

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 The Idea Shop

February 2026



Great black-backed gull colony. Photo: Colin Mackinnon

<https://www.canada.ca/en/environment-climate-change/services/national-wildlife-areas/locations/boot-island.html>

Boot Island is for the Birds

Since 1979, Boot Island has been a National Wildlife Area. It is located at the eastern most end of Long Island, in North Grand Pré, Nova Scotia.

“Boot Island is home to more than 50 bird species and 170 species of plants. Herring gulls, great black-backed gulls, great blue herons, and double-crested cormorants all breed on the island. The island houses a diverse range of habitats, from saltmarshes to woodlands to grasslands. Prior to the establishment of the island as a National Wildlife Area, this habitat and the species which rely upon it were at risk due to proposed summer home and cottage development. Nowadays, the island is protected and is a site for conservation and research.”

<https://canadaoceanmap.ca/protected-areas/boot-island/> Canadian Geographic

A large number of Semipalmated Sandpipers stop to feed on the mudflats of the Minas Basin before completing their migration south. Some use

Boot Island as a rest area when the tide is high.

(Boot Island cont'd on pg.3)



Aerial view of Boot Island taken by noted photographer Paul Illsley in April 2018.

ISNOR'S

PROPERTY SERVICES

Local. Reliable. Stress-Free Property Services.

Fall/Winter Services:

- Gutter Cleaning
- Garbage Hauling/ Junk Removal
- Home & Cottage Check-Ins
- Assisting Seniors With Home Maintenance & Cleaning

Contact Us:

☎ (902) 385-0062

@ isnorservices@gmail.com

Seeking Quality Listening Time?

Gaspereau Church Office Hours

with Lic. Ben Davidson

Wednesdays 2:00p.m.-4:30p.m.

or by appointment 902-680-5700.

Bible Study, Wednesdays 6:00p.m.

Examining 1Samuel, The Epic Saga of King David.

When We Meet

Avonport Baptist Church– Sunday service at 11:00

Gaspereau Baptist Church- Sundays at 10:00, unless otherwise noted.

Choir Practice- Thursday nights 7:00 p.m.
Walk-ins 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
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). 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.wolfvillenewcomers.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:

Gaspereau Hall

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

Wolfville Legion

***Lunch & Learn** Wolfville Legion. Feb.10th 11:30-1:00. Presenter: RBC Financial Advisor. Freewill lunch. Call 902 542 3805 to attend.

Wolfville Lions Club

***Big Breakfast February 21st** Menu is: bacon, sausage, pancakes, scrambled eggs, toast, homemade baked beans, hashbrown, juice, tea, and coffee. Time 8 AM to 10 AM. \$10 per person. 36 Elm Ave., Wolfville.

***Take out Supper February 27th** . Menu is: roast beef, mashed potatoes, gravy, carrots, peas, & roll. Choice of pie: apple, lemon, or coconut cream. Price will be \$20. Pick up between 4:30 and 5:30. Call: 902-542-4508 or email: wolfvillelionsclub@hotmail.ca for details.

Wolfville Ridge Baptist Church

***Hymn Sing** Sunday, February 8th at 2:00p.m. Special guests will be Tanya Baker and Larry Zwicker.

***Music Jams** Mondays from 1:30 to 3:30.

***Valentine Tea**– Saturday, February 14th from 2-4. Price- \$10 per person. (Don't forget to check out the bake table.)

Humour

A book fell on my head.
I only have my shelf to blame.

What do you call a wizard who's good with ceramics? Harry Pottery.

Air used to be free at the gas station, now it costs 2.50. You want to know why? Inflation.

<https://dadhumorjokes.com/>

GASPEREAU VALLEY FIBRES



FARM WOOL SHOP

- *Registered Cotswold Sheep
- *Producers of yarn and fibre
- *Suppliers of yarn, fibres, spinning and weaving equipment

830 Gaspereau River Rd.
Phone 542-2656
brenda@gaspereauvalleyfibres.ca
www.gaspereauvalleyfibres.ca

MACKAY REAL ESTATE

For all of your real estate needs

902-790-0070
donna@mackayre.com

How can I help?



Donna Paisley
REALTOR®



(Boot Island cont'd on pg.3)

Centuries before being made a National Wildlife Area, Acadian settlers built dykes to hold back the waters of the Minas Basin which gave them land for agricultural use. They called it Le Bout (bout meaning **end** in French). It was still attached to Long Island at the time, but by the mid-19th century relentless tidal erosion finally severed it from the mainland.

(Erosion has always been a factor. Dr. Sherman Bleakney's book **Sods, Soil and Spades** explains that between 1760 and 2004 half of the island had been washed away.)

Ed Coleman wrote about the history of the island in a May 3rd, 2016 article. He described how the British once entertained thoughts of building a fort there which could accommodate 200 soldiers. It was considered a strategic location for monitoring marine traffic in the Minas Basin as well as a being a central point that was only a day's march from what would later become Halifax and not much further to get to the then provincial capital of Annapolis Royal.

It never came to be for three reasons: the Acadians were deported, the development and fortification of Halifax, and the French fortress of Louisburg had been captured and destroyed.

The island's history didn't end there though. It briefly was the site of the Bout (sic) Island Fox Company.

Over the years there were several farm families living there. A bad storm on October 30, 1913 caused the dyke protecting the island to break. Several of the residents made the decision to move back to the mainland as a result, but farming of the land continued. The Card family was the last to vacate the island in the 1930s.

"Boot Island was created through erosion of the saltmarsh caused by tidal intrusion. Along the north shore of the island (adjacent to the forest), this erosion is especially prevalent and is continuing resulting in the loss of over one meter of shoreline per year.

The upland section, on the Basin side of Boot



Ariel view of Boot Island looking west toward Long Island and The Guzzle. (June, 2025)
Photo thanks to Paul Illsley

Island, is about six meters above mean high tide and was formerly agricultural land. It is vegetated with a stand of white spruce and scrub-grass cover. The saltmarsh consists of fertile alluvial deposits, left by the receding silt-laden tidal waters of the Minas Basin. Typical saltmarsh plant associations occur throughout the marsh community with Salt-Water Cord Grass being the dominant species. Twice daily, high tides fill the channel area at the mouth of the Gaspereau River, and numerous tidal streams interperse the marsh."

<https://www.canada.ca/en/environment-climate-change/services/national-wildlife-areas/locations/boot-island.html>

Recreational fishing and hunting on the island, in season and with the proper permits, is allowed. Also, hiking, berry picking, skiing, etc. If you go, watch the tides carefully when crossing The Guzzle, (so called because of the sound the tide makes when being squeezed between the island and mainland) to get to the island. Best to go when the water is receding.

https://publications.gc.ca/collections/collection_2014/ec/CW66-357-2014-eng.pdf

-Daphne Frazee

*See March 2026 issue for more on Paul Illsley and his photography.



"The Little Yellow Place that's Big on Art"

Rick's Frame & Art

365-1234

9325 Commercial St.
New Minas NS
B4N 3G2

www.rickpenney.com

- Custom Framing
- Prints on Canvas
- Photo Restorations
- Photo Enlargements
- Video transfers
- Passport Photos
- Art Reproductions
- Lots More !!

Riverborn Farm



Homegrown:
Free-Range Eggs,
Lamb, Pork, Poultry,
& Ground Beef

105 Gaspereau River Road
Like Us On Facebook

In Memory of:

- The Families of
Edna & Bedford Duncanson
Luella & Earl Duncanson
- Ivan & Leona Levy
James D. & Freda Stirling
Pat & Matthew Evans Stirling
Howard Hedges
- Ross Coldwell
Christina Best, Bedford Croft
- Eddie Hancock
Brothers Cecil & Ronnie Reid
- Carl Davidson
- Bill, Charlotte & John Anderson
- Howard & Mary Coldwell
- The Loved Ones We Have Lost
- Willie & Marquerite Biggs
- Terry Barkhouse
- Norman & Doris Matheson
Lorne & Hulda Davidson
- Family and Friends
- George & Elizabeth McBay
- Lawrence & Maxine Stewart, Rick Stewart
- Kenneth
- Verna & Waldon Coldwell
- Mary Paquet
- Jean & Wilfred Schofield
Vera & Richard Race
- Don & June Kennie
Laura & Joe Anderson
Chesley & Madeline Kennie
- Don & June Kennie
- Atwell & Coldwell Grandparents
- Bill Carey
Randolph Gertridge & Mabel Gertridge
Carlene Polak & Nic Polak
Elinor Miller
- Gerald & Margaret Dunbar
- Son Dale & Daughter in law Dolly
- Nanny Knight, Chad Knight
Aunt Carrie, Aunt Nina
Sheree, Sandra, Pam Keppie
- Hulda & Lorne Davidson (Mom & Dad – Grammy & Grampy)
- Great Aunt May and all community members
she mentions in her diaries
Leigh Miner
Chandler, Cyril & Frances Coldwell
- Shannon Eye
- Blaine & Gwen Gertridge
- Frank, Sybil, & Beth Gertridge
- Waldon & Verna Coldwell
- Alan Dunbar and Luke Durling

From:

- Mollie Duncanson

- Jim & Joan Stirling

- Debbie Stevenson

- Faye Keith

- Joy & Carol Ann Davidson
David, Tracee and Emma
Pauline Meldrum
Anne MacKenzie
Donna & Gary Manthorne
Karen Wittenberg
Laura & Shawn Davidson

- Garfield & Sheila Langille
Ken McBay & Family
Carman & Kim Stewart
Lara & Aaron Ward
Peter & Rita VanVulpen Kiefl
Her Family
Deb & Neil Race

- Valerie Kennie

- Joe & Kathy Kennie & Family
Louise Ward
Marilynn & Stephanie

- Marshall & Sally Dunbar
Ferne Davidson
Nadine & Family

- Darren & Family
Zelda & Curtis

- Love Always Anne & Bryson Eye
Jo-Ann Gertridge
Gay Weir and Family
Marshall & Sally
Carol Dunbar

(Cont'd on pg. 5)



Recreation News



White Rock Community Centre

Soup Luncheon Sunday, Feb 1st, 11am to 1pm.
\$12/person. Everyone welcome.

Card Parties (45s) Tuesday afternoons 1:30pm to 4pm. Everyone welcome - just drop in. \$4 fee. Snacks + prizes. CHAIRMAN NEEDED. Call Sheila (542-7073), if interested.

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

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.

Chair Exercise every Friday 11:00am to 12noon. (Not yoga.) \$3 drop in fee; no sign-up required. Everyone welcome.

Card Making with Diane Ells on the third Wednesday of each month starting February 18th. 9:30am to 12:30pm. \$10. Downstairs (lower parking lot). Pre-registration is appreciated but not required. Call Judy (542-5182) or Phyllis (542-3733).

Makers Meet every Wed, starting Feb 25th. 10:00am to 2:00pm. Bring your projects & hang out with other creative people. \$3 drop in fee. Downstairs (lower parking lot). Use the door nearest the generator. Call Judy (542-5182) or Phyllis (542-3733).

40th Anniversary Celebration on April 18th. 2-4pm. Looking for contact info for all Past Presidents and other VIPs. Email phyllis.crowe@gmail.com to help us with names of those who should be specifically invited.

“Elbows Up!”

Visual Expressions of Canada’s Culture, Democracy, and Sovereignty

At ARTSPLACE Gallery, the exhibition is presented in the Main Gallery now until February 14.

A closing reception takes place on Saturday, February 14, from 12 to 2 pm, with an artist panel question and answer session scheduled from 1 to 2 pm. Special thanks are extended to the Hon. Wilfred P. Moore, K.C., LL.D., Volunteer Chair of the School, and its staff for their support.

ARTSPLACE invites the public to engage with this collection of works and the perspectives they offer on Canada’s past, present, and shared future.

ARTSPLACE Gallery is located at 396 St. George Street in Annapolis Royal, Nova Scotia.

For more information please contact:

admin@arcac.ca

(902) 532-7069

https://arcac.ca/

Facebook: ARTSPLACEGallery

Instagram: arcac.artsplace

MEMORY TREE 2025 cont'd from pg. 4

-Our Mums

- Lily Moors

- Kim Barnes

- Our Parents

- Peter Smith

- Leigh Miner

Harvey & Nancy

Wanda Coldwell

Terry Davidson

Kavanaghs, McDermonts
Brooklyn Bishop

Son Joseph Martin

Judy Upshaw

Studio 14, Gifts & Gallery Inc.

Custom Framing

Featuring Atlantic Canadian Artists

10032 Highway 1, Greenwich, NS

902-697-1414 jjstudio14@gmail.com

Open 10:00 to 6:00 Wednesday-Sunday

Stirling

FARM Since 1917

MARKETS

**Bringing you
Fresh Local Produce for Over 100 Years!**

stirlingfruitfarms.ca - Greenwich, NS - 542-2789



FROM THE PANTRY

Spice It Up

German Spice Bites

Dough-

4 c. flour 1 c. sugar
 1 lg. egg 2 t. baking powder
1/2 to 1 teaspoon of the following: cinnamon,
 cloves, coriander, cardamom, anise, allspice, and
 nutmeg
 2 T. cocoa 1 c. milk (a little more, if needed)

Mix ingredients and knead together to make a dough. Working on a floured surface, divide dough into 6 equal parts. Roll into long cigar shapes about a foot long and flatten the tops slightly. Transfer each to a greased cookie sheet and bake at 375° for approximately 30 min.

When done, allow to cool for 10 minutes. While they are cooling, make the glaze.

Glaze-

2 c. sugar 2 T. cocoa
 4 1/2 t. coconut fat 2/3 c. water (more or less)

Place sugar, cocoa, and water in a pot and warm until the sugar dissolves. Remove from heat and add in the coconut fat. Stir.

Cut 'cigars' into 1" slices and dip each piece into glaze. Place on a cake rack and allow the glaze to dry.

Store in an airtight container.

Spice Cake

1/2 c. shortening 1 c. brown sugar
 2 eggs 1 c. sour milk
 1 c. plus 3 T. all-purpose flour
 1 t. soda 2 t. cinnamon
 1 t. allspice 1/2 t. cloves
 1 t. nutmeg pinch of salt

Cream the shortening, then gradually add the sugar. Beat until smooth. Add well-beaten eggs and combine. Whisk dry ingredients together and add alternately with sour milk.

Bake at 350°, in two 8" round cake pans that have been greased, for 35-40 minutes. Test for doneness and cool on cake racks before frosting.



Here's an up-date on the rusty, old truck Mike Madigan noticed behind the White Rock Community Center. As of Jan. 12th, nobody had contacted him regarding its history. However using AI, his original photo of the truck has been brought back to life and identified as a Chevrolet 1/2 ton, 3100 Advanced Design series circa 1950-1952. If anyone knows anything more, you can contact Mr. Madigan directly. mike_madigan@yahoo.com

Weights and Measures

We have gotten used to using digital scales to weigh things and lasers to measure distances, all very high tech.

What did ancient people do to figure out things? They had to use whatever they had including using their forearm for length, or the span of their hand (Horses are still said to be so many hands high.) or the length of ones thumb from the knuckle to the tip is equal to 1 inch, for example.

Weight was sometimes determined by comparing the number of seeds (for small items) or rocks (for larger items) in a standard container to the item being weighed. (The carat unit of weight, still used when weighing gemstones, comes from having used carob seeds in the distant past.)

In ancient Britain, the **stone** (14-16 lb.) was used when weighing things. The **quarter, hundred weight and ton** were used when weighing larger amounts and were all multiples of a stone. (The quarter was 2 times the weight of a stone, a hundred weight was 8 times, and a ton was 160 times the weight of a stone.) Stones are still used in Britain when referring to the weight of a person.

Countries started to switch to the Metric System of measurement in 1965 and by the 1980s most countries around the world had adopted it.

https://en.wikipedia.org/wiki/History_of_measurement

-Daphne Frazee, research by Conrad Davison



Aunt May's Diary *January 1917 - October 1971*

Feb. 1, 1936 - Went again today to help Flo. She did get up this afternoon.

Feb. 2, 1936 - Sunday. Blowing and blustering all day. Did up chores and took a wash and went up to Flo's again and helped around.

Feb. 5, 1936 - Making apron. Went to Peter's tonight and did the ironing. Flo slowly getting around.

Feb. 8, 1936 - Weather has been cold for days. Feeding birds every day. Made a box to hang on clothes line so English Sparrows won't go in it. Doris called tonight. Went to ask Flo to come down for a visit tomorrow.

Feb. 9, 1936 - Sunday. Went to church in the morning. Alice, Bruce and Doris came to dinner. Flo came in the afternoon and all stayed the evening.

Feb. 10, 1936 - Alice called on way to meet mother Eldridge and both came back to go home with Bruce on wood-sled.

Feb. 11, 1936 - Cold and blustery. Walked to town to see about lost cheque and found that Cassie had deposited it the 2nd of January. Felt all kinds of a fool and was down on myself all day. Called to see Aunt Jane who is sick in bed. Found Mrs. Myra there. Went to Lib's for dinner and patched overcoats and pants. Started home and got a ride on Peter's ice team. Cat sick.

Feb. 13, 1936 - My brother ABC dropped in this morning and talked until nearly twelve. I got dinner and he left for town. See Avon has come back with horses from the backwoods. Weather still cold and windy.

Feb. 14, 1936 - Valentines Day. Went this morning to visit Alice and Edgy. Roads hard. Lots of snow piled up. Good skating along the river. After dinner we all went to Blanche Allen's and saw the China she got at her wedding Anniversary dance and had a cup of tea and cakes. The Institute holding their annual feast the folks all came to Bill Millett's. I came home and knit red mittens.

Feb. 15, 1936 - Aroused in the morning by frantic knocking. Got up and let Doris in. Storming then, but soon stopped. ABC dropped in late afternoon to tell me that Calkin refused to let him bring home the table I bought. Got ready for town and Doris and I went over. Got ride with Cedric who said he could get the table. Succeeded in convincing the girl that it was my table. Came home with Bruce who took two G.M. tables up to Cassie. Shirley C. called for Doris and stayed. Weather very nice today and yesterday for a change.

Feb 16, 1936 - Church in the morning. How I wish I had such a command of the English language as our pastor. Cyril invited himself to dinner and after went visiting. Shirley called on way home and I stayed a piece and called on Mrs. J. Vaughan. Doris in tonight.

Feb 17, 1936 - Harry N. brought an order. Took out mine and went to Peter's for the rest. Hear Randy's baby is called Carlene Adelle.

Feb. 18, 1936 - Rain today. Very warm. Worked on old centre piece that Marion sent back years ago. Got it nearly done. Ruth has told me that she saw millions of chickadees. At least the woods were melodious with them. It looks as if they were not extinct yet.

Feb. 19, 1936 - Electrical storm last night and fiercely cold and blustery today.

Feb. 20, 1936 - Went to Westcott's today. Loafed and darned some. Harriet came a piece with me. Roads full of holes. Stewart has German measles.

Feb. 22, 1936 - Fred and Franklyn here from the woods. Fred sick. Made coffee and crackers. Sick at stomach too.

Feb.23, 1936 - Sunday. Went to church this morning and heard a good sermon. Mrs. Eldridge dropped in after church. I went a piece with her towards night. Cold and clear.

Feb. 24, 1936 - Started to enlarge star quilt. Went tonight to see Flo and did her ironing. Cold, but fair.

Feb. 25, 1936 - Old codger came and wanted to saw my cord of wood. Consented and he has pattered away all afternoon. Luckily, he has a room in town so did not have to let him stay or refuse to keep him neither not an easy decision. Mrs. Elderidge called to wait for Bruce and Alice from the backwoods. Sidles called also. No word yet from twins. Gave old chap 50 cents for night's lodging and breakfast. Mild today. Went for milk and got to talking to Delmar and Lova.

Feb. 26, 1936 - Weather very mild and snow melting. Like March which it soon will be. Still working on quilt. Old chap came back to finish job. Bucked up on big logs and went to get Smith to saw them in two and Smith flew in to a rage and ordered the old chap back and do it himself. Old Chap mad as a hatter declaring he would do just that. I went to ask Smith and he said he told the old s--- to go back to his work. Refused to saw with cross cut, but said he would buck up what was left, etc., etc. I am afraid he is back at his old failing. Later he came over and helped the Old Chap. Now the Old Chap is saying he is a fine chap etc., etc. Funny ain't it?

Feb. 27, 1936 - Milder today. Still working on star quilt and saving out some big sticks that would not go into the stove. Alice went to woods with Bruce. Fred called tonight. Fried him a slice of meat and gave him supper. Got a letter from Marion stating she has a daughter born Jan. 30, Dixie May.

Feb. 28, 1936 - Making mince meat and drying apples. Mrs. Edson Eagles dropped in to see if I wanted some fresh pork and stayed about two hours. Nice appearing girl.

Feb 29, 1936 - Old Chap called for saw and horse. Lent them. Later Old Chap called to get a cup of tea. Gave him his dinner but refused to pay. Went over to Miss Jackson's today and found her faucet dripping and sink heaped up with ice. Chopped some out and set for Bill Millett who came and put on a new washer. Otis Eagles came tonight with seventeen lbs. of pork for which I paid \$2.00. (Those were the days!)

-Submitted by Zelda Weatherbee

My Legacy

My latest home plan

Is the Mayflower, Nova Scotia's floral emblem

Take note: 1 foot (12 inches) = 30 centimeters, 6 inches = 15 centimeters

The plan is 1 & 1/2 story, with basement (24 feet by 24 feet)

With 1 foot insulation - it is a compact (26 feet by 26 feet)

I use 1/4 inch graft paper

To figure 1 foot, on paper

Use metal roof & metal vertical siding plus solar

To prevent a fire hazard (water sprinkler)

Don't use foam

Use smoke alarms & carbon monoxide detector in the home

I have had various courses

From construction, solar, disabilities, interior decoration courses

In my design

There is a Great room & Bedroom (with a murphy bed part-time)

I have an indoor track indoors

In the middle core

There is also a small water area

And I have made plans since the 1980's era

The windows & doors are placed symmetrical (see plan)

With a heat pump/thermal with backup heat on the land (and electric fireplace; no hall)

The kitchen/dining in one area

And the washer/dryer in a separate area

I would want a rent to own

For first time homes

Please make homes using Nova Scotia's recommendations

Plus rules for disability recommendations

-Mary Jordan



Heavy Metal Heather

METAL ART

87 WEST BROOKLYN MOUNTAIN ROAD
WEST BROOKLYN NS, B4P 0N8

DROP INS WELCOME ANYTIME!

HEAVYMETALHEATHER.COM (902) 670-2298

SKYLIT

YOUR LOCAL SOLAR & BATTERY EXPERTS



skylit.ca