

GASPEREAU VALLEY GAZETTE

A Celebration of Who We Are and Where We Live.

**Featuring: Community Announcements, Aunt May's Diary,
Recreation News, From the Pantry, and Choir Corner**

August 2025

Parker House

Perhaps you have heard of Parker House rolls and I'm certain you've heard of Boston Cream Pie. Interestingly enough, they both came from the Parker House Hotel in Boston, Mass.

The hotel has been around since 1855. It was established by Harvey D. Parker from Temple, Maine. In 1825, when he was 20, he moved to Boston and started working in a restaurant there. Seven years later, he bought out the owner.



The Parker House Hotel as it appeared in the 19th century.
https://en.wikipedia.org/wiki/Omni_Parker_House

In 1854, he built the Parker House Hotel and Restaurant. He introduced the 'European Plan' to the country. Prior to this, a guest's meals were included in the cost of the room. With the European Plan the two were separate and you ordered from a menu.

Business must have been good because he expanded only three years later.

Mr. Parker passed away in 1884 at age 80. His business partners (Joseph H. Beckman and Edward O. Punchard) took over.

Many famous people have stayed at the hotel over the years. People like: Charles Dickens, Ralph Waldo Emerson, Nathaniel Hawthorne, Oliver Wendell Holmes, and even John Wilkes Booth. He stayed there just eight days prior to shooting President Lincoln.

Malcolm X worked there in the restaurant during the 1940's as a busboy.

JFK and Jackie got engaged in the hotel's restaurant.

In 1927, the original hotel was demolished and was replaced by a more modern structure that has 551 rooms and suites.

Today, the hotel has been recognized as one of the top ten historic hotel in the United States.

-Daphne Frazee



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When We Meet

Gaspereau Valley Baptist Churches
Schedule of Events

All services at 10 a.m. unless otherwise noted.

Choir Practice- Thursdays 7pm
New members welcome.

Wolfville Ridge Baptist Church - Sundays, 11:00

Annapolis Valley Welcome Network- Be part of the New Minas/Greenwich Welcome Group. Here's your chance to welcome newcomers and show off your part of the Valley. Contact Welcome Chair Cynthia Urtubia

Cynthia.u1114@gmail.com

For more information on the group visit
www.haveitallav.ca

The **Valley Women's Business Network (VWBN)** meets the second Wednesday of each month. See our website for details: www.vwbn.ca

Monthly Meeting of **White Rock Community Association** is the last Thursday of every month at 7pm. Downstairs (lower parking lot). Next regular meeting is Sept 25th. New members are always welcome!

Wolfville & Area Newcomers Club- The club meets the 2nd Thursday of each month at 7:00 p. m. at the Wolfville Legion. Visit our website <http://www.wolfvillnewcomers.org> or our Facebook page "Wolfville and Area Newcomers Club" for the most up-to-date information.

Wolfville Silver and Gold- Tuesdays 1-4p.m.
Wolfville Lions Hall, 36 Elm Ave.

Bingo, cribbage, Skipbo, 45s, etc. Coffee, tea, and snacks are plentiful.

Contact Club President, Eve Deir at 902-681-0534.



Announcements:

80th Birthday Celebration

Join us in celebrating Rev. Gary Manthorne's 80th birthday Sept. 27 from 1:30 - 4:00 at the White Rock Community Centre. Best wishes only.

Black River Community Hall

Take-Out Cold Plate Supper

Friday, August 22 from 4pm-6pm.
\$12 /plate includes chicken, various salads, dessert.
Please call Diane 902 542 5173 or Tara Lee 902 542 4548 or email: mclearn4@yahoo.ca to preorder or for more information.

Covenanter Church

Summer services at the Covenanter Church, Grand Pré at 11am. Services will continue weekly until August 31 with guest speakers and special music. Everyone is welcome.

Gaspereau Hall

*For hall rentals call or text
Chris Gertridge at 902-300-9771.

Wolfville Legion

Letter to the Editor

Dear Editor,

I was pleased to read your excellent front page article (June, 2025) about the new owners of Muddy's Convenience in Wolfville. Vandan and Purvi Patel, new owners, (and brother & sister too) are wonderful people to chat with. Even my dog Skye gets a treat when she comes in to say hello. Muddy's has just about everything wet, sweet, and pop corny-tempting! Congrats to them and I recommend everyone dropping in. Open 365 days a year! Mike Madigan, Wolfville

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& Ground Beef
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Seeking Quality Listening Time?

Gaspereau Church Office Hours
with Lic. Ben Davidson

9:00-11:00am, Monday/Wednesday/Friday

What about En in a Web Address?

When applied to web addresses, the En part of refers to the language, English in this case. It is just one of 136 two-letter codes used to indicate different languages around the world. It is sometimes used at the beginning of a web address.

<https://www.thoughtco.com/en-what-does-en-mean-1210157>

-Daphne Frazee, Research by Conrad Davison

Seasons of Change Autumn

Prepare for Winter
Pull off the vegetables & fruit
Shadows are longer & days are colder
Before the frost, gather the "loot"

Usually there are lots of pumpkins
In time for "Pumpkin People" & Halloween
Pumpkin heads can be made & used again
And time for pumpkin pie, custard, during the week

Apples are "plucked" near Thanksgiving
Don't pull apples, just flick & handle with care
I like apples good for both eating & baking
Apples can bruise before you pare

Dad planted stone head cabbage seeds or transplants
& rake
He might have to use a little salt-to kill pests
Work cabbage on the rise of the moon & cover with
a stone to "make"
Dad cut cabbage first, & worked in salt-the rooster
was best

Mary Jordan

Camping Humour

Q. Why don't mummies go camping?

A. They're afraid to unwind.

Q. Where do campers keep their money?

A. In a river bank.

Q. Why isn't it relaxing when a couple goes camping?

A. Two in tents. (too intense.)

An adventurer was paddling on a lake during winter. Feeling a bit chilly, he decided to light a fire in his boat. He quickly discovered you can't have your kayak and heat it too.

Give a man a fish and he will eat for one day.
Teach a man to fish and you'll get rid of him for the entire camping trip.

<https://unsealed4x4.com.au/the-ultimate-list-of-campfire-jokes/>

Smiles

Why do ducks always pay with cash?
Because they always have bills.

What kind of shoes do frogs love?
Open-toad, of course.

Why did the teacher have lots of birdseed?
Because of the parrot-teacher conference.

Why did the banana go to the doctor?
Because he wasn't peeling well.

<https://www.imom.com/printable/jokes-for-kids/>

What is a bee's favourite musical?
Stinging in the Rain.

<https://rangerrick.org>

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The Idea Shop

Substituting soda crackers for Ritz crackers in a recipe is possible. Just remember that Ritz crackers are slightly sweeter, so compensate for this by adding a touch of sugar.

DIY Raised Bed Idea

This takes advantage of materials you probably have on hand.

Begin by laying large pieces of cardboard on the grass to stop it from invading your garden. Drive a stake at each corner and run strands of wire around them to form a box.

Start putting in any compostable material you have around (moist kitchen scraps, grass clippings, etc.)

The next layer should be dry organic things like: broken branches, twigs, torn up paper, and cereal boxes.

Top it all off with a combination of garden soil and compost.

Eventually, the bottom layers will also turn to compost enriching the soil.

As things break down and compact you may need to add more soil.

DIY Restaurant Recipes

Thick Milkshake

- 1 (14oz.) can sweetened condensed milk
- 2 liters chocolate milk
- 14 c. cocoa 1 t. vanilla
- 1 (8oz.) tub whipped topping (thawed)

1. Whisk the two kinds of milk together. Sift the cocoa over top and stir in. Next goes in the vanilla.
2. Fold in the thawed whipped topping. Stir to combine.
3. Freeze the resulting mixture either in an ice cream maker until frozen or in a freezer-safe

container for 2 hr., stirring every 30 min.
Serve.

Chicken in Orange Sauce

1 1/2 lb. boneless, skinless chicken thighs

Batter:

- | | |
|-------------------|---------------------------------|
| 1/2 T. salt | 1/2 t. pepper |
| 1/2 c. cornstarch | 1 1/2 c. flour |
| 1 egg | 1 1/4 c. sparkling water (cold) |
| 1 T. sesame oil | canola oil for frying |

Sauce:

- | | |
|---------------------|----------------------------------|
| 1 T. canola oil | 1/2 t. crushed red pepper flakes |
| 1 T. garlic, minced | 1" fresh ginger (minced) |
| 2 T. sugar | 2 T. light brown sugar |
| 2 T. orange juice | 1 t. orange zest |
| 2 T. rice vinegar | 1 T. soy sauce |
| 1 T. water | 1 T. cornstarch |

Cut the chicken into 1 or 1 1/2" pieces. Set aside

Whisk the dry ingredients together. Beat in the egg, water and 1 T. sesame oil until the consistency of pancake batter.

Put in the chicken and coat pieces evenly. Allow them to sit in the batter in the refrigerator for at least 30 min.

Heat some canola oil in a wok or other deep cooking pot until it reaches 350°. Fry the chicken in small batches for 5 or 6 min. each. When done, drain on absorbent paper and cook the next batch.

Sauce— Heat 1 T. canola oil on medium-high. Add the pepper flakes, garlic and ginger. Cook for 30 seconds.

Add the white and brown sugar, orange juice, rice vinegar, and soy sauce. Stir and when it bubbles, add in 1 T. cornstarch and 1 T. water that have been whisked together. Continue cooking until thick. Add in the chicken, toss to coat and serve.



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The sizes of the advertising spots are as follows: a business-card-size advertisement measures 9.3 cm x 5.0 cm for 1 month- \$35.00 or 4 months- \$105.00, the 1/4 page ad. space is 9.3 cm. x 12.4 cm for 1 month- \$55.00 or 4 months- \$185.00, a half-page (vertical) is 9.3 cm. x 24.8 cm for 1 month- \$100.00 or 4 months- \$365.00, a full-page ad. is \$190.00.



Recreation News



White Rock Community Association

Fitness Fun for Seniors & Others every Tue. & Thurs. @ 9:30am to 10:30am. \$3 drop in fee. No sign-up required. Everyone welcome. Starting Sept 4th.

TIME™ (Together in Movement & Exercise™) for those with balance & mobility challenges due to injury or illness. Every Tue. & Thurs. 11:00am to 12noon. Licensed through UHN Toronto Rehab. Call Robin (902-297-7389) or Phyllis (902-542-3733) or email phyllis.crowe@gmail.com to inquire/register. Starting Sept 4th.

Makers Meet downstairs (lower parking lot) on Wednesdays 10:00am to 2:00pm. Open to any makers/crafters/artisans who want space & community to bring your projects & create. \$3 drop in fee. Once a month there are optional Learn-a-New-Skill days. Call Judy (542-5182) or Phyllis (542-3733) or email phyllis.crowe@gmail.com to enquire or just drop in. Starting Sept 24th with Flower Arranging with the Gaspereau Flower lady - see our FB page for details & price.

Chair Exercise every Friday 11:00am to 12noon. Combines aerobics, core strengthening, bone density improvement, all without leaving the stability of your chair. \$3 drop in fee; no sign-up required. (This is not chair yoga.) Everyone welcome. Starting Sept 5th.

New to the community? If you want to attend an event as our guest, we'd love to have you. Call Sandra 697-2228, Edna 542-2002, or Jeannie 542-7410.

Salsa by the Sea— Wolfville Waterfront Park Fridays in August from 6-8. 30 minute free beginner Latin dance lesson (Salsa, Bachata, Merengue, & Kizomba) & dance party.

Dance or just soak up the Latin rhythms and the beauty of the harbour.

No experience necessary. No partner required. All ages, abilities, and levels of experience are welcome to attend.

Town of Wolfville Day Camps

Girls on the Go

Camp will run July 28– Aug. 1 Monday - Friday 8:30am-4:30pm and will take place at the Recreation Center (7 Victoria Ave).

Are you ready for a fun-filled week exploring the outdoors and empowering young girls? Your girls will be on the go all week exploring the great outdoors, doing crafts, and making new friends while gaining confidence and becoming empowered to step out of their comfort zones. Girls ages 6 through 9, get ready for a fun-filled week full of memories! **Visit the Town of Wolfville's website to register.**

Cookies & Tea at Macdonald Concrete House, 19 Saxon St., Centreville. Cookies, made using Mabel Macdonald's cookie recipes, and tea Aug. 6th from 1-4. Freewill offering.

Summer Sing with the Dukes of Kent

Tuesday, August 5, 2025 7:00p - 9:00p
Community Meeting / Club Music Family Friendly
Wheelchair Accessible
summersingevent@dukesofkent.ca
902-547-2335
Doors open at 6:30p
Event in Room: CE Centre

We are learning a fun new song, and we would love to have you come and sing with us on Tuesday evenings this August, just for the fun of it.

If you can match pitch, sing in tune and love to harmonise, then this is for you! Come, give it a try.

If you like singing, you'll love barbershop!

Hike Brooklyn

Join us for a hike on the trails behind Brooklyn District Elementary School! These trails are a mix of gravel, dirt, and grass, and therefore family friendly! This hike will last approximately 1 hour. Free Event
Brooklyn District Elementary School
8008 Hwy 14
Brooklyn, Nova Scotia bdes@avrsb.ca 757-4120

Splish, Splash, and Giggle

Get ready to splish, splash, and giggle! Bring your sun hat, towel, and big smiles for a silly, splashy afternoon of water play in the great outdoors! Free event.

Oakdene Park, 46 Campbell Road, Kentville
recreation@kentville.ca

FROM THE PANTRY



Here are the two recipes the Parker House Hotel is famous for.

Boston Cream Pie

Sponge Cake:

7 eggs, separated	8 oz. sugar
1 c. flour	1 oz. melted butter

Pastry Cream:

1 T. butter	2 c. milk
2 c. light cream	½ c. sugar
3 ½ T. cornstarch	6 eggs
1 t. dark rum (or 1t. vanilla, if you wish)	

Chocolate Icing:

6 oz semi-sweet chocolate, melted
2 oz. warm water

Garnish: Sliced, toasted almonds

Cake- Place egg whites in one bowl and the yolks in another. Add 1/4 c. of the sugar to each. Beat both until soft peaks form. Fold the whites into the yolk mixture. Stir the flour in gradually. Add in the butter.

Pour batter into a 10-inch greased cake pan. Bake at 350°F for about 20 minutes, or golden brown. Cool.

Pastry Cream- In a saucepan, bring butter, milk, and light cream to a boil. While you are waiting for it to come to a boil, whisk the sugar, cornstarch, and eggs together in a bowl until 'ribbons' form.

When the milk/butter mixture has gotten to the right temperature, whisk in the egg mixture. Boil 1 minute.

Pour pastry cream into a bowl and cover the surface with plastic wrap. When chilled, whisk until smooth and add the flavouring. (This can be left to chill overnight.)

Cut the cake into two layers, leveling off the top layer with a knife, and fill with the pastry cream. (Keeping a little to help the toasted almonds stick to the sides of the cake.)

Icing- Melt the chocolate. Combine with warm water and use to cover the top of the cake. Spread sides of cake with a thin coating of the reserved pastry cream. Press on toasted almonds to achieve the classic Boston Cream Pie look.

Parker House Rolls

½ c. warm milk	½ c. warm water
1 package active dry yeast	2 large eggs
3 T. white sugar	¾ t. salt
¾ c. unsalted butter, melted, divided	
4 ½ c. all-purpose flour, plus more as needed	

Pour warm milk and water into a bowl and sprinkle the dry yeast over the top. Allow to work for 10 minutes.

Add in eggs, sugar, salt, and 1/2 cup of the melted butter. Whisk everything together.

Mix in enough of the flour, until dough comes together as a ball, 5 to 6 minutes.

Put the dough into a lightly buttered bowl, covered with waxed paper and a tea towel, and let sit in the oven with the light on until doubled in size, approximately 2 hours.

Roll out the dough until it is flat, and divide into 24 equal parts. Shape each into a smooth ball.

Line a baking sheet with parchment paper.

Roll each ball out on a lightly floured surface until you get an oval about 4 to 5 inches long. Brush the surface with some of the melted butter that is left and fold in half.

Place the rolls to the prepared baking sheet, arranging in 6 rows of 4 rolls. Cover with the tea towel and return to the warmth of the oven for approx. 1 hour.

Remove rolls from the oven and preheat the oven to 350°.

Bake rolls until golden brown, about 25 minutes. Brush the tops with the remaining butter.

Makes 24 rolls



Looking for the Gaspereau Valley Gazette?

A limited number of paper copies are available at the end of each month at: Avery's Farm Market (Greenwich), White Rock Community Centre, Gaspereau Baptist Church, Gaspereau Elementary, Reid's Meats, Just Us (Hortonville), Stirling Farm Markets, The Real Scoop, Riverborn Farm, Gaspereau Valley Fibres, and the Wolfville Ridge Baptist Church.

Don't miss an issue. Read the Gazette on our website, subscribe or ask to be put on the *email* mailing list.



Aunt May's Diary

January 1917 - October 1971

Aug. 1, 1935 - July gone and lots of things not done. Went berrying with Mrs. ABC and daughter and new daughter-in-law in her new car!! Went up through the old place. House all tumbling down, a family living in one room. Got dishes filled. Boys here tonight.

Aug. 2, 1935 - Got up early and made saucer pies for boys. Cooked and made up berries in various ways. Hot and tired. Doris here to tea. Bruce took boys home and brought them back.

Aug. 3, 1935 - Boys went to the dyke. Went to town to get my stove door spring, but it had not come in yet. Called at Lib's and got home by noon. Picked peas and walked to Alice's then to Hattie's and stayed to tea. Came home with them and later went to Flo's and helped her finish chores and she came back to stay Sunday.

Aug. 4, 1935 - Sunday. No church for month. Arose carefully and picked peas for dinner. Randolph came for his mother before she was up. Peter sick and she went home. Later, cooked peas and took them up to her and stayed until five. Men up to something.

Aug. 7, 1935 - Got dress made for Verna. Canned some beans and beets this week and got some paint mixed for painting.

Aug. 8, 1935 - Tackled the back of storehouse. Weather hot. Painted almost to top. Called on Flo. Hattie called with invitation to Charlie's wedding.

Aug. 9, 1935 - Started painting back of barn. Hot!

Aug. 10, 1935 - Painted some more on barn. Very hot. Nearly cooked. Jim called to see about special for bride. Afternoon Cassie and Jim called to get me to go to Blanche's to look up some information very dark indeed. Went to town with Bruce and Cyril and got my spring and catch for oven door. 60 cents and paid Bruce for Vernon's welding 35 cents and got can of white paint \$3.25 and qt. green paint \$1.25 no less. Mrs. Harry Trenholm not feeling well at all.

Aug. 11, 1935 - Sunday. Vacation month for Rev. Vallis at the lake. Dorthy also around gardening this morning. Bill and Elsie as company called for me to go to Hantsport for a drive. Got back at eleven or later. Tired to clean up dust and cook dinner. Bruce and Mrs. Evett came in before I was through. Took drive over the mountain. Bruce to tea. Going to go to bed early tonight, if possible. Weather hot and dry today. Hear Mrs. Trenholm passed away yesterday.

Aug. 12, 1935 - Did not get to bed so early. Ralph C. dropped into yard as I was locking the barn and I had to

talk to him. Charlie Davison married tonight.

Aug. 14, 1935 - Painted again today. Bruce had got word that Mrs. Eldridge and daughter are coming Friday. Finished by part painting barn and back shop. Called on Flo tonight.

Aug. 15, 1935 - Cooked a little, etc. Went for butter to Mrs. Kennie's and met my visitor going back with Bruce. Turned them around for tea time. Called in on Flo tonight. Peter still in bed miserable.

Aug. 17, 1935 - Ladies ready for work and Oz Kennie still in the house. They went visiting. Weather very hot and dry and I have to start watering the garden again. Took to the river tonight for a dip at eleven.

Aug. 18, 1935 - We loafed around all day. Weather very hot and dry.

Aug. 20, 1935 - Ladies have been painting over old and new furniture. We all took to the river at midnight tonight.

Aug. 21, 1935 - Folks have been able to start in on several rooms to paint at brother's house

Aug. 22, 1935 - Cooking, reheating, and coming home today. Been watering gardens every night. Weather still hot, but signs of rain tonight. Mrs. E. Kennie came in and caught me as is her usual custom. Ha, ha.

Aug. 23, 1935 - Rained hard last night and today. People's gardens nearly ruined by heat. Shoved gravel around the cellar.

Aug. 24, 1935 - Mrs. Eldridge and daughter gone to spend Sunday with Mrs. Robert Chase. Think there is a shower for the future bride and groom.

Aug. 25, 1935 - Rain at last and today is very cold after so long extreme heat. Home alone all day. Had glorious time playing organ and singing. Looked over papers, mending, church books, cutting out scraps, resting, sleeping, etc. Short day.

Aug. 26, 1935 - Folks back last night with lovely dinner sent from friends. Worked all day at various things getting ready to help ladies.

Aug. 27, 1935 - Went this morning to bride's future home and helped paint, etc.

Aug. 28, 1935 - Went again today to finish up papering, but Fred Salaman came so I painted again. Mrs. ABC called to see and help plan. Had supper of bread without cheese. Came home, got ready for shower at Hattie's and went to help company for Mrs. E. Watched folks dance old fashion dances.

Aug. 30, 1935 - Stayed home today cooked and canned. Folks called tonight for more stuff.

-Submitted by Zelda Weatherbee

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