

# THE CENTRE POST

September 2020: Issue 60

Next Issue: December 2020  
Submissions Due: December 1, 2020



Pauline  
**Raven**  
902 670-2949

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

***“My greatest hope is  
a greener municipal world will emerge...”***

This is my last submission to the *Centre Post* as District 2 Councillor in the Municipality of Kings. I will open by saying I never fell in love with the job, but I did fall in love with the people, in particular the community volunteers I met over and over again along the way. I truly admire how much is accomplished, quietly and selflessly, by a few dozen volunteers who repeatedly pop up at the heart of things.

The eight years since I became a councillor have passed quickly. Thanks for the trust you placed in me in 2012 and again in 2016. It is now time for you to pick your next councillor. I am not going far. You can expect me at community events like park cleanups during spring or fall, community breakfasts, and Centreville Day because I will miss seeing you.

Looking back, my involvement with projects related to improvements at the Centreville Community Hall and the park has been extremely satisfying. We have accomplished these things together, and I will forever cherish the work we have done and the fun we have had. Perhaps the work the Centreville Active Transportation Trail volunteers now have in hand will attract funds and propel action toward the longstanding hope for a sidewalk along Sherman Belcher Road.

I have learned that progress is often much slower than communities anticipate and deserve. I warrant most municipal councillors feel, from time to time, that their power is about the same as a branch manager at McDonald's over the menu! Pushing forward as opportunities arise helps offset frustrations.

Beyond my work with Centreville, the key role I played in finding needed funds for the Gesner project on Middle Dyke Road was very gratifying. It was so much fun guiding the preparation of the site and watching pieces link together like a giant bronze jigsaw in time for our celebrations. It was humbling and disturbing to hear Chief Dan Paul speak at the opening about how Gesner helped the Mi'kmaq survive the abuse rained upon them by colonizers. Helping improve Valley Search and Rescue's facilities and funding resulted in the surprise and thrill of being made its first Honorary Member. Further back, I remember helping Charles Skerry, Chair of the Halls Harbour Authority, resurrect a dormant application for a new west side wharf to replace the failing one. The thrill of seeing it open two years later underscored, for me, the potency of collaboration with concerned citizens to bring needed attention to important initiatives.

As I leave the council, my greatest hope is that a greener municipal world will emerge via a slate of hardworking councillors and the guidance of a progressive mayor. With my fingers and toes crossed, I hope that the Atlantic Provinces' first utility-sized solar park will be installed on Meadowview's retired municipal dump. When your new councillor is selected on October 17th, I will have files to hand over and hopes to pass along. I expect to be in council chambers from time to time, cheering all things green forward.

## **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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Centreville Baptist Church

## **Editor's Note**

In the last issue, we said goodbye to Mike Sweeney, a longtime supporter of the community and this paper. In this issue, we say goodbye to Pauline Ravine, District 2 Councillor, who has gone above and beyond while serving our community for the past eight years. Those who have worked with her on community projects, in particular those involving the Centreville District Community Development Association and the Centreville Park and Recreation Association, know how committed she has been. To say she will be missed is an understatement...

Gail, our roving reporter, did a great job interviewing two Centreville residents - Logan Morse and Blake Orman - who are vying to fill the position Councillor Raven is vacating. These introductions, on pages 8 and 9, might give you ideas for questions to ask them when they canvas your neighbourhoods.

## **Above all, I hope they inspire you to VOTE!**

And again, thanks to all our contributors and advertisers for making this newsletter possible.

My main concern is that the number of 'staff' working on the paper has shrunk - Suzanne no longer takes a turn composing the paper and no one has stepped forward to replace Mike. Your community newsletter, which hasn't missed an issue since 2005, may be approaching its end without more help.

If there is anybody out there who has an interest in ensuring the paper continues, please contact any member of the staff - we'd be overjoyed to hear from you! No special skills are needed - we can teach you everything you need to know. You may even be able to teach us something!

We hope to hear from you...

Anne-Marie Waterbury

## **Centre Post Staff:**

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

**Centreville Hall Rental is unavailable  
at this time due to COVID-19. Most  
meetings are cancelled  
until further notice.**

# Goldilocks

by Steve Hopper

As a 19-year-old, I was sitting in a chair getting my haircut. The hairdresser asked, "What are you going to do with your life?" I replied, "I am studying to be a Baptist minister." To which she said, "Why would you want to throw your life away and do something like that? You are so young."

I have been asked a similar form of that question many times, and each time it is asked in a way that makes it sound as if my step of faith was a leap from sanity when, in actual fact, the opposite is true. I believe this because Christianity makes logical sense. It best answers the big questions of life: Where did I come from? What does life actually mean? How do I differentiate between good and evil? What happens to a human being when he/she dies?

The answer to all of these questions points to a supreme being, God. He created us, fills our life with meaning, gives us our moral code, and welcomes His followers into an eternity with Him when they die. But a skeptic would say, "How do we know there is a God? Prove it!"

I admit no one has seen God. In fact, you cannot prove that God exists by normal scientific methods. Instead, we look for evidence that would support whether it is reasonable to believe in the existence of God. For example, I know there are mice in my travel trailer even though I have never seen them. I know they are there based on what they have left behind. We have never seen God, but we know He existed because His fingerprints are all over creation.

We need to look no further than the intricate design of the planet. The earth is in what scientists call the "Goldilocks Zone" around the sun. Remember the Goldilocks story? A little girl, lost in the woods, finds a house where three bears live. She tries some porridge they had left out. One bowl is too hot, one is too cold, but one is just right.

We live in the only part of the solar system that's just right for human life. It's not too far and not too close to the sun to sustain life. If we were any closer, all of the oceans would have evaporated. If we were any farther away, they would have frozen.



Or consider the speed the earth orbits around the sun. The precision to maintain the right distance at all times requires just the right speed. If the earth's orbital speed were increased just a fraction, we would fly right out of the solar system.

The design of the planet points to a designer who exists outside of space and time. The complexity of its construction couldn't have happened by chance, as that doesn't make sense. Christianity teaches that the designer is God and that He can be known. Perhaps COVID has caused you to pause and think about the BIG questions of life. Our ministry at Centreville Baptist can help you wrestle with these issues, so please reach out.

We live stream our services and record our services each week. You can find them on our website: [www.cbckc.ca](http://www.cbckc.ca). Beginning September 6, we will also be holding in-person worship services Sundays at 10:30 am following the provincial government's COVID guidelines.

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# Community...

## **Centreville 50-Plus Club**

***Darrell E. Spurr, President***

At a recent meeting of the directors, it was decided to postpone all activities of the Centreville 50-Plus Club until January 2021. We will review our options at that time, and a further decision will be made. Until then, wear a mask or "stay the blazes home."

*Everybody be safe !!!!!!! so we can  
enjoy this again together.*



## **Centreville Park and Recreation**

***by Joy Acker***

We were fortunate to receive funds for two summer students this year, Dominic Sherrard and Ryan Mamay, and they will be on-site for another couple of weeks. They have been busy doing general park maintenance as well as clearing back along the trails in keeping with the Fire Smart Program.

No baseball was scheduled this year due to Corona Virus restrictions, but the fields still had to be dragged and kept in great shape for next year's season. The rest of the park needed to be maintained as well. We have to thank our two summer students for this hard work, especially during the hot and humid weather we had. They were an invaluable asset to the park this summer, and we thank them very much.

Work is continuing on the fourth ballfield, where the soccer fields are located. The backstop is under construction, and monies received from the 50/50 lottery at Foodland during September and October will be used for that project.

A formal pathway has been constructed from the soccer field to the Parkside Subdivision for those residents, and crusher dust will be added in the near future. This project was completed using funds received from the Macdonald House Museum.

Tree roots have been removed at the front of the park entrance on Sherman Belcher, and it is our hope to smooth out that area and seed it so that it can all be mowed in future years.

We have been provided with new Canadian and Nova Scotia flags from our elected officials' offices – John Lohr and Kody Blois. Thank you.

Electrical work is pending until grants are in, as are some other projects such as new basketball nets.


Work will commence in September on extending the resurfacing of the wooded trails. We will be finishing up on the Saxon Street side where we ended last year, and then along to the Sherman Belcher side. Our expectation is to complete that whole side this year, which will widen the trail and make it better for walking and biking.

Our residents continue to use our park for birthday parties, picnics, photoshoots, ball games, the playground, and BMX biking.

Unfortunately, Centreville Day had to be cancelled due to the pandemic. Hopefully, we will have a spectacular day next year!

Helen MacDonald has stepped down as vice-president, and Marguerite Kaizer has filled the position. Beverley Greening has stepped up as director.

You can always reach out to us on Facebook if you have any questions or concerns, or if you would like to join our group. Your ideas are always welcomed and appreciated! Due to COVID-19, we have been meeting at the park at 7:30 pm on the third Wednesday of the month, weather permitting.



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## Hap's Gum

by David Ward

His name was probably Harry, but everyone called him Hap. His big property was just up the street from our place, and it was a junkyard. He lived with a disabled brother, Biard, and a spinster sister, Nita, who had a daughter out of wedlock called Lucy. Lucy was about my age. Hap earned his living by hauling away wood crates from Eaton's that were used to supply the store with dishes, cups, and other glass goods. Hap would break them up in his cluttered yard and, together with wood salvaged from CNR boxcars, sell them as firewood.

Together with other kids, I'd spend lots of time in Hap's yard combing through the packing crates looking for the occasional dish, cup, or whatever, and often finding something. Lucy would help, and often she and I would be treated with a piece of bread and molasses by Biard or Nita. The spoon used to butter the bread was the same spoon used to spread the molasses—and was kept in the molasses jar together with flecks of butter floating around.

One winter, Hap had quite a big pile of boxcar wood in a vacant lot down the street to be cut into stove lengths. I was on the street, and he asked me if I wanted to help. I was about five years old. The snow leading to the woodpile was deep, and I remember Hap telling me to follow his footsteps. After working for a while, Hap pulled a plug of chewing tobacco out of his jacket pocket—though, at that time, I didn't know what it was. He said it was gum and gave me a very small piece. I promptly spit it out!

Many years later, after college and marriage, I was visiting Mom and Dad from my job in Prince Edward Island. When I drove down the street past Hap's place, a very stooped, old man was sitting on the veranda. It was Hap. I hadn't seen him in years. I walked up to him and tapped him on the shoulder. He looked sideways at me and said, "Want some gum?"





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## **Lemon Blueberry Cheesecake Pie**

**Lemon shortbread crust** (A graham wafer crumb base is easily substituted if you prefer.)

1 cup flour  
½ cup icing sugar  
small pinch salt  
½ cup cold butter, cut into cubes  
1 tsp lemon extract  
1 large egg yolk  
1 tsp lemon zest, finely minced

### **Cheesecake filling**

1 pound cream cheese (2 8-oz packages)  
1 cup icing sugar  
1½ cups whipping cream  
1 tsp vanilla extract  
1 tsp very finely minced lemon zest

### **Blueberry topping**

2 cups Country Magic blueberries, fresh or frozen  
½ cup sugar  
1 rounded tablespoon corn starch  
¼ cup water

### **To prepare the lemon shortbread crust**

1. Sift together the flour, icing sugar, and salt. Mix in the lemon zest. Set aside.
2. Rub the butter into the dry ingredients with your fingers until it is well incorporated and the mixture becomes crumbly, like a coarse meal.
3. Whisk together the egg yolk and lemon extract. Add to the crumbly dry mixture and mix in until a soft dough forms. Wrap the dough in plastic wrap and chill in the fridge for at least a half hour.
4. Roll the dough out into a 12-inch round, place in a 10-inch pie plate, and trim the edges.
5. Bake at 350 degrees F (325 for glass bakeware) for 20 minutes or so, or just until lightly golden brown. Let cool completely before adding the cheesecake filling.

## **Recipe from Blueberry Acres Margie Brown**



### **To prepare the lemon cheesecake filling**

1. Remove 3 rounded tbsp of the icing sugar from the 1 cup you have measured. Add the 3 tbsp icing sugar to the bowl of an electric mixer along with the vanilla extract and whipping cream. Beat together to firm peaks, then transfer the whipped cream to a separate bowl.
2. Now add the remaining powdered sugar and the cream cheese to the electric mixer bowl and cream together well until smooth and the cream cheese is well softened.
3. Add about ½ cup of the whipped cream to the softened cream cheese mixture and beat again until smooth. (This step helps soften the cream cheese mixture a little more for the next step and prevents lumps of cream cheese in the filling.)
4. Finally, fold in the remaining whipped cream and the lemon zest by hand until smooth, using a rubber or silicone spatula.
5. Spread the filling evenly into the prepared crust and chill in the fridge.

### **To prepare the blueberry topping**

1. Bring the berries and sugar to a very gentle boil for only about 5 minutes.
2. Mix the corn starch with the water and add slowly to the boiling berry mixture, stirring constantly. Boil gently for 1 additional minute, stirring constantly.
3. Cool completely.
4. When the blueberry topping has cooled to room temperature, spoon it evenly over the filling and chill for several hours before serving. Make this cheesecake a day in advance to get the best set on the cheesecake filling.
5. Garnish with additional whipped cream before serving if you like.



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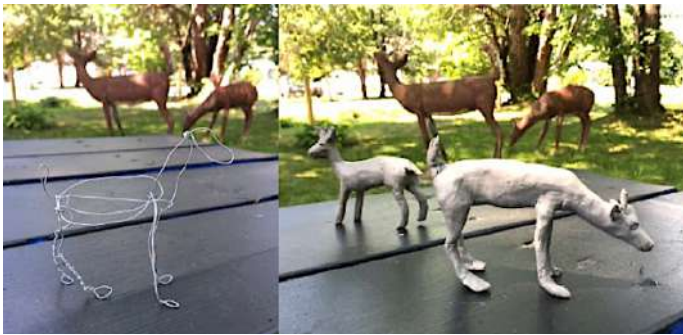
## Charles Macdonald Concrete House

by Fred Macdonald

This season, the Charles Macdonald Concrete House opened with an altered program and a social distancing plan in effect.

In gallery one, visitors were treated to a display of Charlie's oil paintings, while outside, a variety of folk art by several artists was distributed around the grounds. And, new this year, three picnic tables offered the public an opportunity to dine among the artwork in our sculpture garden.

Child art programs conducted by board member Terry Drahos were introduced on Sundays in July and August. One session featured modelling with clay over wire frames, not unlike the way Charlie modelled with cement.



Wire Frame Models

Daily Facebook postings through the summer demonstrated the diversity of Charlie and Mabel's legacy and proved very popular. Search Charles Macdonald Concrete House Museum on Facebook and have a look.

On behalf of the society, thanks to Davlyn Laing for all of her energy and help, and to newcomer Courtney Turner for her efforts guiding the public.

Through the autumn, passers-by might notice activities at the Concrete House as artist Onya-Hogan-Finlay constructs Hairy Orange, a *camera obscura* ([https://simple.m.wikipedia.org/wiki/Camera\\_obscura](https://simple.m.wikipedia.org/wiki/Camera_obscura)). Upon entering her space, one will be able to observe the inverted image of an external view passing through a lens atop the structure. The installation will be a collaboration among the artist, natural-building experts, and local community members, and is expected to source labour and building materials locally. Future programming efforts will connect to the vibrant history of Charles Macdonald's work. Only one other *camera obscura* exists in Nova Scotia, at Cheverie on the Noel Shore. Watch for developments.

And as earlier reported, the society has engaged a conservation architect to assess the property and make recommendations on restoration. The report will guide us over the next two years on how to properly restore this unique and historic structure.

The board of directors of The Charles Macdonald House of Centreville discuss plans with artist Onya-Hogan-Finlay to construct "Hairy Orange", a *camera obscura*.



Left to right: Geof Turner, Terry Drahos, (back to) Allison Scott Butler, Andrew Hurst, Kevin West and artist Onya-Hogan-Finlay. Missing: Elisha Harper and Fred Macdonald. Photo Credit: Fred Macdonald

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***Introducing:  
Logan Morse  
Candidate  
District 2 Councillor  
Municipality of Kings***

On October 17, 2020, there will be an election in the Municipality of the County of Kings for mayor and councillors. Pauline Raven is stepping down from her position as councillor for District 2, which includes Centreville. Logan Morse is planning to run in her place. He approached the Centre Post to arrange for a campaign ad, and a decision was made to interview him to make people aware of the coming election and his intentions for running.

We sat down at a picnic table in Centreville Park on a lovely sunny day to accommodate the current Covid-19 precautions. Logan grew up in Centreville and is fond of his community. He went to elementary and high school in this area and to Acadia University, where he graduated with a Bachelor of Business Administration degree. Logan believes in the community and tries to give back by volunteering. As a real estate agent, he is aware that there is a change in the demographics of Kings County. More people want to move to this area, and those who left are returning home to their roots. He believes that these younger people should be made aware of the importance of the role of municipal councils.

The people who are elected to positions in the municipalities are responsible for decisions made regarding roads, sewers, and community growth. They establish the priorities, policy direction, and monitor and evaluate the implementation of programs while authorizing revenue collection and expenditures. The Municipality of the County of Kings consists of a mayor, a deputy mayor, and nine district councillors. For more information, you may visit the website:

<https://www.countyofkings.ca/contact>

Logan has a long history of volunteering. He was a cadet through his younger years and is now a Cadet Instructors Cadre officer who mentors today's young recruits. He has even taken cadets to visit places in Europe. Logan has shared his knowledge of business with Junior Achievement students and has

volunteered his time at the Inn from the Cold program at Centreville Baptist Church. He is president of the Annapolis Valley Apple Blossom Festival and sits on the Valley Regional Hospital Foundation Board.

"Councillor Pauline Ravine was excellent," says Logan Morse, and she sparked his interest in supporting small communities. He believes in the need for affordable housing and knows that more work is yet to be done. He understands the difficulties in starting a small business and the necessity to encourage new entrepreneurs and help them sort through all the red tape that goes along with starting a business.

Logan notes that he is not running for any party, but wants to engage people in the knowledge that the municipal government cares for people. He calls himself empathetic and interested in the quality of life, and he would like to work to find solutions to the many problems facing our community. Logan believes himself to be energetic, enthusiastic, and devoted, and wants to work closely with the people in our community to spike their interest in their municipality and get involved. He knows that young people are the future in making Kings County a better place, and hopes for support in this election.

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**Introducing:  
Blake Orman  
Candidate  
District 2 Councillor  
Municipality of Kings**



Blake Orman is running for District 2 Councillor in the upcoming municipal election. He had planned to run four years ago but did not want to run against Pauline Raven, as he admired what she was doing. When Blake found out Pauline was stepping down, he discussed the possibilities of his running with her and felt it was time to step up his game.

Blake is originally from Enfield, Nova Scotia, but has lived in Kings County for 13 years. He recognizes the importance of support for small communities. He moved to Centreville in April of this year and feels he is home. "We had just moved in when our neighbours came over to chat and welcome us. Recently, another neighbour knocked on our door and gave us fresh corn. It is just that type of community. Communities like this are important."

Blake is an electrician and owns a small business, Precision Home Inspections. He understands the significance of giving back and gives a portion of his business income to help the homeless.

Blake believes that community service is crucial to small communities. He was a member of the East Hants Ground Search and Rescue team for three years before moving to the Valley and a member of the Kentville Fire Department for almost 10 years. Blake felt the need to take a break and spend more

time with his two young boys during these times of COVID-19. He can stay at home with the boys while his wife works as a registered nurse at Valley Regional Hospital, but he can still work as an inspector.

While a firefighter and a lieutenant, Blake sat on the board of directors and chaired the building committee. He knows the difficulties of finding places to train and problems associated with borrowing equipment or land for training. He has proposed obtaining a training facility and would like to take the next step in working towards a county-wide training centre to better protect our communities.

The County of Kings needs affordable housing and ways to improve the quality of life, as more and more people must depend on food banks and services like Inn from the Cold. Blake has discussed the need for housing with John Andrews, a Kentville town councillor and executive director of Open Arms Resource Centre Society, and hopes to find ways to address this situation. As electricity costs continue to rise, he believes we must consider the use of renewable energy by looking into solar parks.

Blake has been asking residents of Kings County for input. They have mentioned the need for more sidewalks and streetlights as rural areas are growing, and roads become busier. Many would like to have access to more fitness areas and walking trails through the woods, and improvements in parks in their communities. Some suggested that a local sports-plex would benefit Kings County.

As I listen to Blake discuss his new community, I can hear his passion for making the area a better place to live. If you would like to discuss your concerns regarding your community, please contact him at 902-670-7994 or [blakeorman@gmail.com](mailto:blakeorman@gmail.com).



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We certainly live in interesting times. Almost no one could have predicted that 2020 would have turned out as it has. The COVID virus has changed our lives for the foreseeable future. Until there is a vaccine or good anti-viral treatment, this will likely continue.

Citizens all across Nova Scotia have risen to the challenge and adopted the needed health precautions. The result is that our province is now one of the safest places to be to avoid COVID. Centreville has certainly done its part, too. One surprise is that, despite COVID, the real estate market has continued to be very hot. Maybe our success with battling COVID has helped that, with people buying homes in the Valley from across Canada. In any case, thanks to all of you who have put in such a solid effort so far.

When we look around the world, the concerns of a second wave are very real. That means our preventative efforts need to continue into the fall. It will be a challenge, but I am sure we can do it.

My office is open and seeing folks. One of the most rewarding parts of being your MLA is connecting people to the help they need. Government is large, multilayered, and complicated. I serve as a navigator to help people find the help they need. Not every problem can be solved, but it's often surprising what can. It always starts with someone asking for help. So please ask!

I remain deeply appreciative for the opportunity to serve as your MLA.

John Lohr



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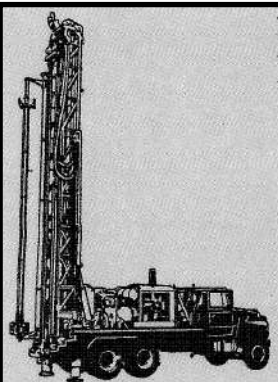
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## **Update from the Marsh** *by Gren Jones*

### **The Atlantic Flyway – How will climate change affect our lives?**

Since 1938, 'Canada's Conservation Company' has been building, protecting, and restoring wetlands. Whether you're a member of our farming community or you live near a body of water, wetlands are just as important as our forests. Water is life! Wetlands are very important because they provide habitat for wildlife, purify water for humans, and, like our forests, sequester carbon dioxide. In Nova Scotia, wetlands are protected by provincial law. This is definitely very important because our environment needs protection from development that can have a negative impact on the resource.

Ducks Unlimited Canada has a management plan for the entire country. Canada is divided into six regions for the purpose of conservation. They are:

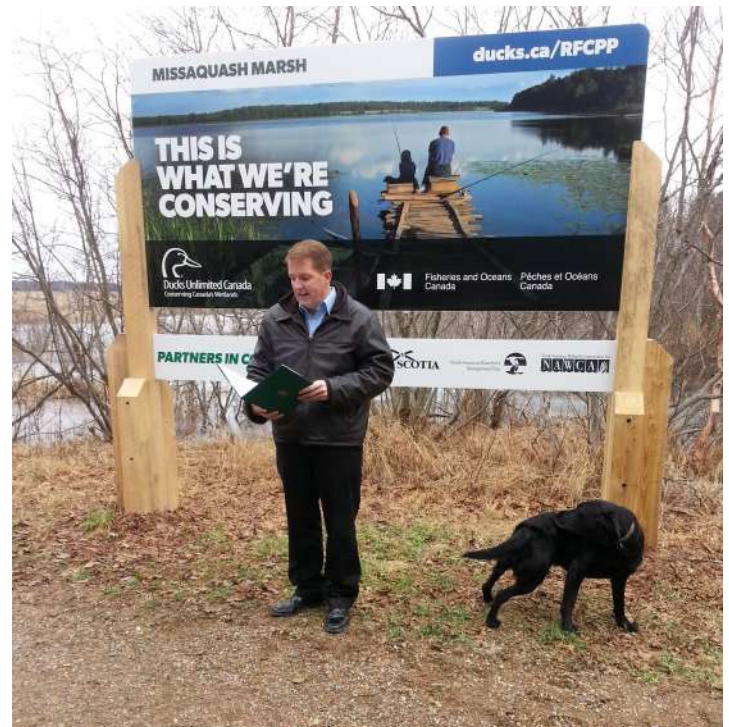
- A) Prairie Pothole Region
- B) Pacific Coast
- C) Pacific Interior
- D) Great Lakes—Saint Lawrence
- E) Atlantic
- F) Canada's Boreal Forest

Let's focus on where we live—the Atlantic Region.

According to the Ducks Unlimited Canada (DUC) website, *"Atlantic Canada's diverse habitat hosts a stunning range of wildlife. From its salty shores to its pointed pines, DUC enjoys great conservation success within this region. Wetlands provide critical habitat for millions of migrating waterfowl. They buffer high tides and storms that cause erosion and flooding. Unfortunately, 65% of wetlands in coastal areas have been altered or destroyed."*

In 1965, DUC established its Eastern Regional Office in Amherst. At that time, priority was given to two of our largest wetland areas in the region: the Tantramar and Missaquash Marshes. There are thousands of acres in these two locations, which can be observed as one travels from Amherst to Sackville, NB.

In the Atlantic Region, not including uplands, 52,000 acres of wetlands are managed with 550 water control structures. Also, 160 fishway passages allow fish to move freely between the wetlands and nearby streams or rivers that lead to saltwater. All projects are inspected annually, and rebuilds contribute to the green economy. The Atlantic Flyway includes all four Atlantic Provinces, and there is a portion of the boreal forest as well. The habitat in this region is ideal for migratory birds, including waterfowl. This region is critical for black ducks, a native species that was endangered by the use of pesticides, especially DDT.



*Former Cumberland MP Scott Armstrong & Malo dedicating the Missaquash Marsh. This is the largest single wetland in Atlantic Canada and includes both*

As we look forward, the conservation plan is to add 7,300 acres and retain 4,400 acres of wetlands through land-use agreements, acquisition, and management.

What are the challenges of conservation work in today's world? For us in Atlantic Canada, we have witnessed the effects and destruction of intense storms and sea-level rise (SLR). The saltwater marshes and dykes play major roles in protecting the coastline. One of our main concerns is how to prevent sea-level rise from overtaking thousands of

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*Update from the Marsh - con't*

acres of wetlands between Sackville, Aulac, and Amherst. With the TransCanada Highway and the CN Railway line, there's a lot at stake. For example, DUC owns 10,000 acres in the Tantramar area alone! Other lands within the Tantramar include the former World War II communications station that became Radio-Canada's short wave broadcasting station. Today, that property is owned by First Nations. On both sides of the highway, there are also large areas of pasture lands interspersed with the wetlands. As seen from the air, it looks like a huge patchwork quilt! The existing dykes are insufficient to prevent the inevitable rising tides and storm surges. Numerous studies by public and private institutions are underway. This is a main transportation corridor for moving goods by rail and truck. I'm certain that Centreville's own Brad Foote, who is a regular driver through this corridor as he imports potatoes from PEI, has observed what I have described.

In closing, I wanted to update readers who follow my articles on the contest I offered in the previous issue of the Centre Post. The correct answer was the year 1938, and my neighbour Lesley Sweet knew that.

If you're interested, feel free to contact me for further information by email: [gc\\_jones@yahoo.ca](mailto:gc_jones@yahoo.ca) OR if you wish to donate to the conservation mission, visit the website: [www.ducks.ca](http://www.ducks.ca)



*Missaquash Dyke*



## ***Learn to Fish with the Kings County Wildlife Association***

***Submitted by JoAnne Spencer***

The Kings County Wildlife Association (KCWA) partners with Evergreen Home for Special Care in using the facility's pond to provide a great fishing experience for young children, encouraging them to enjoy the benefits of being outside and enjoying nature. The Learn to Fish Program is a unique school program for elementary students, conducted in partnership with the Nova Scotia Department of Fisheries & Aquaculture's Inland Fisheries Division. It consists of a classroom educational session and hands-on fishing. The children learn about recreational fishing: the types of sport fish, how to fish, where they can fish, the equipment needed, etc. They are also introduced to the rules for fishing in Nova Scotia.

Last year, 2019, was our introductory year for the program, with Wolfville Elementary, Landmark East, and Glooscap Elementary Schools participating. The 2020 program was cancelled due to COVID-19, but we hope to engage more schools and students in 2021. We appreciate the use of Evergreen's pond and are dedicated to helping maintain it for all to enjoy.



*On July 27th, members of the Kings County Wildlife Association enjoyed a summer evening working together to clean up the pond at Evergreen Home for Special Care. This was done so residents could enjoy the pond and surrounding area, and possibly do some fishing.*

## ***Story from the Family Farm***

***by Mack Frail***

I think about the early settlers and their struggles to establish the communities where we live in Nova Scotia. During my younger years, descendants of the New England Planters were farming the original land grants where their ancestors had settled. The names of the New England Planter that I recall living in Centreville are Porter, Eaton, and Kinsman. Others came after the New England Planters and settled in the community. They are the people that, through their hard work and dedication, are responsible for founding and establishing the communities. Centreville is one of the original farming communities that progressed through the efforts of dedicated residents. They were responsible for the first businesses established in Centreville, such as agriculture, merchants, blacksmiths, manufacturing of horse-drawn vehicles, plant nursery, mills, and cooperages. They were also responsible for the postal service, community hall, churches, and a school. In the early 1920s, members of the community worked together to build a closed-in skating rink. They also organized and supported several community groups, such as Farmer's Grange, Centreville Literary Club, and groups supporting church and school.

In 1890, the railway came to Centreville, and five large warehouses were built. The warehouses—where apples and potatoes were packed, shipped, and stored—were provided with freight service by the railway, and provided employment. Both the railway and the warehouses were big benefits to the farmers. Centreville was the junction for the North Mountain Railway, that went to Weston. There were twelve apple warehouses along the North Mountain Railway.

I think of these former years and the Centreville residents that I have known. They worked very hard to make Centreville a community that they were

proud of. I realize that changes are expected: with new technologies being developed at a rapid pace, there are sudden changes to our personal values and lifestyles. Having been born and growing up in Centreville during the 1930s, I experienced the changes that have taken place in the community. When growing up, I knew most of the residents of Centreville and was familiar with their feelings concerning the community. They had an interest in the community and wanted to see good things take place for it to progress. They not only lived in Centreville but were part of the community they were proud of. I recall the concern and kindness shown to us as children growing up in Centreville. They may appear as insignificant, but those simple acts of kindness meant a lot to us.

In the winter months, we played hockey, and for the rest of the year, we played softball. We had teams in Centreville, and communities within the local area also had hockey and softball teams that, as children and teenagers, we played games against. There were a lot fewer motor vehicles during those days, and most families were without a motorized means of transportation. I often recall that those with motor vehicles would offer, without charge, transportation for us to play against the host team. In those days, riding on the back of a truck was allowed.


I have many such memories to help describe the wonderful people I knew that lived in Centreville. There were many acts of kindness and hospitality toward neighbours that required help in various situations. They believed in helping one another. Many times I worked without pay, helping a neighbour. I recall one instance when I was about ten years of age, of not wanting to help a needy neighbour. After taking my parents' advice that I should go, I had a good feeling about helping. I recall Centreville residents who, because of sickness or other reasons, were unable to carry out the work on their farms, and the men in the community would join together and help. The women in the community were also readily available and willing to help in any way that they could. It was common for women to provide baking for a needy family. My mother gave her baking to needy families in an attempt to keep her generosity personal. I think about these wonderful people, and will always remember them.

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*Story from the Family Farm - con't*

A lot of changes have taken place since those days in Centreville when neighbours were acquainted with each other. It is a different community now, from a few hundred residents living in a vibrant community and concerned for their neighbours, to a large population of residents living in a bedroom community. It is a good feeling for me to realize that, even in today's busy world, people are still there to help their neighbours. Acts of kindness and consideration are especially prevalent during this time when we are experiencing Covid-19. It is a period when our lives are disrupted by the terrible pandemic. Isolation and distancing are partially preventing assistance to others. I express my own personal experience when I state that good neighbours still remain in Centreville.

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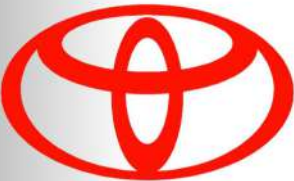
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## ***Why Are We Here?***

### ***Ruminations by Sylvia Gard***

*Waiting for the full moon to rise one evening,  
I walk through Centreville Park.  
As far as my eye can see in the dusk time, there is no other human here.  
Even in the wooded area, I sense an absence of human.*

*I am alone here.*

*The parking lot is empty of vehicles.  
Moving through the gateway, I see the storage shed is closed and dark.  
The basketball courts are silent.  
The ball diamonds are spacious in their emptiness.  
No fans sit in the bleachers; no players tussle for the next play.  
No bikes rise and dip over the track.  
I linger, close to the play area, waiting for the moon rise.*

*'Come.' From the shadowy edge, a whisper.*

*The seat of the swing begins to slowly move, so slowly I wonder if I am imagining this.  
There is not a breath of air movement.  
Standing so still, as I take this in, I sense the spirit of a much younger self  
swinging on a giant swing in La Fontaine Park some years ago.  
The exhilaration of arcing though the air, seeming to touch the sky.  
All sound drops away. There is only the far reach, the bottoming out,  
the momentary suspension in the sky before descending to earth again and  
then back to the sky. Being held by the sky and the earth.  
No separation. Trusting the structure that supports my seat.*

*'Come.' Again the whisper.*

*Now, in this park, seated on this swing, I slowly and softly  
move from earth thru sky to earth thru sky. The arc is shorter, of course.  
There is a quietness in being at one with all. I am indeed a part of this sensual world.  
Leaving the park, the moon, immense, bright and round, rises above the horizon.  
I inhale her fullness. How could one ever feel separate from this?*

*I go home, to sleep, to rise again to the early morn call of the crows.\**

*Wake up!  
Oh, the crows are vocal this morning! On this morning of clear light, rustling leaves.  
Before the heat of the day arrives.  
Even the sound of the chain saws cannot compete with the crows calls.  
But then, I love the sounds of crows; my ear hears their calls above all else. Insistent.*

*Do you hear us? We are many.*

*\*Crows are members of the CORVIDae family.*

# Community Groups

**Centreville Hall Rental is not available at this time. Most meetings are cancelled until further notice. Contacts are provided for several groups and organizations and may be able to provide additional information.**

## Pins and Needles

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

## Comfort Quilts

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

## TOPS

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

## Al-Anon

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

## 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 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](mailto:msalsman@xcountry.tv)

Pat 902-678-9100 [patmutch@hotmail.com](mailto:patmutch@hotmail.com)

Margot 902-542-1466 [margotwithat@hotmail.com](mailto:margotwithat@hotmail.com)

## '50-Plus' Club

The '50-Plus' Club meets at the Centreville Hall **every Wednesday**, 1:30 - 4:00 pm. Meetings are cancelled until at least January 2021.

## Centreville Park & Recreation Association

The Centreville Park & Recreation Association meets the **third Wednesday of each month** at 7:30 pm, and are currently meeting at the park. Anyone interested in becoming involved or wishing to share ideas or concerns is welcome. Reach out to us on Facebook.