group is an opportunity for youths to get together, play some games, share in some food, and learn about God and how a relationship with Christ can impact our lives.
- The **Monday After School Program** will resume on Monday, September 19th. Students from Aldershot Elementary can take the bus to Murry Drive in Centreville, and a leader will meet them at the bus stop. Parents can pick them up at the church, 870 Murray Drive, at 4:30 pm. This is an opportunity for kids to have some fun, get assistance with homework, or just share in a small group reading time.

Parents: Please watch for a notice from school in September. Students need to pre-register for this activity. Contact Youth Pastor Jeff Milne at 902-365-3535, or email thejeffmilne@gmail.com.

- A new **Parents & Tots Group** will begin on Thursday, September 15th, at 9:45 am. All families with children 0—5 years are welcome.
- Men's and women's **Bible Study Groups** begin on Wednesday, September 14th, at 10:00 am.
- Notes received from Reverend Judy Saunders state that **Baptism and Membership Classes** begin on Monday, September 12th. Anyone who is wondering what baptism means or why we should be a member of a church is welcome to join us.



L-R: Ryan Myers, [Franziska Glen](#), Darlene Muise and Wes Muise wearing traditional Acadian garments during Acadian Days 2016.

For two days each July, Grand-Pré is vibrant with a celebration of Acadian arts, food, music, and activities complemented by engaging talks that truly bring l'Acadie to life.

Set within the gorgeous gardens of Grand-Pré—among willow trees, monuments and flower beds—you'll always gain new enlightenment from energetic and knowledgeable speakers. Discussions range from history, to archaeology, to genealogy, culture and more—each year brings new topics to explore.

Live music fills the air; dancing is always encouraged. Savour fresh-cooked foods, made with recipes such as our traditional Rappie Pie and Fricot, direct from Acadian kitchens. A fulfilling Sunday Mass was also held. Be sure to come experience the best of l'Acadie next year!



Centreville's District Number is now 2, and I am running to be your councillor.

My guess is the #1 question you have for me is: Why am I running again?

I have two main reasons, one practical and one deeply personal. My practical reason is that there is still a lot I want to do, with your help, for us all.

My personal reason is just as important: I want to repay the faith you placed in me four years ago when you chose me to be your voice on council. At that time, you took the risk of electing the "newbie". Your placement of that trust in me was a great honour that I want to continue repaying.

You may have heard that council has changed to a mayor system. I see that as a great opportunity for us to get the excellent representation we deserve. I want the District 2 vote, our vote, at council to count towards doing as much good as we can, for as many people as we can, as often as we can under this fairer system of government. We can do our bit to end the horse-trading that has greatly benefitted some districts over others. This is our chance to leave all that old style of politics behind.

The mayor elected will be answerable to all of us, not just one district, or friends around the council table. This potential change in how business will be done encouraged me to ask you for another four-year term on council. But it is not the only reason.



Important Work Stalled

I want to encourage a new council to get to work on a number of stalled projects. Let me tell you briefly about just two of those...

Green Energy:

Solar energy production at the closed municipal landfill in Meadowview

There's at least 18+ acres there that could be put to good use instead of sitting idle. It's an idea that the Meadowview Community Development Association and I have been working on together. We've fundraised for it and we've had able, affordable, help from students and faculty in the Nova Scotia Community College's Energy Sustainability Engineering Technology. Now that we've determined feasibility, I'm excited about further work with all levels of government on this.

Sidewalk Safety:

An emphasis on safety and active living

Our children and families deserve to be safe when they are out and about in their communities. For four years I've watched as important sidewalk projects have been pushed further down council's list of priorities. Council needs to ensure that we can walk safely from our doorsteps to our parks, schools and shops. Our health and safety depend on it.

I believe other candidates will bring projects and ideas too, and in a spirit of cooperation we'll get to work making sound decisions that can benefit us all in the years ahead.

Kings County needs hard-working, forward-thinking councillors, now more than ever.

I am asking you to place your vote, and your trust in me, once again, when you go to the polls this October. For more information, see my website PAULINERAVEN.CA or give me a call.

Sincerely, Pauline

GOOD NEIGHBOUR CLUB NEWS

Submitted by Susan Wood

On September 15, 2016 the Good Neighbour Club will be returning from a great summer. We will have a meeting as well as a delicious pot-luck supper.

Our next meeting will take place on October 6, 7:30 pm at the Centreville Hall.

On September 17 there will be a breakfast with eggs, bacon, sausages, homemade beans, homemade hashbrowns, coffee, tea, juice, toast, etc. There will be no breakfast in October as we will be busy with the fuel supper.

Hope everyone had a great summer and we look forward to serving you breakfast and at the fuel supper, October 29, 2016 (see details on P. 18.).

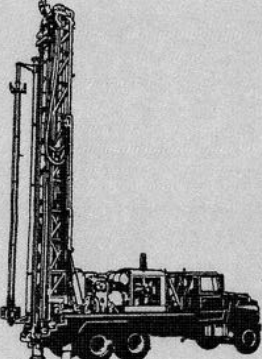
Blueberry-Ginger Sauce

Submitted by Margie Brown

- 1/2 cup sugar
- 2 teaspoons peeled, grated fresh ginger
- 4 cups fresh or frozen Dykeview Farms blueberries

In a small pan over high heat, stir 2/3 cup water, sugar and fresh ginger; bring to a boil and cook 1 minute. Stir in half the blueberries; continue to cook and stir until they begin to burst, 2 to 3 minutes. Remove from heat. Stir in remaining blueberries. Allow to cool; may be covered and refrigerated for up to 3 days. Serve over waffles, frozen yogurt, or lemon sorbet.

YIELD: 6 (1/2-cup) portions



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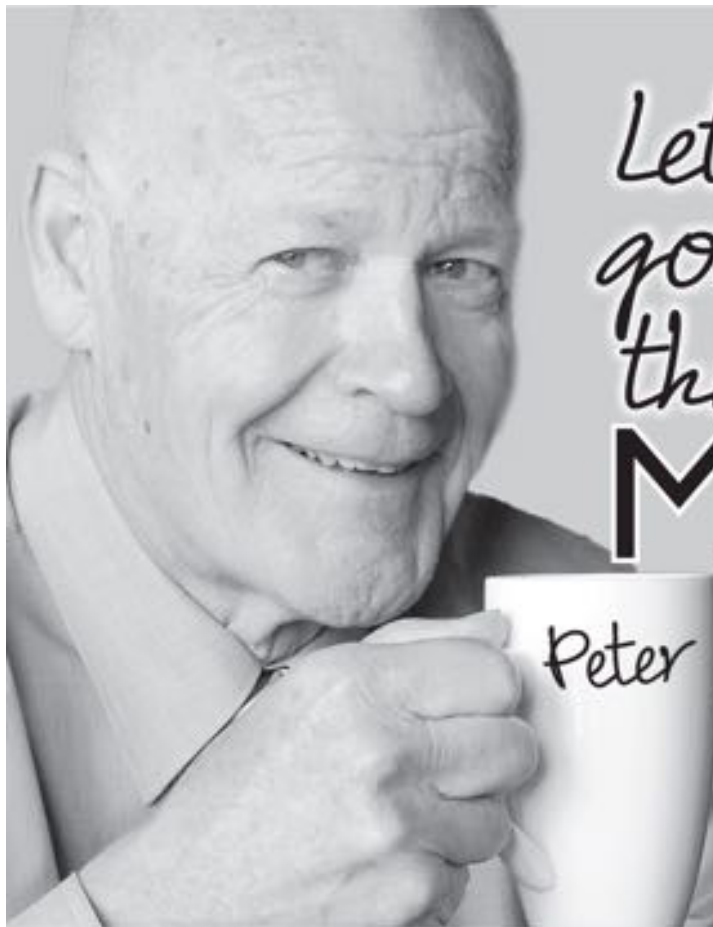
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Let's do some
good together
this October!

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AUTHORIZED BY THE OFFICIAL AGENT FOR PETER MUTTART

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Miner's Marsh Celebrates its 6th Anniversary

By Gren Jones

On Saturday, the 13th of August, people gathered at the wetland park for an afternoon of interpretive activities, birthday cake **and** a book launch!

Authors and sisters Sheila Tracey Levy and Pam Fairn officially launched their children's book, *Miner's Marsh ABCs!* During the afternoon, visitors also enjoyed an opportunity to discover a variety of aspects of the marsh through the eyes of some volunteer scientists who provided activities on flora and insects as well as a children's favourite, "Critter Dipping". Despite lower water levels, the dipping went quite well and the children managed to enjoy this unique activity of discovery.

Over six years, Miner's Marsh has become a top destination for visitors and locals alike. This public-access wetland park is user friendly: on any given day one can enjoy the various wildlife that frequent the area, which is composed of 20 acres and a 1.8 km trail along the berms. Waterfowl, shorebirds, and songbirds, as well as eagles, hawks, and owls, are a part of the landscape. Over 150 species of birds have been identified. In the marsh, there are nesting boxes for swallows and wood ducks. Muskrats, turtles, and frogs are there too! A family of raccoons occupies a large oak tree near the bridge and occasionally deer, foxes, and even coyotes have been observed.

The Town of Kentville is very proud of the marsh and the partnership with Ducks Unlimited Canada, the owners of the marsh. The town donated the beautiful Eagle Bridge, which provides easy access for all ages to the trails. There are interpretive signs and benches along the trails

as well as a lookout at the most eastern end.

An aspect of the design is the fact that the dyke walls are much lower than those on the southern side of the Cornwallis River. This was planned to enable floodwaters to pass over and through the marsh en route to the Minas Basin. Thus the marsh does have some salt water content, although its main source is the run-off water from the Belcher Street area.

For readers who enjoy photography, there is a Face Book page; "Friends of the Miner's Marsh" offers daily posts of beautiful scenery in all seasons. Professional and amateur photographers contribute regularly and the page is a wonderful way to keep in touch.

To purchase a copy of the book, it can be found at R.D. Chisholm's on Webster Street. It's a wonderful book for young families. Also, the Kings County Museum will soon open a display about the history of Miner's Marsh. It will be available to the public until mid-December.

To learn more about the work of DU, visit < www.ducks.ca >

To donate, become a volunteer, or attend an event, contact me: gc_jones@yahoo.ca

Murray Colbo, scientist demonstrates insects living in a grassy buffer zone at Miner's Marsh



Mayor David Corkum and Sr DU director Gren Jones cutting cake.

Sheila Tracey Levy co-author



Elect Dick Killam for Mayor

On October 15th, for the first time, citizens will elect a mayor for Kings County. You, the residents, will choose who you want to lead Council and our municipality. My decision to run for the position of mayor was carefully considered. I feel my experience and life skills, as well as my passion for Kings County, will be extremely important in setting a new tone and a new vision for our region.

I was born and raised on our generational family farm in Woodville. My parents were also community-minded citizens who were involved in many community initiatives in Kings County. I understand our culture and what is important to our farmers, business people, and the ordinary hard working families. Working together we can recreate the civility and respect our forefathers would want to see. The future of Kings County can provide great opportunities for everyone: we only need to set the platform for the local political and business communities to work together in meaningful positive communication, collaboration, and - most important - *respect*.

When I represented you on Council I served on a range of municipal committees and boards and worked hard to improve the lives of our citizens, including spearheading such community initiatives as the relocation of the 'dump' from the community of Meadowview. I was the founding president of Citizens Against Unfair Taxes, a director of Hall's Harbour Community Development Association, and was instrumental in securing funding to construct a sidewalk in Centreville and to purchase additional land for Centreville's park.

I love this place we all call home and recognize the positive work accomplished in the past that has helped make Kings County one of the leading progressive municipalities in the province. We must make positive changes in our Council and promote a can-do attitude in our administration and, in particular, our planning and development departments.

As mayor I will endeavour to get rid of the negativity, cynicism, and lack of respect within Council and among staff that has been so evident in recent years. I will listen and work hard to make good things happen in Kings County. Our young working families and our seniors need more representation to both keep them here in Kings County and keep our seniors in their homes. Volunteers at all levels in our communities also need to be encouraged to keep up the great work they do, especially our fire department.

I ask for your support on October 15 as your first Mayor of Kings County.

Let's talk. Drop into my office in New Minas (opposite the Cineplex), call me anytime at 902-698-9000, or check out my web page, [www. dickkillamformayor.ca](http://www.dickkillamformayor.ca)

Authorized by Official Agent For Dick Killam.

Good Neighbour Club's Annual Fuel Supper (Turkey)

Location: CENTREVILLE HALL

Date: October 29, 2016

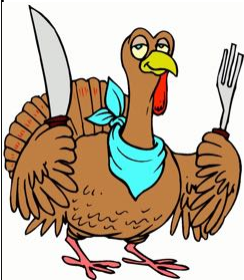
Time: 4:30 - 6:30 pm

Cost: \$12.00 for adults

\$6.00 for children under 12

Takeouts available

Proceeds for the cost of heating the hall.



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Other Dogs and Roy

By Dave Ward

It was in late November of '65 when I came home from farm calls in PEI with a six-week old border collie puppy; Trudy and I gave her the unimaginative name 'Lassie'. Less than a week later, Trudy gave birth to our first child – Marianne. And so there we were with two babies. A couple of years later, Jonathan arrived and Lassie took great delight in keeping an eye on them. A couple more years passed before Heidi arrived.

In those days, mother and child spent about a week in hospital before coming home. I saved a week's holidays for Heidi's birth to look after the other two plus Lassie, now three to four years old. During that week, the normally active dog seemed rather out of character, spending most of her time lying on her mat when not following Marianne and Jon in their activities.

When I brought Trudy and Heidi home from the hospital and into the house, Lassie immediately perked up, erect ears and bright eyes. She licked Trudy on her leg and baby Heidi on her head, returning to her mat seemingly happy to have another little one to herd.

We eventually moved to Edmonton, where Lassie passed away at 14 years old after doing a wonderful job in helping Trudy and me raise our three children.

A year or two later we got another dog, this time an elkhound we called Misty. She was a most faithful dog who loved small children, especially babies in carriages. We also had a Siamese cat, Pepper, who seemed to be a higher rank than Misty. The only time the two got together was in the car when the cat cuddled up with the dog.

Sadly, Misty died from kidney failure at 12 years old: the cat went with Jon when he left home and the girls were either away in university or were working. And at last, Trudy and I were pet free - or so it seemed.

A year or so after Misty died, Jon gave us an SPCA gift certificate for Christmas that resulted in our getting a six-month old border collie we named

Lucky; she would have been put down the next day. She was probably the best dog of the three up to that time and she accompanied us to Nova Scotia, where she died quietly on our lawn one sunny afternoon at 15 years old. We stayed pet free for a while, but then we got another border pup named Skye. She is now five and I have to reassess which of our four dogs is the favourite.

But this isn't a story about our dogs. It is a story about Roy, a sheepherding border on Bobby Ferguson's dairy and sheep farm on the Mull of Kintyre in Scotland. I met Bobby and two other couples in Alberta when they were in the county (I was working in Alberta Agriculture) visiting long-lost relatives. That was in '89, our 25th anniversary. I mentioned to the Scots we were planning a trip to celebrate the occasion and they invited us to Scotland.

We stayed with Bobby and I met Roy in a dairy barn shed with a very small lamb. Bobby explained that the lamb had been orphaned, so they were bottle feeding it and Roy was the guardian.

Some years later, Trudy and I were back in Scotland and again spent time with our friends on the Mull. Roy had passed away and I asked about the lamb. That little lamb had prospered and joined the herd of breeding ewes. Bobby then told me an amazing tale of Roy and that lamb, now grown up. When Bobby sent Roy to round up the ewes, he brought them all in except for his old shed mate. Not only that, Bobby said, but he left her lambs in the pasture as well.

I can easily understand dogs recognizing their 'family' and the neighbours and the like, but a sheep dog singling out not only one ewe from a flock but also that ewe's offspring puts Roy in a special category. My good dogs could never live up to that, I don't think.



Community Groups

Good Neighbour Club

The Good Neighbour Club (GNC) meets at the Centreville Hall at 7:30 pm on the first and third Thursdays of the month (except June, July and August). All Centreville women are welcome to attend and join the club.

'50-Plus' Group

The '50-Plus' Group meets at the Centreville Hall every Wednesday, 1:30 - 4:00 pm. New members are welcome.

Pins and Needles

Anyone is welcome to join us at the Community Hall on Thursdays. Bring along a craft you are currently working on and a paper bag lunch, and stay for the day. Tea and coffee are available. We also get together once a month to work on 'comfort quilts': These are made with donated fabric and are sewn and tied, then given to organizations to provide comfort to those in need.

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

TOPS

TOPS meets at the Centreville Baptist Church, Murray Drive, on Monday evenings. Weigh-in is from 6:00 to 6:30 pm, followed by a short meeting. We are open to new members at the cost of \$36.00 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 Beverley at 902-678-4798.

Centreville Hall Rental

Contact Minnie Sheffield at
902-678-6391

Centreville Park Association

The Centreville Park 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. Centreville community members are those who will make the park a success.

Next meeting - October 15/14

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!

**Next meetings: September 22, 2016
October 27, 2016**

Cancer Support Group

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

Info:

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

Battery Recycling in Centreville

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

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

