

# THE CENTRE POST

September 2018, Issue 52

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Submissions due December 1, 2018

## Kings County Senior Citizens' Council

By Gail Salmon

The Kings County Senior Citizens' Council is an organization that helps improve the lives of Nova Scotia's seniors. Its purpose is to inform senior citizens and pensioners and to help meet their needs concerning health care, pensions, and their general welfare. It coordinates with the legislative activities of affiliated clubs and encourages the organization and affiliation of new clubs. They work with several organizations to endeavour to secure and maintain fair and just legislation.

Helen Young, the council's president and a retired nurse, is one of the members of the council who is reaching out to seniors and pensioners. She informs them, through workshops and public meetings, what is out there for seniors to help ensure they receive the benefits, health care, and security that they deserve.

The council is registered and works closely with the Group of IX Seniors' Advisory Council of Nova Scotia. This group is independent of the government and consults with other organizations and special interest groups to represent the seniors of Nova Scotia. The Group of IX must be affiliated with national groups that meet with the Government of Canada and includes:

- A New Vision of Aging in Canada (CARP); Community Links / Rep. Canadian Pensioners Concerned (CPC)
- National Association of Federal Retirees (NAFR);
- Federation of Senior Citizens and Pensioners of Nova Scotia (FSCPNS)
- Section of Senior and Retired Doctors (SSRD) of Doctors Nova Scotia (DNS)
- Nova Scotia Government Retired Employees Association (NSGREA)
- Regroupement des Aînées et Aînés de la Nouvelle-Écosse (RANE);
- Nova Scotia Retired Teachers Organization (RTA)
- Royal Canadian Legion, Nova Scotia / Nunavut Command (RCL)

Through the collaborations of these and other organizations, seniors have benefited from the resolutions established through meetings and discussions. One of the resolutions was a request that there would be no increase in premiums for Pharmacare, which resulted in the status quo. A request for more healthcare providers has resulted in the hiring of twenty more nurse practitioners and family practice nurses. There have been changes in the Guaranteed Income Supplement (GIS) eligibility and benefits and an Age Amount Tax Credit of \$1,000. There are home care and home oxygen programs available to those who meet the criteria. Resolutions have led to government-assisted house repairs and more affordable housing for seniors. There are grants for installing rails and ramps in homes. The government has printed two new booklets for seniors, *Shift Nova Scotia's Action Plan for an Aging Population* and the *Positive Aging Directory*, that provide information and lists of organizations.

Helen will talk to anyone, whether when meeting people while picking blueberries or at any other opportunity, about the Kings County Seniors' Council and discuss seniors' policies, provide information on seniors' issues, or offer to come and speak to people in their communities. Although the subject of seniors and pensioners is basically for that specific age group, Statistics Canada predicts that, by 2030 when the last Baby Boomer reaches 65, one in four Canadians will be over 65. Helen says that, since the seniors' children are most likely the caregivers, they should be informed as well.

Helen tries to get in touch with people in different organizations in Kings County communities to spread the word and inform seniors and pensioners of all that is out there to improve their health and quality of life. I am putting her in touch with some of the Centreville groups in the hope that she might enlighten us. If your organization would like more information about the Kings County Seniors Council, you can call Helen Young at 902-542-4021.

<https://novascotia.ca/seniors/groupIX.asp>

<https://novascotia.ca/seniors/directory/>

<https://novascotia.ca/shift/>

*The **Centre Post** is published four times  
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*The deadline for news items, etc., is the 1st day  
of these months, with the newsletter at the  
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information in before the deadline.*

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**Editor's Note**

I would like to thank my colleague, Anne-Marie Waterbury, for her invaluable help at completing this issue. My technical skills were getting rusty after not doing the paper for a couple of issues!

Thanks to all our advertisers and contributors for making this newsletter 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](mailto:centrepostlady@hotmail.com)

We're sure there are lots of you out there with something worth contributing, and there is always room for more. If anyone has suggestions for content or how we could improve the newsletter, we'd love to hear from you.

Enjoy your fall!!

Suzanne Trudeau

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

**What's Inside...**

*Kings County Senior Citizens' Council*

<i>Gail Salmon.....</i>	<i>1</i>
Connect to Innovate Funding, Scott Brison.....	3
Cell Tower Update Mark Fredericks.....	4
News from the Legislature <i>John Lohr.....</i>	<i>5</i>
News from the Municipality <i>Pauline Raven.....</i>	<i>6</i>
Story from the Family Farm <i>Mack Frail.....</i>	<i>7,8</i>
Brownie and the Sailboat <i>Dave Ward.....</i>	<i>9</i>
New Kentville Toyota <i>Gail Salmon.....</i>	<i>10</i>
Valley Massage.....	11
Centreville Park & Recreation News <i>S. Trudeau.....</i>	<i>12</i>
Treasured Wetlands of NS <i>Grenville Jones.....</i>	<i>13</i>
Kejimkujic Thanksgiving 1992 <i>Ricky Masclntosh.....</i>	<i>14</i>
Recipe from Blueberry Acres <i>Margie Brown.....</i>	<i>15</i>
Diabetes Canada.....	16
Turbulencel <i>Steven Hopper.....</i>	<i>17</i>
Community News.....	19
Community Groups.....	20

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**Dates to Remember...**

September 5.....	50-Plus Club resumes
September 15.....	Big Breakfast, Community Hall
September 19.....	Park Association Meeting
September 20.....	Good Neighbour Club resumes
September 26.....	CDCDA
October 8.....	Thanksgiving
October 17.....	Park Association Meeting
October 18.....	Good Neighbour Club Meeting
October 24.....	CDCDA Meeting
October 27.....	Annual Fuel Supper
October 31.....	Halloween
November 4.....	Daylight Saving Time Ends



## Connect to Innovate Funding

High-speed internet makes it easier to connect with friends and relatives, access government services, run a business, study, and learn. Quite simply, broadband internet service is no longer a luxury: it is essential to fully participate in the modern world. Unfortunately, the infrastructure required to provide adequate internet service is still lacking for many rural Nova Scotia communities.

In the past, delivery of internet service has been left to the private sector. Due to a variety of factors, including low population density, providing service to some areas of Nova Scotia would not be profitable at this time. Thus they remain underserved or not served at all. Our government understands that we must play a role in creating an environment where bringing high-speed internet to these areas makes economic sense for the service providers. We are committed to making significant investments to help increase the number of Canadians that have access to adequate internet.

This spring, I announced that the Government of Canada, through the Connect to Innovate program, will contribute \$17.7 million to projects that will bring high-speed internet access or faster internet service to dozens of communities across the province. Included in this investment is \$5.6 million to the Municipality of the County of Kings for a project that will improve internet service for residents in several parts of the county, including Centreville and the nearby communities of Kinsman Corner, Hall's Harbour, Upper Cunard, Sheffield Mills, and Baxter's Harbour.

Building the infrastructure required to improve internet in our rural areas is tremendously expensive and, while the significant infusion of dollars from the Connect to Innovate program will result in greatly-improved internet service for many Nova Scotians, it will not be sufficient to bring high-speed internet to all households in our province. The rural internet problem is large and complex, and fixing it will require cooperation and collaboration among many



partners and stakeholders. This is not a problem that can be solved overnight, but our government understands the importance of high-speed internet to individuals, businesses, and the sustainability of rural communities. We will continue to work diligently with our partners to bring high-speed internet to more Canadians, including residents of Kings-Hants.

Digital investment through the Connect to Innovate program enhances opportunities for residents of all ages in rural Nova Scotia communities. This important investment will support farming and fishing industries in data collection and observation, students and youth in learning, and residents in day-to-day life with connected devices. It's all part of our government's plan to help create equal opportunities for all areas.

*The really great person is the person who makes every person feel great.*

G.K. CHESTERTON  
English journalist

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Council of Councillors, Mayor and Clerk

### RE: PROPOSED TELECOMMUNICATION TOWER, 100 DE BRUNNEN ST IN CENTREVILLE, KINGS COUNTY, NS. (File # 14-04)

On May 14<sup>th</sup>, 2014, the Municipality of the County of Kings and Kentville held a public meeting to present public input on a proposed telecommunication tower located off of Highway 101 in Centreville. Council proposed a 35m UHF tower as the best option to help cellular service to the residents and businesses in the area. As responsible citizens we have taken the tower siting, service requirements with the landowner in areas for a tower location with a further setback from the road. This increased setback also provides the visual impact of the tower.

The new and revised location is shown on the attached map. The new location is approximately 100 meters from Highway 101. This is an increase of 100 meters from the original proposal of a location 200 meters from Highway 101. Moving the tower to the current site and by the sewer line would require Council to increase the tower height from 30 meters to 35 meters. It would also require the tower to be located from a setback as a guard tower. Council's original proposal would not be consistent with a 100m setback, and an additional tower would be required to provide more coverage.



Members of the public will have until **December 1<sup>st</sup>** to submit written comments or concerns to Council on this new tower as well as their own concerns. Council will be the decision maker on this proposal. Council is providing the municipality with documentation showing compliance with federal, provincial regulations regarding tower, safety, and environmental protection as part of their application.

If you have any questions or need help to submit a comment, you can reach Mark Fredericks, Cllr. at 902.686.4194, or email [mark.fred@centrevillekings.ca](mailto:mark.fred@centrevillekings.ca).

This tower will be in a rural area where the tower will be a visual landmark. The Municipality is interested in providing a better solution to providing the tower with the best current technology for service.



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*Leave the beaten track behind  
occasionally and dive into the  
woods. Every time you do you will  
be certain to find something you  
have never seen before.*

**Alexander Graham Bell**

The summer has passed by quickly, and school is about to begin again. It is really the start of the new year for many, and politics seems that way, too. The legislature resumes on September 6th, and I will continue to advocate for the residents of Kings North. This summer, the number-one issue was the lack of pothole filling. This was finally addressed in late July /early August, and now most potholes are filled. Please let me know the civic address of any unfilled potholes, and I will request that DTIR fill them.

The summer also has seen the start of the Dialysis Unit addition to Valley Regional Hospital and the tendering of design for the long-awaited hospice. This is terrific news for dialysis patients and good news for the hospice. However, health care and the lack of family doctors remain huge concerns in Kings County.

I have also advocated for the 50 km speed zone on Sherman Belcher Road to continue past the Percy A. Lydiard Park. I believe that this small speed reduction will improve safety at the park.

As your MLA, I consider it a privilege to serve your community. I welcome both your feedback and your input into issues of community concern.

Please do not hesitate to email or phone me.

Thanks  
John Lohr, MLA Kings North

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### ***Thoughts of Thanks on Labour Day Weekend***

As I write, it's Labour Day weekend and time to reflect on labour, paid and unpaid. Work is with us always, representing the mundane and extraordinary! It's how we provide services to one another and how we support our families, whether working outside or inside our homes.

I noticed an ad yesterday that said: "Enjoying your long weekend? Thank a union member."

Labour Day became an official national holiday in 1894, building on the Trade Union Act of 1876 and the 1889 Royal Commission that recognized: "The man who sells labour should, in selling it, be on an equality with the man who buys it."

Today, I find "union-bashing" is widespread, but I doubt any of us would want to return to pre-union days where an entire family, children included, were part and parcel of factory production lines and workdays ran from dawn to dusk!

Our sincerest thanks and gratitude are due to union men and women. They have had our backs since the early days of their movement. They won the many positive social changes we now take for granted and have brought fairness and safety to the workplaces of all Canadians, sometimes at great personal cost.

### **Personal Tax Exemption**

There are times when individuals or families need to stretch every dollar to make ends meet.

September, when your residential tax bill is due, can be one of those times.

If your family's total gross income is less than \$35,000, you can be exempted from paying up to \$266 of your county tax bill. Many seniors and single-parent families fall into this household income bracket. The application form is short and simple, and you can ask our friendly staff for help if needed. The deadline is December 31, 2018.

The application form is available at the municipal office, 87 Cornwallis Street, Kentville.

It can also be downloaded here: <http://www.countyofkings.ca/information/forms.aspx>

Just look for the finance box and click on Personal Tax Exemption 2018.

### **Eastlink Cell Tower**

Please take the time to consider Eastlink's plan to erect a cell tower at the south end of Centreville. A full page of information regarding this can be found in this edition of the *Centre Post*. Following the public meeting held in May and a petition being submitted asking for a greater distance between homes and the tower, Eastlink is proposing an increased setback from homes. Council would appreciate hearing your thoughts on whether this change is acceptable or not.

# Story from The Family Farm

By Mack Frail



I often think of the changes during my lifetime that go back to the days when many people living in rural communities were using horses for transportation. There were very few tractors during my early years, and oxen and horses were used on the farms. Before mechanized equipment came into use, most farm work was done by manual labour. Prior to and during World War Two, many of those living in rural communities struggled to provide for their families. When recalling those early days, I realize how much less we had compared to all that we have today. I was born into this period in the mid-1930s, and it was the only way of life I was aware of. I was content and happy during those years of difficult times and, for me, they were wonderful years. I was living in a close-knit family where I was loved and cared for.

The years of growing up on the family farm were far from being perfect. Even as a young child, I was aware of some of the difficulties that occurred. Farming had its disappointments during those early days of farming. There wasn't any crop insurance or assistance that the farmers could depend on. During the 1940s, the fruit growers had difficulty finding a market for their crops. They went into debt for items necessary to produce a crop and, without a market, they were unable to pay their debts. Because of their effort to make a decent living, some farmers lost their family farms to their creditors. I remember the years of disappointment that my parents experienced when, after working hard to produce a crop, they realized small returns at year's end. A year of crop failure could be devastating to farmers. Before 1960, farmers were without irrigation and a dry season could destroy crops.

Bad luck could play a part in farmers not having a profitable year. I remember my father's first team of horses, which he purchased in 1943 when I was eight years old. One was a mare named Queen who was very gentle and easy to handle. The other, a horse named Sandy because of his colour, was the opposite of Queen in nature and disposition. They were a mismatched team because Sandy could not be trusted and, being high strung, did not work well beside Queen. I was used to our oxen that were gentle and docile. I had my picture taken sitting on the back of one of our oxen before I was eight years old. I was not familiar with being close to horses and was afraid of our newly-purchased team. I was teased by my older brothers because of my fear of our horse Sandy. I made an effort to appear that I was not afraid by leading Sandy out of his stable, and his iron-shod hoof came close enough to my foot that it ripped the side of my sneaker. After nearly receiving a severe injury to my foot, I was more afraid of Sandy. Gerry, one of my older brothers, hitched Sandy to our old buggy wagon and, with a load of our friends, we had a fast and merry ride over the dirt and gravel roads.

My father decided to trade Sandy for a more compatible mate for Queen. He contacted a horse trader in Avonport, Kings County, and chose a grey Percheron mare that was a perfect mate for Queen. My father traded Sandy and paid several hundred dollars extra to purchase the horse that we called Lady. My father and all of us in our family were very pleased with her. After about three months, our newly-purchased mare suddenly became very unwell. The local veterinarian came but could not save her. Lady had been recently transported from Western Canada, where she had contracted the illness that caused her death. The loss was a terrible blow to us and our family farm.

Misfortunes such as the loss of a farm animal, sickness, accident on the farm, death within the family, a crop loss, or setbacks that today appear to be minor could be devastating in those early days of farming. Farming has always held a risk and attracts people that are determined to succeed and willing to accept the possibility of bad luck.

Since the early days of farming, progress has been made to compensate the farmers for crop failure. Various types of insurance are now available. During my younger years, I heard my father and people of his generation describe fires that destroyed barns and livestock that were not insured. I was about four years of age when, on a walk with my older siblings to beyond the back of our farm property, we came upon a lot of animal skeletons. It was an astonishing experience for

Continued on P. 8

Story from the Family Farm  
Continued from P. 7



me as a young child and has remained vivid in my memory. My father explained that the animal carcasses were disposed of there after they died in a barn fire that occurred in the

early 1920s. The dead animals were difficult to bury(Continued) before the age of backhoes and were dragged to the bush area and allowed to decompose. I recall becoming aware, in my early childhood, of various types of mishaps, ranging from minor to tragic, that occurred to those living on the family farms. Farmers in the community would get together and assist their neighbours when they needed help. They would help by doing such jobs as harvesting their crops, preparing their land for planting, doing their farm chores, and making certain they had firewood. As a boy, I assisted our neighbours who needed help and have always considered that it is the proper thing to do. I have experienced a lot of changes over the years but, after attending several events to help those in need of assistance, I realize that people have not changed when it comes to helping their neighbours.

*I long to accomplish a great and noble task,  
but it is my chief duty to accomplish small  
tasks as if they were great and noble*

**Helen keller**  
**U.S. writer**

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acquaintances, but not friends; servants, but  
not faithfulness; days of joy, but not peace and  
happiness.*

**Henrik Ibsen**



## ***Brownie and the Sailboat***

*By David Ward*



For a time last month, I was accessing Ancestry.Com for my Ward family research. My children and grandchildren from Edmonton, Canmore, and Dartmouth holidayed together in Murray Corner, New Brunswick, and wanted me to spend a day showing them where the Wards came from in Kent County. And so we visited landmarks like Ward Road, cemeteries dating back to 1836 where great- and great-great-grandparents are buried, childhood homes of both myself and my late wife, and the cottage my father built in the early 1920s on the Little Bouctouche River, whose native name I can neither spell nor pronounce.

It was there that a memory of an event that occurred about 70 years ago came to mind. Just after World War II, my father built a sailboat with a mainsail, jib and centreboard. The sailor was my brother, four years older than myself. I was the ballast and operator of the jib and centreboard. The windier and the rougher the water, the more my brother loved to sail.

When at the old cottage last month, the river was quite calm (my father would describe it as 'cam') with just enough wind to fill a sail. Those were the conditions all those years ago when my sister and I decided to sail across the river and back. We were at the shore with our springer spaniel 'Brownie' and we decided to go for a sail, leaving Brownie on the shore. About halfway across, the wind suddenly increased in intensity, the water got rougher, and we got scared. The smart thing to do, we figured, was to beach the boat on the far shore, and that's what we did.

Waiting for the wind to die down, we looked across to see Brownie running back and forth. He then ran upriver against the wind, looked across at us on the other side, ran a little more, and began to swim. You could just see his head above the waves as the wind and current caused him to drift at an angle downwind. We were safe on the shore but began to wonder where Brownie would end up. All we could see of him, as I said, was his head, and we occasionally lost sight of our pal. Believe it or not, the dog came ashore right where we were! The river eventually calmed down and the three of us landed safely on our home shore. We dropped the sails, secured the boat, and never sailed it again.

What has stayed with me of late is the wonder – how did Brownie know how far to run upriver before swimming across? He obviously knew the angle of drift to arrive where we were; or did he? Maybe it was just luck that brought him right to my sister and me to see that we were safe.

No, Brownie knew what he was doing.



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## ***New Kentville Toyota Dealership***

By Gail Salmon

I am sure that many of you have driven by the brand new Kentville Toyota dealership. I was able to sit down with Bryan Illsley, owner and general manager, and hear about all the cutting-edge technology that went into this state-of-the-art facility. As with most construction projects, problems arose: minds and designs were changed, and expected completion dates passed. Although it has taken quite a while to complete, it is the first of its kind in Canada.

On entering the building, I was impressed with the natural light, the windows, and the atmosphere. Mr. Illsley greeted me. We sat down and he enthusiastically described the building, then took me on a tour. The building is 26,000 square feet on a 4.2-acre lot. There is lots of room for both new and previously-owned vehicles and parking. At the official opening on July 4th, new car owners had their names entered into a draw and ten of them each won \$1,000.

There is a staff of 33, which includes eight sales representatives and seven technicians. Because of the size of the building and grounds, there is a full-time maintenance manager who does a wonderful job of keeping everything so pristine. Bryan has a great crew and will hire more when necessary.

The new building has a drive-through customer service area with automatic doors. The customer goes directly to the customer service desk, drops off the keys, and walks right into the relaxing waiting area, complete with chairs, couches, television, and WiFi. The sales offices are near the reception desk. Bryan has an office on the main floor in close proximity to the action, as well as a more private office upstairs. The main floor also has a conference room and showroom, with an area to showcase a new vehicle model.

The technicians work in a brightly-lit, large, air-conditioned room with several work stalls, and many of their necessary tools hang at arms' length from the high ceiling. The area looks immaculate. They have an alignment system and room to grow if necessary.

We walked the staircase up to the second floor. I passed some offices and the employee lunchroom, which is spacious, well lit with windows offering natural light, tables, chairs, and refrigerator – and away from the hustle downstairs. There are employee washrooms complete with lockers and showers. Bryan's office is large and bright, with a small boardroom, desk, and chairs. He does his official paperwork upstairs but spends most of his time downstairs.

On my way out the door, I talked to some of the employees who told me that it is a great place to work. There is often chatting and laughter going on as they work and they enjoy waking up to go to work. They also said that Bryan is a great boss. On my way to my car, I met a satisfied customer who said that both the sales and service people are informative and professional. Word of mouth means a lot.

The hours of operation have increased since the move. The sales representatives work from 8 am to 8 pm Mondays to Thursdays, Fridays 8 am to 6 pm, and Saturdays from 8 am to 4 pm. The service department is open from 8 am to 5 pm on weekdays and Saturdays from 8 am to 4 pm. There will be a grand opening in the near future now that they have adjusted to their new home. Keep your eyes and ears open so you can attend the gala event and wish them all well.

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Conditions treated include but are not limited to:

- Low back pain
- Headaches and jaw pain
- Neck pain or stiffness, including decreased movement
- Sciatica or piriformis syndrome
- Tennis or golfers elbow, and other tendon injuries
- Carpal tunnel syndrome
- Plantar fasciitis
- Breathing restrictions
- Rotator cuff injury
- Scar tissue
- Fevers, colds, sinusitis
- Trigger points
- Lymphatic fluid build-up; swelling



## ***Instrument Assisted Soft Tissue Mobilization (IASTM)***

Danielle de Graaf BSc, RMT, CMLDT

Owner and Registered Massage Therapist at Valley  
Massage Therapy Clinic

IASTM involves the use of a stainless steel instrument (M2T blade) to assess, detect, and treat scar tissue, adhesions, and muscle dysfunction. Palpation is first performed by the practitioner before the instrument is used. These instruments are like an extension of the practitioner's hands: they can feel tissue density, adhesions, and restrictions indicating dysfunction.

Micro trauma does occur in order to start the healing process and is expected to produce a reddening and a warm reaction. Excessive force is not necessary with the use of these tools, and black-and-blue bruising is not needed to reach the desired outcome.

Patients can be active and play sports after receiving treatment with IASTM tools. There may be some associated discomfort, but it should not be limiting.

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## Centreville Park and Recreation Association News

By Suzanne Trudeau

Once again the park association held a successful Centreville Day. Unfortunately, we were rained out on the scheduled day of the 18th but we more than made up for it on August 19th when the weather was more cooperative.

The day began with a baseball tournament featuring 12 rookie baseball teams.

Children's games and the ever-popular face painting were enjoyed by all, as were Centreview Farm horse and wagon rides.

The Kentville Fire Department volunteers were on hand for a couple of hours with their sprinkler system for whoever needed to cool off.

There were a BBQ and canteen and music by Centreville's very own DJs Russell and Bobby Stevenson, who entertained us for a good part of the day; Larry Knowles' band was on hand during the early evening portion of the festivities. Thank you to Murray Manzer for providing his trailer for our stage.

We all enjoyed cake before the spectacular fireworks by Adam Horton at dusk to cap off an eventful day!

In other news, the BMX trail has been completed by Hugh Whitty and his Sodbuster equipment. We wish to thank him on behalf of all the kids who will enjoy this new park feature.

The Board of Directors extends its gratitude to our many generous sponsors of Centreville Day 2018 for funding our fireworks show and canteen supplies.

A big thank you goes out to all the many volunteers, past and present, for looking after our 40-acre park and helping to make Centreville a fantastic place to live and raise a family!

We would like to acknowledge and thank our summer student, Brendon Haughn, for all his devotion and hard work keeping the park in shipshape form. He will be going to college this year and we wish him well in his future endeavours.



Just a small sample of those local businesses that sponsored the fireworks for Centreville Day.



Kentville fire truck and volunteers spraying any and all hot bodies!





## Treasured Wetlands of Nova Scotia

By Grenville Jones



Julie Tower, Deputy Minister of the Department of Natural Resources (DNR), visits the display.



Display for Treasured Wetlands at the Wetlands Centre in Shubenacadie Wildlife Park.

On Saturday, July 21st, the annual Ducks Unlimited Canada (DUC) Day at Shubenacadie Wildlife Park was held with about 600 attendees. One of the main features of this year's event was the official announcement of our new Treasured Wetlands of Nova Scotia (TWNS) program. Nova Scotia is the only province in Canada to have this exciting and informative program.

Senior Director Gren Jones introduced Tom Duffy, DU's Manager of Operations, and Julie Towers, Deputy Minister of the Department of Natural Resources (DNR), who made the joint announcement of this new partnership with the Province of Nova Scotia.

The reason that this initiative has been established is to promote the opportunity for Nova Scotians to go outside and enjoy exploring nature. As many of the *Centre Post's* readers already know, DU's Miner's Marsh in Kentville has become a very popular destination for those who like to walk and enjoy a peaceful setting that is full of wildlife.

Tom Duffy said, "The Treasured Wetlands of Nova Scotia Program is a **partnership** between Ducks Unlimited Canada and the Province of Nova Scotia, with funding support from **Wildlife Habitat Canada** and **Environment and Climate Change Canada**. The idea is to inform people about the value of wetlands and to encourage people to care about them. If people ignore our abundant natural resources, then it becomes very difficult to protect these critical habitats and the wildlife."

These are the wetlands that are being featured in 2018:

- **Annapolis Royal Marsh** in downtown Annapolis Royal (located right beside the tidal power station)
- **Swaine's Bog** in Barrington, Shelburne County
- **Cole Harbour Marsh** in Dartmouth
- **Black River Fen** in Inverness County, Cape Breton

How to participate:

- Visit the website- [www.ducks.ca/treasuredwetlandsns/](http://www.ducks.ca/treasuredwetlandsns/)
- Use the treasure map, which features information including directions and GPS coordinates. When arriving at the wetland of your choice, you will find a post where you can place your phone and tag your location. Share this # @TWNNOVASCOTIA

On July 29th, biologists Reg and Ruth Newell led a nature walk at the marsh in Barrington. The main focus of the walk was flora and fauna.

DU will be looking for nominations for next year's wetlands. If you and your children/grandchildren go to Shubenacadie to enjoy this beautiful, recently-renovated Wildlife Park, make sure you visit the Wetlands Centre and enjoy the interactive display of this year's wetlands.



## **KEJIMKUJIK THANKSGIVING 1992**

By Ricky MacIntosh (Lee Porter's sister)

He gave us eyes to see them, and lips that we might tell:  
How great the God almighty, who doeth all things well.

As I sit in Keji, warmed by the late fall sunlight,  
Happy am I, but tired, after a long trip on my bike.

I hear the soft breeze whispering among the fir and the pine,  
Close to me is resting, that best friend of mine.

He shares with me in Keji, the beauty far and near,  
And thrilling it is for him, to watch so many deer.

The partridges they come pecking among the fallen leaves  
And every now and then we hear the squirrels up in the trees.

There is peace here in Keji and on our trip today  
We paused by the Mersey River and watched it flow its way.

In the evening we sit by the campfire and see the moon above,  
We hear the loon call, the hoot of the owl sets music to God's love.

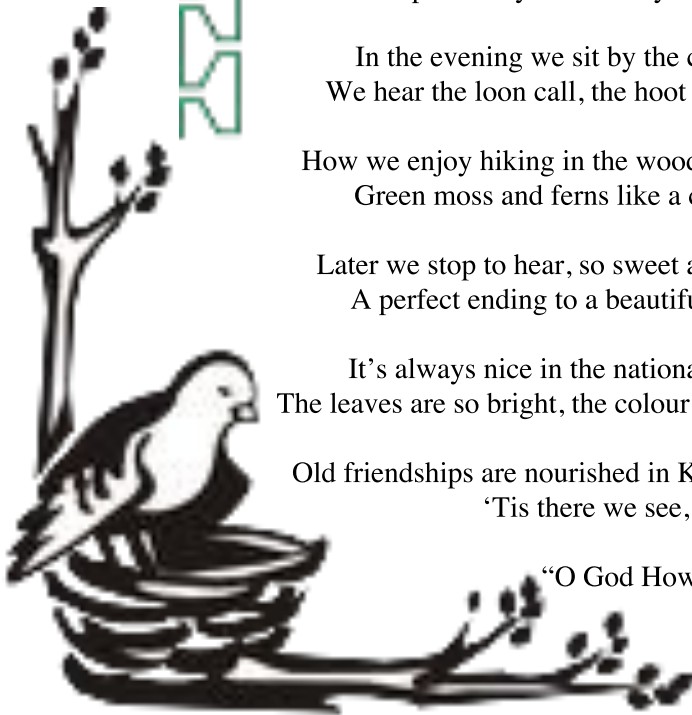
How we enjoy hiking in the woods on the trail, tall hemlock all around,  
Green moss and ferns like a carpet on the forest floor is found.

Later we stop to hear, so sweet and clear, filling our hearts with glee,  
A perfect ending to a beautiful walk, the song of a chick-a-dee.

It's always nice in the national park, but I like it best in the fall.  
The leaves are so bright, the colour a delight, and our Lord God gave us all.

Old friendships are nourished in Keji and new ones are made in the park,  
'Tis there we see, give thanks and agree,

"O God How Great Thou Art"





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## Mixed Berry Cobbler

*Submitted by Margie Brown,  
Blueberry Acres U-Pick*

### Ingredients

2 cups granola  
1/2 cup 1% low-fat milk  
5 cups of a mix of Blueberry Acres and Vital Berry berries (strawberries, blueberries, raspberries and blackberries)  
1/4 cup firmly packed brown sugar  
2 teaspoons cornstarch  
1 teaspoons ground cinnamon  
1/2 teaspoon ground nutmeg  
Vegetable cooking spray  
Plain fat-free yogurt




### Preparation

- Preheat oven to 350°.
- Stir together granola and milk in a small bowl. Let stand 5 minutes.
- Mix sugar, cornstarch, cinnamon and nutmeg together.
- Toss together berries in a large bowl; then toss with sugar mixture.
- Lightly coat 8-inch square baking dish with cooking spray.
- Spoon mixture into the pan.
- Stir granola mixture; spoon over berry mixture.
- Bake at 350° for 1 hour or until bubbly.
- Serve with yogurt.



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**Your donations help Diabetes Canada to:**

- Invest **\$5 million** in diabetes research;
- Send **2,400** kids and youth with type 1 diabetes and their families to D-Camps;
- Divert **100 million lb.** of textile and household items from landfills;
- Support **11 million** Canadians living with diabetes or prediabetes.

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To schedule your free home pick-up, please call  
1-800-505-5525 or visit [declutter.diabetes.ca](http://declutter.diabetes.ca).

Customers can also drop off their bagged cloth and footwear items at any of our donation bins. You can find a drop box near you at [declutter.diabetes.ca](http://declutter.diabetes.ca).




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*No matter where you stand on the prayer-in-school issue, one truth cannot be denied:  
Children will pray as long as they get math tests.*



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## ***Turbulence***

By Rev. Dr. Steven B. Hopper

On vacation in July, my wife Diane and I flew to Seattle, Washington. While at the same time looking forward to the trip and the opportunity to see our newest grandchild, I was dreading the flight. Not because I am afraid of flying, although I must confess that I do worry about what could go wrong on the trip, i.e., lost luggage, missed connection, sitting beside grumpy or stinky passengers, etc. No, what bothers me is sitting still for that long a period of time. (For those of you who have never done it, it takes nine hours to fly to Seattle - a seemingly-eternal duration punctuated only by a stopover at the Pearson airport in Toronto.)

I have tried to keep myself busy on flights. I read. I watch the in-flight movies. I walk the aisle. I make small talk with other passengers. I listen to music. I eat the snacks the flight attendants offer. I take catnaps and daydream. This trip I did all that and then looked at the flight path on the screen in front of me: we had only been in the air for an hour and a half. My legs begin to jump, my arms begin to twitch, my back and head itch. I check the screen again and only 15 more minutes have passed. I am not going to make it...

The monotony is going to break me. If there was just something to sever the tedium. Then the captain comes to my rescue. Over the speaker, he says, "We are about to encounter some turbulence, so please fasten your seatbelts." Our pleasant flight is about to be interrupted by a change in air pressure. All around me, I hear a collective gasp. But not me. I am getting excited, my heart begins to race. I have done my research. Death by turbulence is extremely rare. It is hardly ever dangerous unless the 250lb bodybuilder beside you doesn't fasten his seatbelt and is jolted into the air, only to fall on you!

I have learned to embrace it, and hope that it is at least moderate in degree. I gulp down the water in my glass so it won't spill. Put up my table, close my eyes and wait. This is going to be better than the roller coaster at Upper Clements Park. Soon the plane begins to get jostled as warm air and cold come together. I wait for the plane's sudden drop and for my stomach to get caught in my throat, but I am disappointed. There will be no sudden six-foot drop in altitude, but we are bounced around enough that the monotony is punctuated with a dash of excitement. I lean over to the passenger on the other side of me and say, "Wasn't that cool? Even more fun than a roller coaster!" For a brief moment, I thought her response might be violent, but she simmered down and gave me that "you're just a crazy Maritimer" look.

Life is like that. Things are going along smoothly and then the bottom falls out. It is as if our life runs into turbulence. How will we stand it? Will it ever end? It is during these times that our faith in God comes to our rescue, just as the captain pilots the flight through dark, turbulent, storm-filled skies. We can't see the future nor know how long the trouble will last but, by faith, we can trust that Jesus will pilot us through it as we move on with our lives. It was the apostle Paul who reminded the early church in Corinth of this truth when he wrote, "We walk by faith and not by sight." (2 Corinthians 5.7)

If you would like to strengthen your connection with God, I invite you to consider taking in some of our programs this fall. For adults, we will be offering Alpha, an interactive introduction to Christianity, on Tuesday nights. Come and join us for supper at 6:30pm, then watch and discuss a video with the others who attend. You can register for Alpha or inquire about our other programs by calling me at the church office at 902-678-1946.

We will also be offering programs for teens and children this fall. Teen night for students Grades 6-12 will be Thursday evenings from 7:30 - 8:45 starting Thursday, September 27th. Monday's After School Program for students of Aldershot Elementary will begin Monday, September 24th. And of course, every Sunday morning during our worship time (10:30am) we have Sunday School for elementary-aged children and nursery services offered for those younger. If you have any questions about these things or any other item pertaining to Children and Youth Ministries here at Centreville Baptist, please contact Pastor Jeff, at [jeff@cbckc.ca](mailto:jeff@cbckc.ca) or 902-680-2769.

## Bookmobile News

The Centreville locations will no longer be serviced by The Annapolis Valley Regional Library Bookmobile due to a decrease in patron usage, please advise your readers:

**CENTREVILLE - last visit will be 11 September 2018**

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or  
[www.greenwoodgolfclub.ca](http://www.greenwoodgolfclub.ca)



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Stop in today and enjoy a delicious meal of Chester's Fried Chicken, made fresh daily. Finish that off with a hot cup of delicious Robin's coffee and a sweet treat baked on site.



*You're always welcome here at TJ's, where old friends meet to sit and relax.*

**Drive-thru now  
available!**



## Good Neighbour Club News

by Susan Wood

September is a busy month with a lot going on and many new beginnings. School has started and the Good Neighbour Club resumes with a pot-luck supper on September 20. The GNC Big Breakfast resumes on Saturday, September 15 and the Annual Fuel supper is just around the corner on October 27. **Please note that there is no Big Breakfast in October due to the Fuel Supper.**

The Centreville Hall has a newly-paved parking lot which is great!

An open house was held on August 11 at the Centreville Baptist Church to celebrate **Mack and Sheila Frail's 25th wedding anniversary.**

It was well attended by family and friends with a lovely spread of food and refreshments. There was a video of their wedding day as well as photo albums to peruse.

Mack has been a regular contributor to the newsletter for many years.

Also, **John and Nancy Dekoe celebrated their 50th wedding anniversary** on Saturday, September 8 with an open house at the Baptist Church.

We wish them many more happy years together!

Mack & Sheila Frail celebrate their 25th



## Fall & Winter Clothing Give Away Centreville Baptist Church, Murray Drive



Date: Friday, October 19, 8:30  
- 11:30 am

Sponsored by Centreville  
Baptist Church Missions in  
Action

\*Donations of fall/winter items,  
clean clothing, bedding, and  
towels accepted; items may be  
dropped off at church mornings  
Mon–Fri after Thanksgiving

(October 9 until October 18, day of set-up) due to  
storage limitations.

Items for children are especially appreciated.

NO SUMMER CLOTHING WILL BE ACCEPTED at this  
time.

For further information, please contact: Madeline  
902-678-7584 or Vicki at church 902-678-1946

## ANNUAL FUEL SUPPER

CENTREVILLE COMMUNITY HALL

**DATE:** SATURDAY, OCTOBER 27, 2018

**COST:** \$12.00 ADULTS; \$6.00 CHILDREN

**TIME:** 4:30 - 6:30 PM

**ANYONE WHO WOULD LIKE TO HELP OR DONATE,  
PLEASE PHONE MARY ELLEN AT 902-679-9780**





# 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. 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 \$44.00 yearly, which includes a magazine from headquarters with "Eating Sensibly" ideas and recipes. You can drop by for one free night. For more information contact Sheila Frail at 902-679-5274 or Madeline Sheffield at 902-678-7584.

## Al-Anon

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

## Centreville Hall Rental

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

## 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!

**Next meeting: Sept 26/18**

**Please note the change in meeting night.**

## Cancer Support Group

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

### Info:

Dorothy	902-538-3374	<a href="mailto:msalsman@xcountry.tv">msalsman@xcountry.tv</a>
Pat	902-678-9100	<a href="mailto:patmutch@hotmail.com">patmutch@hotmail.com</a>
Margot	902-542-1466	<a href="mailto:margotwithat@hotmail.com">margotwithat@hotmail.com</a>

## 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.