

THE CENTRE POST

September 2019 Issue 56



Go Powersports and Annapolis Turf & Tractor Co. *by Gail Salmon*

You may have wondered where the Go Powersports business went after it left the building across from the movie theatre in New Minas, where they had been for two-and-a-half years. Having outgrown that space, they moved to the old Toyota building on Highway 1 in Kentville's industrial area. This building has seven bays, providing more space to service the machines and keep their clientele happy. The building also has a lot more space for showcasing inventory. Greg Foran, the Dealer Principal of Go Powersports and the Annapolis Turf & Tractor Co. that shares the premises, is passionate about his businesses, pleasing his customers, helping out the community with fundraisers, and local high school coaching. Go Powersports won the 2018 Can-Am District Dealer of the Year (Canada) 2018.

Greg Foran talks about his team with pride. "They are incredible," he said of his nineteen employees. Five mechanics have had extensive training, including specialized training at Bombardier in Québec. The business is an "incredible pool that no one had tapped into, and there was a gap in the market." Foran finds his job satisfying, as he generates jobs in the area, and the business supports the community. Go Powersports is active in the Fox Mountain ATV Mud Sling and Mud Sling Side by Side, which took place on September 7th. They were also involved in the Lawrencetown and Windsor Exhibitions and the Greenwood Air Show to support local events. They will soon be involved with area snowmobile clubs and sell passes for various events.

Go Powersports is the newest business to advertise in the *Centre Post* and is Western Nova Scotia's only authorized Can-Am, Ski-Doo, Sea-Doo, and CFMOTO dealer. Driving onto the lot, I was enticed to walk around outside and in the showroom, looking at the inventory. The diversity of product and power would have any outdoor vehicle enthusiast making a wish list. The choice of ATVs, Can-Ams, Side X Sides, Ski-Doos, and Sea-Doos is amazing.

The Annapolis Turf & Tractor Co. deals in Mahindra and Toro products for homeowners and farmers, offering everything from tractors and utility vehicles to ride-on mowers, lawn tools, lawnmowers, and snow blowers. They provide an extensive inventory of golf course grooming equipment, as well as machines for professional contractors and sports field and community care, including 'underground' equipment. There are several styles and sizes of utility trailers to transport your vehicle or goods. They also offer financing on approved credit and have pre-owned inventory.

Go Powersports is one-stop shopping. They sell clothing for all seasonal sports, from snowsuits, rainproof and mud gear, life jackets and vests, and sports apparel, to cozy fleece robes for après sport relaxation. There are accessories for every sport and an extensive parts department with FedEx delivery.

Their web page boasts: *"How do we stay small and sell big? It's simple: years of experience. At [Go Powersports](https://www.gopowersports.ca), our mission is to offer you the latest in parts and products at the best prices, and with unparalleled service. We pledge to use our best efforts to make your experience both beneficial and enjoyable. Once you give us a try, we're sure you'll be back for more!"*

Hours:

Monday: 9:00 a.m. - 5:30 p.m.
Tuesday-Friday: 8:30 a.m.- 5:30 p.m.
Saturday: 9:00 a.m. - 1:00 p.m.
Sunday: Closed
Long Weekends: Closed

Greg Foran has been a coach at Horton High School and has two sons.

<https://www.gopowersports.ca>
<https://www.facebook.com/gopowersportsns>

See ad page 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.

For submissions, contact:

Suzanne Trudeau, Lead Editor

902-678-7769

E-mail: centrepostlady@hotmail.com

To place an advertisement, contact:

Mike Sweeney at 902-679-2780.

Editor's Note

As always, the publication of this newsletter coincides with a change in seasons. This year, fall yard and garden cleanup will be more challenging for many, as we deal with the aftermath of Hurricane Dorion. At least we should all have power by now...Many thanks to those who opened and manned the Centreville Community Hall for those in need.

This issue contains an eclectic mix of articles—from educational and informative to thought provoking and memory evoking. 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 paper to contact Suzanne: centrepostlady@hotmail.com

Anne-Marie Waterbury

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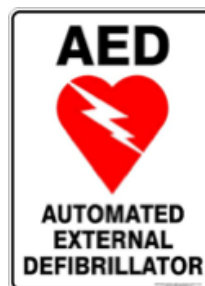
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Dates to Remember...

Sep 21.....	Big Breakfast, 7—10 am
Sep 25.....	CDCDA Meets 7 pm
Sep 27, 28	Giant Vegetable Growers Competition
Oct 9.....	Community Conversation, Hall 7:00 pm
Oct 16.....	Park Association Meets 7:30 pm
Oct 18.....	Clothing Give Away, Baptist Church
Oct 19	No Big Breakfast
Oct 23	CDCDA Meets 7 pm
Oct 25.....	Annual Fuel Supper, Centreville Hall
Nov 16.....	Big Breakfast 7—10 am
Nov 20.....	Park Association Meets 7:30 pm
Nov 27.....	CDCDA meets 7 pm

To view scheduled events, see the calendar on the website.



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

Go Powersports...con't from page 1



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Elizabeth Kubler-Ross



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ACUPUNCTURE

***Diane Terry-Lee d.Ac, RMT
Valley Massage Therapy
Clinic***

Acupuncture is most commonly used to treat pain. However, it is being used increasingly for overall wellness, including stress management.

Traditional Chinese medicine via acupuncture is a technique for balancing the flow of energy or life force known as *qi* (pronounced *chee*). *Qi* flows through pathways in your body called *meridians*. By inserting acupuncture needles into specific points along these meridians, nerves, muscles, and connective tissue get stimulated, which in turn stimulate your body's natural painkillers.

Why is it done?

Acupuncture is mainly used to help resolve the discomfort associated with a variety of diseases and conditions, including:

- digestive disorders
- cramps
- arthritis
- headaches
- respiratory disorders
- muscle pain
- lethargy/anxiety
- TMJ disorders
- insomnia

Risks

The risks of acupuncture are low if you have a competent, certified acupuncture practitioner using sterilized needles. Common side effects include soreness and minor bleeding or bruising where the needles were inserted. Single-use disposable needles are a practice standard.

What to Expect

During an acupuncture treatment, your acupuncturist inserts very thin needles into specific spots on your body. There is a small sensation when the needles are inserted, which is usually no more painful than a bug bite. To determine the type of acupuncture treatment that will help you the most, your practitioner will ask you details about your symptoms, behaviours, and lifestyle. They will also examine:

- the parts of the body that are painful
- the shape, coating, and colour of your tongue
- the colour of your face
- the strength, rhythm, and quality of the pulse in your wrist

This initial evaluation and treatment may take up to 60 minutes. A common treatment plan for a single complaint may involve one or two treatments per week. The number of treatments will depend on the condition being treated and its severity. In general, it is common to receive six to ten treatments for long-lasting benefits.



Be careful about reading health books.

You may die of a misprint.

Mark Twain

Community Events

**Good Neighbour Club's
Annual Fuel Supper**

Location: Centreville Hall
Date: October 26, 2019
Time: 4:30 - 6:30 pm
Cost: \$12.00 for adults
\$6.00 for children under 12
Takeout available

 Proceeds for the hall's heating/cooling costs.



Centreville 50-Plus Club *by Darrell E. Spurr, President*

After a short hot summer, our break is over! Centreville 50-Plus seniors club restarted on September 4th, with a large number of seniors from the local areas attending. We meet every Wednesday afternoon from 1:30-4:00. Card and board games are enjoyed by our members. Birthdays are celebrated on the third Wednesday of each month, and other special occasions are also celebrated. A welcome-back BBQ for our members will be held on September 25th. Area seniors of all ages are invited to drop by any Wednesday afternoon to check us out.

*Youth is the gift of nature,
but age is a work of art.*
Stanislaw Jerzy Lec

Fall & Winter Clothing Give Away

Centreville Baptist Church, Murray Drive

Date: Friday, October 18, 9:00 - 11:30 am

Donations of fall and winter clothing, bedding, towels, curtains, and small utensils will be accepted mornings from October 8th until the 17th at 1:00 pm for setup.



Items for children are especially appreciated.

NO SUMMER CLOTHING PLEASE

Sponsored by Centreville Baptist Church Missions in Action

For further information call 902-678-7584 (Madeline) or Centreville Baptist Church 902-678-1946 (Vicki)

Good Neighbour Club *by Susan Wood*



I hope everyone had a great summer.

With the coming of fall, the Good Neighbour Club meetings resume on September 19th at 7 p.m.

The Big Breakfast will be held September 21st at the Centreville Hall between 7 a.m. - 10 a.m.

Keep in mind there will be **no breakfast in October**, as the women are busy with the Fuel Supper to be held October 26, 2019. Keep an eye on the bulletin board at the Hall for updates.

Centreview Farm Wagon & Sleigh Rides

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Recipe from Blueberry Acres

by Margie Brown

Raspberry and Coconut Breakfast Loaf

Coconut oil, for greasing

About 1 $\frac{3}{4}$ C (175g) ground almonds

About $\frac{1}{4}$ C (25g) desiccated coconut,
plus extra to serve

1 lemon, zested

2 tsp baking powder

3 eggs

5 Tbsp honey, plus extra to serve

1 $\frac{1}{4}$ C (150g) Vital Berry (u-pick) raspberries,
plus extra to serve


Sea salt

Preheat the oven to 350 degrees. Grease and line a 1-lb (450g) loaf tin.

In a mixing bowl, mix together the ground almonds, desiccated coconut, lemon zest, and baking powder with a pinch of salt.

In another bowl, whisk the eggs until fully combined, then add the honey. Add the wet mixture to the dry mixture, then gently fold in the raspberries. Carefully pour the mixture into the lined tin, gently pressing in the extra raspberries. Bake for 50 – 60 minutes, until cooked through and a knife inserted comes out clean, covering with foil for the final 20 minutes.

Brush with honey and sprinkle with the extra desiccated coconut. Transfer to a wire rack to cool.



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News from the Legislature

This fall there are a number of events on the political calendar:

* The federal election has been called for October 21st, and will determine the leadership of Canada for the next four years.

* The Nova Scotia Legislature will resume sitting on September 26th. I consider it a great privilege to be your MLA and give voice to the concerns and issues of Kings North. Please contact me if you have an issue you wish addressed in the Legislature.

* Three provincial by-elections were held on September 3rd: one in Argyle-Barrington and two in Cape Breton. These were called because sitting MLAs Chris D'Entremont, Eddie Orrell, and Alfie MacLeod resigned to run in the upcoming federal election. One more by-

election will be needed: NDP MLA Lenore Zann, now a federal Liberal candidate, has done the same thing but has not yet actually resigned her MLA seat.

By-elections are traditionally seen as a report card on the satisfaction with the sitting government. The Progressive Conservatives held all three seats.

Health Care Town Hall

One front-burner issue across the province is health care. I am organizing a town hall meeting to hear from both doctors and the public. If you have health care concerns or are interested in hearing from doctors concerned about the state of our ERs, please attend the upcoming Health Care Town Hall being held at the Lions Hall in Kentville on September 16th at 7:30 pm. The Lions Hall is located at 78 River Street.

Back to School

Our children have gone back to school, including more four-year-olds as pre-primary expands in the Valley. Please drive carefully with all these young children going to school for the first time.

Thanks for the privilege of serving as your MLA!

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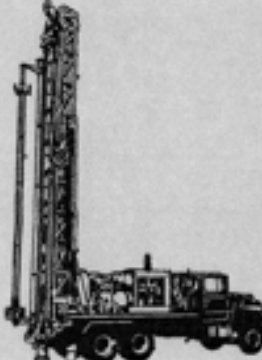
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Story from the Family Farm

My Nursery

by Mack Frail

One of the many businesses that have disappeared from Centreville is the nursery (horticulture) business. Centreville was a community of a few hundred residents when Roscoe and Margaret Fillmore moved to the community in 1924. The production of apples in the Annapolis Valley had reached its peak when Roscoe and his oldest son, Richard, began growing and propagating apple trees. Previously, I have written about the Fillmores and their nursery becoming the largest in the Maritime Provinces. A friend who I rely on for assistance and advice concerning my stories suggested that I write about my nursery experiences.

My experience and interest in plants began at an early age when growing up on the family farm. My father's practice of starting early vegetable plants would today be considered crude. He would build a square frame on the ground with boards, about four-foot wide and two-foot high. He would make use of the storm windows that were on our house for the winter months to cover the top of the frame. It was known as a cold frame, and I soon became interested in starting seeds and growing plants.

My mother, Mabel, was from England, where she was accustomed to lovely flower gardens. She knew a lot about plants and loved the limited flower gardens that we had at our farmhouse. When we were young boys, my brother Gerry and I would each have a small flower bed in front of the veranda. When planting our flower seeds, my mother would instruct us concerning the best places to plant them. Our separate flower beds became a contest to see who could grow the best garden.

When I was fourteen years old, I began working at Fillmore's Valley Nursery after school and weekends. The part-time at the nursery became seasonal, and I was employed there for two seasons. In my late teens, I moved to Ontario, where I was employed at several jobs. The two nurseries that I worked for there, as a seasonal employee, were Cooksville Nursery and Sheridan's Nursery. I became attracted to a factory job because of steady work and higher wages. I came home to Centreville in 1959 and, in the spring of 1960, I began helping my father, Wallace, grow certified strawberry plants. Wallace was a capable nurseryman, and successful with his experiments growing vegetables and plants. His strawberry plant nursery was one of the first in the area.

I realized the potential of part of the family farm property becoming a nursery business, and my opportunity to work in a greenhouse with plants again. During the summer of 1960, I built a very crude greenhouse that I covered with plastic. Fillmore's nursery went out of business, and I purchased a lot of the nursery stock that was in the fields. It was the beginning of Frail's Valley Nursery and Garden Centre. It was a struggle for me to become established in the nursery business. I was dedicated to the business, and worked long hours for it to make progress.

When I began in the nursery business, the work was done a lot differently than it is now. I mixed my transplanting soil with mostly a mixture of sand, compost, and peat moss. The mixture was put through a screen that I had attached to a wood frame and suspended from the ceiling by a chain on each side. I shook this homemade device for the soil to go through. I gathered up all the wooden fish flats that I could locate from the stores and fish pedlars. I filled these fish boxes with my soil mixture and used them for transplanting the seedlings that I started and grew in my greenhouse. I started all of the plants that I grew in the greenhouse from seeds. During those early days, there were no pre-started plants available as there are now. All of the nursery stock that I grew was grown in the fields and, when sold, was baled and balled in burlap. I have carried a lot of trees, evergreens, and shrubs from the fields on my shoulder to the customers' vehicles. When the busy period at the nursery had slowed down, I did landscaping and gardening. I was about the first in this area to provide such a service, and I knew of no others that were doing it when I began. I often planted the nursery stock and plants that I grew at my nursery for the customers. When driving around within a thirty-mile radius of Centreville, I often notice and mention the planting and landscaping work that I did a long time ago. Sheila and I were married in 1993 and, after that date, I had a partner who helped me in the business. Those who were employed at the nursery were our friends, and they were treated like family.

When I had a customer who wanted to make a purchase and couldn't afford the price, I would often lower the price for them. Prices on my price list were low, and I have given plants to a lot of people. Sometimes, my generosity was taken advantage of by others who came to make a purchase. I have assisted others who were struggling to become established in the nursery business. I have been informed that my generosity was not good business practice. I agree, but I still feel good about what I have done.

con't next page

Story from the Family Farm - con't

Besides the plants that we had for sale, our garden centre carried a complete supply of fertilizers, gardening supplies, and other items connected with gardening. We sold ice cream, baked goods, and garden vegetables. We carried wooden swings, patio furniture, trellises, and arbours. We carried concrete garden and lawn ornaments. I can look back at my years in business with a feeling that I had not knowingly treated anyone unfairly.

A few years after I began in the nursery business, I was given a beagle pup that I named Heidi. The children who came to the nursery became very fond of her, and when they came they would say, "Where is Heidi?" After Heidi died at age fifteen, it was Penny, and the last of four beagles, named Snuggles, died recently at age sixteen. The beagles were a big attraction for the children who came to the nursery.

Another big attraction was the sensitive plants that I gave them. Besides the Latin name, *Mimosa pudica*, the plant has several names. I grew the sensitive plants for the children in small plant pots. When touched, the foliage of the plant closes. The explanation expressed by the children at the nursery was, it had 'gone to sleep'. The statement would often be followed with, "When is it going to wake up?" After all the years, I often experience a very good feeling when a parent or grandparent says to me, "I remember when you gave me a sensitive plant."

I became very fond of the people who came to the nursery during the fifty years that I was in business, and they showed their kindness and respect towards me. I have no regrets concerning my many years spent employed and in the operation of a nursery business.



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Update from the Marsh

by Gren Jones, Senior Director
Ducks Unlimited Canada

Lots of good things are happening in the DUC World. In June, the Annual General Meeting (AGM) took place in Fredericton, NB, where another Maritimer, Mr. Kevin Harris, became president. In the field, our conservation staffers have been working diligently getting projects inspected, restored, or built. The Wetland Field Trips program for elementary schools, which teaches Grades 4-5 students about the environment, was highly successful. Local classes attended sessions at Miner's Marsh and Hutt's Marsh. On July 13th, at Shubenacadie Wildlife Park, the annual DUC Day celebrations were well attended by approximately 800 people of all ages. The conservation staff and families built 100 nesting boxes for swallows. Nest boxes are a fun way to inspire children.



In its second year of operation, and only in Nova Scotia, the Treasured Wetlands Project has included a local wetland located in Blomidon Provincial Park. On Friday, August 9th, two members of our conservation staff, Mr. Rob Fraser and Ms. Emma Bocking, met up with my neighbour Peter Gebhardt and me to install a special

communications post at the wetland on one of the woodland trails. I recruited Peter because he has a 4-wheeler and loves the park. The wetland is a very special type known as a 'vernal pool.' They are somewhat mysterious, as they are wet in the latter part of the winter and through the spring, and then dry up as summer arrives. These special wetlands teem with invertebrates and amphibians.

Not only are these beautiful places nice to visit but, for people who like geocaching, this is an additional reason to go. There are three new sites in NS for 2019. **McIntosh Run Watershed** is located in Spryfield. One of the biggest wetlands in NS is the **Missaquash**, located on the NS-NB border and part of the Tantramar Marshes. At more than 6,000 acres, there's a lot to see and do, especially if you have a kayak or a canoe. The third new site is the **St. Mary's River Floodplain**, located on the Eastern Shore. Waterfowl, wood turtles, and Atlantic salmon frequent this area.

To learn more about access to all of the projects, go to www.ducks.ca/TreasuredWetlandsNS

In closing, we love hearing from you. Many people expressed particular concern about the algae blooms in Miner's Marsh. These blooms contain a high degree of toxicity and, of course, can be harmful to humans and their pets. However, don't forget that wetlands purify water. As an example, the wetland in Annapolis Royal provides tertiary water quality treatment for the adjacent sewage plant before returning to the river. In August, tides are higher, and often the western impoundment will pick up some salt water. Miner's Marsh is highly dependent on rainwater and snowmelt. If you're walking regularly at Miner's Marsh, you will have undoubtedly noticed the repair work that was completed in June by Howard Little Construction. The trail on the north side had been washed out due to a blocked culvert.

Need to contact DU? As a senior volunteer, lots of people contact me to discuss our work or problems that may have occurred. Care to make a donation for education or conservation? Perhaps a LEGACY GIFT? Would you like to become a volunteer? There are numerous opportunities.

Gren Jones: 902.670.4967 (c)

Tom Duffy, Manager of Provincial Operations:
1.902.667.8726 (Amherst Regional Office)





News from the Municipality

Pauline Raven, Councillor District 2

Open House at Your New Municipal Complex

Your Municipal Complex is now located at 181 Coldbrook Village Park Drive, Coldbrook. It's bright, beautiful, and complete (other than the front courtyard). Staff and council members are settling into their new digs and are gearing up to officially welcome you!

If you can spare the time to drop by on Wednesday, October 30, any time between 10:00 am and 6:00 pm, we would love to see you. Some delicious local refreshments will be on hand, as well as ample opportunities all day long to tour the building.

Council is also pleased to announce that we will soon be constructing the delayed Public Works Building. This building, because we have been able to expand our current lot, will be directly adjacent to the new complex.

Innovation in the Valley Gets a Boost

In late August, I joined a large group at Acadia University's Huestis Innovation Pavilion. Federal and provincial funding support totaling \$470,000 was announced for 2019-20, augmented by ongoing operational funds of \$100,000 each year into the future. Navdeep Bains, Minister of Innovation, Science, and Economic Development was on hand, as well as Leo Glavine, Minister of Communities, Culture, and Heritage, Minister of Seniors, and Minister of the Voluntary Sector.

Both Ministers spoke about innovation, particularly in agri-science, engineering, exports, and tourism, describing these as key aspects of recent economic successes in Nova Scotia. Also noted was the increased numbers of entrepreneurs and start-up businesses being supported each year at Acadia's Innovation Pavilion and its Enterprise Centre. New graduates, as well as new retirees, are active at the pavilion, and both groups can point to significant success.

I was most struck by a recent computer science graduate who spoke about his part in several amazing and successful data-analytic startups. Intensive research and activities aimed at commercializing research results are happening right here in the Valley. There's just no telling what's going on in the ivory tower! But it's good, getting better all the time, and open to the broader community. Pleasingly, the out-migration of Nova Scotia graduates is slowing. As Kings County residents, we have a lot to be thankful for.

Final Work on the County's Municipal Planning Strategy (MPS) and Land-Use Bylaw (LUB)

The Planning Advisory Committee (PAC) held a public meeting on July 23 to hear comments from the public on the final draft of the Municipal Planning Strategy and Land Use Bylaw. At the time of writing, the results of this meeting were scheduled to be presented on September 10, 2019, 1:00 pm, to PAC members. If you don't have a day job, maybe we will see you in council chambers.

Issues raised at the July meeting included concern that:

- Our lakes are not being given the strong protection they deserve.
- The need for conservation of species and habitats have not been adequately considered or directly addressed.
- There is a need for the expansion of the Village of Port Williams' residential zone, countered by arguments regarding the need to hold the line on any further creep of development into agricultural fields.
- In-fill lots in the A1 zone are either needed opportunities for more people to live rurally or an unwelcome intrusion into farm communities.

PAC may provide a final recommendation to council on September 10, opening the door for the first reading in October, a date for a public hearing, and the second (and final) reading of the plan and bylaws as early as November. Keep your eyes open for dates on the county's Facebook site and in the local papers.

Centreville Park & Recreation Association

by George Graves, President

This year has been a busy one at the park and a rewarding season. We had a new summer student, Ryan Mamay, and we would like to take this opportunity to thank him for all his hard work mowing, dragging baseball infields, and various other duties pertaining to grounds and building maintenance.

Our baseball teams—from tee-ball to midgets—were a great attraction for spectators, and encouragement by coaches and parents was well received. I believe a good season was accomplished by all. This year, the number of players reached over a hundred, and it became apparent that our three fields were no longer enough to keep our games going. The decision was made to transform part of the first soccer field into a fourth baseball field. Our thanks to Kentville Foodland for helping us reach our goal: they sold 50/50 tickets during August, with proceeds going to the new baseball field. The field is finished and the new backstop will be set up in September. It will be ready for full use in June of next year.

We are very pleased with the new parking lot, which is helping to keep vehicles from parking on Sherman Belcher Road.

Thank you to The Greymen\Commandos Motorcycle Club for their generosity in donating this unique wheelchair-accessible swing in memory of Steve Folker. They believe, as we all do, that the park is for all to enjoy. The ceremony took place on August 16, 2019.

Please note:

- * The garbage bins and litter boxes will be closed soon for the winter months; they will reopen in March 2020.
- * The main gate will be closed during the winter months.
- * This winter, snowshoes can be obtained by phoning Helen MacDonald at 902-678-7696.



The weather cooperated for another successful Centreville Day! This year we had two bouncy castles in addition to our usual array of children's games and face painting; 50/50 draw, DJ music, as well as live music in the evening courtesy of the Larry Knowle Band. The Kentville Volunteer Fire Department provided water spray for all who wanted to get cooled off! Unfortunately, due to a fire ban, the fireworks were cancelled, but this didn't appear to dampen the crowd's enthusiasm.

We would like to thank all of the donors and volunteers who helped make this such a successful day. Also, a big thank you to Murray Manzer for the use of his trailer we use for the music stage and to Scott Henshaw for his horse wagon rides around the park. Let's not forget our BBQ workers who provided food for the hungry crowd!

***A big thank you to all for making the park
a beautiful place to enjoy!***

Centreville Day...for more photos, see the Facebook page.



**Annapolis Valley
Giant Vegetable Growers
Competition & Weigh Off**

September 27 – 28, 2019
Glad Gardens, 5108 Hwy 1, Waterville

Free Viewing Public Welcome
Friday: Judging 6 - 9 pm
Saturday: Viewing 10 am - 4 pm
Free children's painting and colouring
pumpkins, face painting; BBQ, 50/50, raffle
Entries of 19 giant vegetables
Giant pumpkin weighing Saturday at 11:30
am, followed by awards and presentations.

For more information, contact Gerard
(vice-president) & Catharina Ansems at
902-678-3941 or gansems@xcountry.tv
or see avgvg.com



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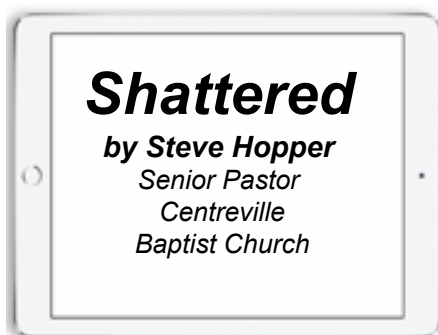
GOOD GUYS

Jason Vander Honing

1867 Highway 359
Centreville NS B0P 1J0

Cell: 902-698-1511

AUTO SALES



I have a first-generation iPad mini. I bought it in 2013. I loved this device. I have read books on it. I have preached sermons using it for my notes. I have read and answered emails on it. I once

per-formed a wedding cere-mony using it, where the family nicknamed it my "holy iPad". I could add many more ways it has served me, but I think you get the idea of how much I depend on it. So much so that I carried it with me rather than let the movers transport it from Liverpool to Centreville two years ago.

But like everything else, it has begun to show its age. It is slowing down and running out of juice more quickly than it once did. Many new apps won't work on it, and some of the old apps can't be updated. It has become a glorified eReader and nothing more.

So, for about a year, I have wanted a new one. It has, however, never been a priority in my budget. How could I justify the expenditure when my old one was just old and not broken? I travelled to the Apple Store in Halifax to look at new ones on a few occasions, and I have browsed the internet looking for deals, but could never bring myself to spend the money.

You are going to find this hard to believe, but last week I was given a new one—and not just a mini but a full-size one. I couldn't believe my good fortune. I imagine that God or my wife got tired of hearing me complain about my old one's lack of speed, and arranged for this gift to be given to me. Only in eternity will I know for certain.

I eagerly backed up my old one to iCloud and turned on my new one, restoring it from the cloud so that all my apps, information, and passwords would be automatically downloaded to my new one. All went well, which is not always the case when we are working with technology! I began using it and couldn't believe the speed or the size of the new screen.

Then, the unthinkable happened. On day two of my ownership, I was lying in bed watching "Suits" on the new iPad. I grew tired and closed the lid of the protective case, shutting down the app and putting the iPad to sleep. But when I rolled over to place it on the nightstand, it slipped out of my fingers and fell to the floor, hitting corner first and then flopping onto its back like it had breathed its last breath.

I jumped out of bed fearing the worst and opened the cover—only to discover that the screen was completely shattered. I could not believe my eyes. In just two days, I had smashed my new gift. Emotion-ally, I was somewhere between devastated and really, really angry at myself for doing something so stupid.

But that is not the end of the story. Apparently, my benefactor foresaw that I was a klutz, and purchased a product called Apple Care. This meant that, for a small fee, they will either replace the screen or replace the iPad. All is not lost. My iPad will be restored from its shattered state and will be made whole again.

As I thought about all of this, I reasoned that this is what God does for us. He desires to take the shattered state of our lives and restore us. In the Bible, God says, "*I will give you a new heart and put a new spirit in you.*" (Ezekiel 36.26, NIV) God can create something good out of all of our bad decisions, mistakes, and rebellion.

I invite you to come to one of our Sunday services, at 10:30 am or 7 pm, to learn more about this God. All of our fall ministries and programs will also start up in September. Please call the Centreville Baptist Church office at 902-678-1946 if you have any questions, or check out our website at www.cbckc.ca.

Did you know? We make our facilities available, for a nominal fee, to community groups and individuals. Call the church office today to find out more.

Centreville Baptist Church

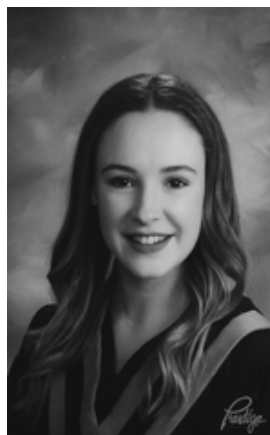
870 Murray Drive, Centreville

Steven Hopper, Senior Pastor

902-678-1946 (Office)

vicki@cbckc.ca

Congratulations & Good Luck!



Laura Forrestall is this year's recipient of the CDCDA Bursary. She is attending Ryerson University in Toronto, where she plans to pursue a career in social work. Laura is the daughter of Cheryl and Shaun Forrestall of Centreville. We wish her every success.

Ruminations of a Walker

by Sylvia Gard

I am a child walking along a dirt road. It is a summer night, the moon not yet up, crickets chirping. My sneakers scuff over pebbles, sometimes sending a cloud of dust across my shins. My eyes rove from side to side assuring my body that it is safely away from the ditches in which are lurking, maybe, a skunk or two. 'Look a skunk in the eyes,' the warning goes, 'and you will get sprayed!' My steps hurry toward the safety of home.

I am dreaming. In the dream I am in a structure, a building of some sort. Where am I? Why am I here? What is this place? It, the place, doesn't feel scary. Just very confusing and unfamiliar. I fall asleep, only to awaken again and again with the same sense of confusion and unfamiliarity. Where am I? What is this place? Why am I here?

I am walking along a hiking trail. This time, though I have never walked here before, I am confident about where I am, why I am here, and where I am going. I meet another traveller. We explore our curiosity of this chance encounter. Why on this trail? Why on this day? Why in the middle of these woods? Where was the start? Where is the ending? The questions are interspersed with laughter as the responses are shared. I continue walking toward home. The delight of the unexpected fills my mind and heart.

I am walking in the early morning, along a gravel path. The fog so dense that even the sound of crunching gravel is muffled. The fog so dense I can see only a few steps ahead. The fog so dense I can barely discern the shapes arising before me. There is, however, a comfort in being enveloped in this cloud of unknowing. I trust that each step I take is further along safe ground. With each step I walk further in the mystery. Mystery is not out there in some ritual or chant or incense. No. It is here with every step I take.

I am walking through a structure, a home, peopled by a family. I sense something of the needs of the structure, the needs of the people inside. I sense something of the reciprocal relationship between the structure and the people. What does the structure need in order to serve those who dwell inside? What do the people need in order to serve the structure? What is home and family after all? How do I, as a walker, serve the body and spirit of home?

I walk for varied reasons: for a healthy body, for relaxation of the mind, to be in the company of other-than-human beings, to listen to that faint inner voice. Often as I walk, I think of the people, the families who walk because they must, because they cannot stay. I think of the people, the families who take one dusty step after another in the mystery of migration. As they walk do they ask: Where am I? Who am I? Why am I here? Is the mystery one of comfort...or fear?



Community Groups

Good Neighbour Club

The Good Neighbour Club meets at the Centreville Hall at 7:00 pm on the **third Thursday of the month** (except June, July, August, and December). All Centreville women are welcome to attend and join the club.

'50-Plus' Club

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

Pins and Needles

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

Comfort Quilts

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

TOPS

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

Congratulations on the Certificate of Recognition for being an active chapter of TOPS Club, Inc for twenty-five years!

Al-Anon

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

Centreville Park & Recreation Association

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

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

Where: Centreville Hall
When: **Fourth Wednesday** of the month
Time: 7:00 pm

Exceptions: June, July, August and December by notification

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

Cancer Support Group

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

Info:

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

Battery Recycling in Centreville

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

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

Centreville Hall Rental

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