

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**

January 2026

Autograph Books

Years ago, autograph books were popular. Friends, classmates, and relatives would sign your book and usually include a short verse. Here are some spanning the years from 1887-1915.

1887

May you always be happy,
And live at your ease
Get a kind husband,
And do as you please.

May just enough of clouds be yours,
To make a glorious sunset.

When twilight pulls the curtain down
And pins it with a star,
Remember that you have a friend
Who will not wander far.

1889

Strength for today is all we need
For there never will be a tomorrow
For tomorrow will prove but another today
With its measure of joy and sorrow.

1908

When the solemn bells are swinging,
To and fro,
When the snowflakes chill and clinging,
Flutter low
When winter's night is falling,
On the sea,
And the sea-gulls voice is calling
Think of me.

1912

Love many
Trust few
Always paddle your own canoe.

When the rocks and hills divide us,
And you no more I see,
Just take a pen and paper,
And write a line to me.

When this you see
Think of the one who cares for thee.

Think of me now,
Think of me ever'
Think of me when
I am far away and
Cannot see your face at all.

1915

When the lessons of life are all ended
And death says our school is dismissed,
May we answer the rollcall in Heaven
And not one of be missed.

Yours until the sea
Wears rubber pants
To keep its bottom dry

When you get married and live across the lake,
Float me over a piece of cake.

We may write our names on marble,
We may print them on the sand,
But in the book of books, God's album
May your name be written there.

Last in your album
First in your thoughts,
Last to be remembered,
But never to be forgot.

Many thanks to Carol & Marlene Lawson
of Wickham, NB



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✉ isnorsservices@gmail.com

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

White Rock Community Association meets 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.

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Announcements:

Black River Hall

***Chili Supper and Old Fashioned Kitchen Party** Saturday, January 10, 2026 from 5pm-7pm (storm date January 17).

Fill your belly with chili, roll, dessert, tea & coffee, and your heart with Music.
\$10 adults, \$5 children under 12.
Contact Diane 902 542 5173 for more information.
Fundraiser for the upkeep of the hall.

Gaspereau Hall

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

Wolfville Legion

***Tea & Coffee Social** - Join us at the Wolfville Legion for coffee, tea, and snacks every Wednesday morning from 9:30 to 11. Enjoy meeting new or old friends in our recently renovated Legion building. Everyone welcome. Freewill donation.

Wolfville Lions Club

***Big Breakfast** January 17 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** Friday, January 30. Menu is: ribs, mashed potato, veggies, roll. Choice of apple, lemon, coconut cream pie. 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, January 11th at 2:00p.m.
Special guest will be Lucas Whitehead.

***Music Jams** resume Monday, January 12th from 1:30 to 3:30.

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FROM THE PANTRY



Indoor Grilling

Perhaps you are missing your BBQ at this point. Why not do some indoor grilling?

Grilled Zucchini

6 small zucchini, halved lengthwise
 4 t. olive oil, divided
 2 green onions, thinly sliced
 2 T. lemon juice 1/2 t. salt
 1/8 t. crushed red pepper flakes

Use 2 teaspoons of the olive oil to sprinkle over the zucchini halves. Place on the grill and cover with foil. Cook until tender, on medium heat, 8 to 10 minutes. Turn once during cooking.

When finished, put them in a serving dish and toss with the remaining ingredients.

Pork Kabobs

2 c. plain yogurt 2 T. lemon juice
 4 garlic cloves, minced
 1/2 t. ground cumin 1/4 t. ground coriander
 2 pounds pork tenderloin, cut into 1-1/2-inch cubes
 8 small white onions, halved
 8 cherry tomatoes
 1 medium sweet red pepper, cut into 1-1/2" pieces
 1 medium green pepper, cut into 1-1/2" pieces
 Salt and pepper to taste

In a pie plate, mix: yogurt, lemon juice, garlic, cumin, and coriander. Use mixture to coat the pork. Place in the fridge (covered) for at least 6 hours or overnight.

On 8 wooden skewers that have been soaked in water or 8 metal ones, begin with a cube of pork, then a vegetable, repeating until each skewer is full. Season with salt and pepper. Cover and cook on grill, over medium heat, until the juices from the pork run clear. It should take 15-20 minutes, remember to turn the kabobs a few times during cooking.

Grilled Ham Steaks

1/3 c. packed brown sugar
 2 T. prepared horseradish
 4 t. lemon juice
 1 fully cooked bone-in ham steak (1 lb.)

Combine the brown sugar, horseradish, and lemon juice in a saucepan. Heat the mixture, stirring

constantly, until it just starts to boil. Coat both sides of the ham with the hot mixture.

Oil grill and heat to medium. Grill the ham for 7-10 minutes, turning occasionally, until it is heated through.

Pork Burgers

1 lg. egg, lightly beaten	3/4 c soft bread crumbs
3/4 c. grated Parmesan cheese	
1 T. parsley flakes	2 t. dried basil
1/2 t. salt	1/2 t. garlic powder
1/4 t. pepper	

2 lb. ground pork	6 hamburger buns
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Topping suggestions: Lettuce, tomato slices, and red onion

Mix together, in a large bowl, the first 8 ingredients. Break up the ground pork and mix everything together. Form into 6 patties.

Grill, covered, over medium heat for 4-5 minutes per side or until the patties reach 160°F.

Serve on buns with desired toppings.

Grilled Angel Food Cake

8 slices angel food cake (1-1/2 inches thick)	
1/4 c. butter, softened	1/2 c. heavy whipping cream
1/4 t. almond extract	
1/4 c. crème patisserie	
1/2 c. fresh blueberries	1/2 c. fresh raspberries
1/2 c. sliced fresh strawberries	
1/4 c. mixed nuts, coarsely chopped	
Icing sugar	

With a 1-1/2-in. round cookie cutter, cut out the middle of 4 of the cake slices (save cake bits for a trifle later). Spread both sides of cake slices with a little butter. Place on the grill, over medium heat until toasted, approximately 1 to 2 minutes per side.

Whip the cream until it starts to thicken, add the almond extract and continue to whip into soft peaks.

Assemble the desserts using a solid slice of cake for the base with a cutout slice on top. Fill the hole with some of the crème patisserie. Place a dollop of whipped cream on top and garnish the whole thing with the mixed fruit and nuts. Dust with icing sugar and serve.

The George Foreman Grill

The name George Foreman first became famous when he won a gold medal in boxing at the Olympic Games in the 1960s. He went on to become the Heavyweight Champion of the World in the 1970s and made a comeback in the 1990s winning the title all over again, after having been retired from the sport.

His life didn't start out with fame and fortune though. He grew up in Marshall, Texas and the home he shared with his parents and 6 siblings had no running water and an outhouse. Learning to take a punch and to hit back effectively was more for survival in those early days.

After retiring from boxing a second time, he was pursued by companies wanting him to endorse their products. Someone suggested it would be more profitable if he start his own company.

With that, he undertook a joint venture selling small electric grills, not expecting them to do well, but he was wrong. The first year, the George Foreman Grill sold 500,000 and an additional one million sold the next year. They have now sold over 110 million of the units.

-Daphne Frazee, research by Conrad Davison

<https://news2rice.edu/2009/09/04/foremans-a-hit-with-rice-alliance/>

IDEA SHOP

Cleaning Solutions in your Cupboard.

Lemon and salt: Combine them to make a paste to remove rust from metal.

Use the same combination to clean your cutting board.

Window cleaner: shaving cream or vinegar and cornstarch

A damp rubber glove works for removing pet hair from furniture.

Coconut oil can be used to shine leather items, as well as making a good furniture polish when combine with a little lemon juice.

Hydrogen peroxide can be used to whiten grout.

Remove ink or marker from items with rubbing alcohol. Hairspray also works.

the little shine.com

My Idea for Canada
In the New Year

I think metal roofs & vertical siding
Would be a better thing

I would use a Canadian steel supply
And NB forest /studs to buy

I think it would make
A good idea for a village's sake

For first time homes
A place to rent to own

I would make a compact plan
Using a main floor/bedroom plan

Plus a 1 1/2 story home with basement
And solar panels for electric rent

I would use heat pumps & back up for -20 degrees
The homes should meet Nova Scotia regulations and needs

Homes should be wheelchair accessible
With strobe light & alarm (for deaf & blind)

I have made plans with straight stairs & small water area
Plus an indoor track like Acadia Arena

I have made "The Cupid" (cube) home plan
And "The Mayflower ("like a girl's name") home plan

It would be nice with a north view
And a balcony inside & out too

I think walls should have 1 foot insulation
But no foam insulation

Mary Jordan



Recreation News



White Rock Community Centre

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.

Makers Meet every Wed. 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.

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

Trivia Night at Wolfville Legion

Friday, January 9, 2026 7pm - 9pm
Game / Trivia / Bingo Aged 19+, Accessible Parking Accessible Washrooms, Service Animals Welcome, Wheelchair Accessible Food & Drink Available Licensed / Bar Service Parking Available Transit Accessible

wolfvillelegion@gmail.com 902-542-5869

Join us for an evening of food and fun and challenging questions every Friday eve for Trivia hosted by Nathan Brown. There are 8 categories and

the questions are new each week. Bring a friend, a group of up to 6 players or come in to join a team. The vibe is great, the people are friendly and the pub food, available by Cruisin Gourmet, is outstanding and all are welcome.

Get there by 6:30pm to grab your table and order some food. Can't wait to see you there!
Pricing: Free

Songwriters Circle at the Al Whittle Theatre

Saturday, January 10, 2026 7:30pm
info@musicincommunities.com
Doors open at 7pm

Songwriters Circle with Terra Spencer, Cheryl Gaudet, Geoff Arsenault & Jamie Junger.

The theatre will come alive with heart, joy and authentic emotion as these accomplished and beloved recording artists weave an evening of songs and the stories behind them, in an intimate setting that celebrates community and the power of connection through music. \$30 advance / \$35 at the door

Take Out Luncheon

Wednesday, January 14, 2026 11:30am - 12:15pm
Event Wheelchair Accessible
pburden@ns.sympatico.ca
902-542-3681

Choice of Corn Chowder or Hamburger Soup, Flower Cart Roll and Butter, Dessert
Order by Monday, January 12th. we will call with pick-up time on January 13th.
To order call Carol Ann at 902-542-3681
Pricing: \$10.

United Baptist Church
1031 Main Street, Hwy 358
Port Williams

(Recreation News cont'd on pg.7)

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Aunt May's Diary

January 1917 - October 1971

Jan. 1, 1936 - I wonder what will the coming year bring of Sorrow and Joy?

Called on Florence and went to the Annual Business meeting of the Baptist Church of Gaspe-reau.

A.H.C. and son also had a dance at the old Benjamin place. Away to a good start for the new year.

Jan. 2, 1936 - Walked to Mrs. Bruce Coldwell's to pour tea at her "At Home" today. Snow so deep that cars cannot go, so ladies mostly walked. Miss Lillian Jackson there also. Mrs. A.B. Coldwell, Doris, and Pearl. Doris and Pearl stayed to my place all night.

Jan. 3, 1936 - Raining hard all day. Water creeping into cellar for the first time this season.

Jan. 4, 1936 - Girls went home this afternoon. Weather mild and snow nearly gone and cars are scooting again.

Cyril came in late tonight and stayed until 1:30.

Jan. 5, 1936 - Rain in morning turning to thick snow. Went to church and Doris came home with me and stayed until church tonight.

Read about Dionnie Quintuplets and played organ all evening.

Jan. 7, 1936 - Alice and mother came with Bruce to stay until he came back from the woods. Cyril and Fred went to camp today. Sent some doughnuts.

Hear Beverly is married and living with Jean Gertridge Wallace up at the old farm.

Hear Mr. and Mrs. Russell Eagles have another girl. Four girls now.

Jan. 9, 1936 - Got ready for town, roads being perfect. Failed to find cheque, which I thought was in my purse. Got to town and forgot my box key so only got part of my business done! Bought table at second hand store. Landed at Lib's just in time for dinner. (Excellent dinner.) Patched boys pants while she gave music lessons and arrived home by six.

Laura Coldwell has pneumonia and Mrs. Pauline Martin is not well.

Jan. 10, 1936 - Heavy rain this afternoon. Llewellyn brought a big piece of pork. Made him take some pay.

Jan. 11, 1936 - Alice came this morning while Bruce went to the woods. Her mother has gone to Hebron to help her sister in sickness.

Jan. 12, 1936 - Sunday. Went to church in the morning and to Mrs. Leander Coldwell's funeral this afternoon. Vallis preached a good sermon.

Dell and Will called after. Also Bruce and Alice, Doris, and Shirley Crawford called towards night and I got them some supper.

Jan. 13, 1936 - Washed, ironed, baked bread and pie in small quantities. Made yeast, wrote, and mailed letter. Busy very.

Jan. 14, 1936 - Laura better and Martha's with pneumonia.

Made sugar bag lining for old quilt of Marion's to quilt and cover late.

Jan. 15, 1936 - Finished picking wool at last.

Sent letter to Marion and one to Freeman Benjamin also a card for Farmer paper.

Hattie called on way to Institute.

Took Pollyanna book to Laura to read.

Jan. 17, 1936 - Raining in torrents yesterday. Dusty today.

Jan. 18, 1936 - Did a little basketry today. James G. called, also Otis Eagles.

Jan. 19, 1936 - Sunday. Went to church. Very few there. Home rest of the day. No one in.

Snowstorm tonight. Read scrapbooks and magazines and played organ.

Martha's baby is better!

Jan. 24, 1936 - Still doing odd jobs this week. Fixed organ, mended window blind, made Quint Calendar, mended big rocking chair, etc., etc.

Doris and Ruth came to tea tonight.

Cold and windy. Been feeding birds. Doris here too.

Jan. 25, 1936 - Girls stayed all day. Weather rough and roads rather heavy.

Mrs. Randy Gertridge has a daughter.

(Diary cont'd on pg. 7)

(Recreation News cont'd from pg.5)

Tom Regan Memorial Concert

Saturday, January 31, 2026 7:30pm

Presented by Acadia Performing Arts Series

pas@acadiau.ca

(902)542-5500

Produced by the Acadia University School of Music, this annual event celebrates the excellence and diversity of AUSOM's students, faculty, Alumni and their collaborators. This concert commemorates Doctor Thomas Regan, Dean of Acadia University's Faculty of Arts, who passed away too young in 2001

music.acadiau.ca

Pricing & Tickets

\$35 regular, \$20 students

Where to buy Tickets: Acadia Box Office

Humour

Why are Christmas trees bad at knitting?
They always drop their needles.

What did the lunch box say to the refrigerator?
Don't hate me because I'm a little cooler.

What do you do to have a space party?
You planet.

Why couldn't the tree get on his computer?
Because he could not log on.

What has four wheels and flies?
A garbage truck.

How much does a chimney cost.
Nothing, it's on the house.

<https://www.countryliving.com/life/a27452412/best-dad-jokes/#fresh-dad-jokes>

(Diary cont'd from pg. 6)

Jan. 26, 1936 - Got up late. Just in time to get Doris off to Sunday School.

Libbie and Brooks walked over the hill in the afternoon. After supper all struck for home. Went to top of hill with Lib.

Dog passed across road. When coming home heard dog barking in road. Lost courage, turned back. Dog stopped barking. Started for home again. Dog started barking again. Lost courage completely. Started for Lib's, Arnold Coldwell came along in sleigh and took me in and brought me back with his wife and her friends. Cuss the dog anyway. Dare not tell Lib or she will loose her spunk too.

Jan. 27, 1936 - Air having that snowy feeling decided to go to town this afternoon. Got picked up by Eddie and Wava and came back with them.

Mended blanket and washed and sewed piece back in quilt.

Called on Flo tonight.

Snowing and blowing tonight. Mangy cat has been returned home.

Jan. 28, 1936 - Snow and gale. Easterly shifting to Norwest. Yard full of birds. Keeps me busy. Roads blocked again.

Mrs. Pauline Martin is better, but Alice Vaughan has mumps. Mildred Vaughan not well with some sort of rheumatism. Little Joe Allan has a lame hip, not sure what he did to it and Mrs. Carl Coldwell has had more asthma spells.

Jan. 31, 1936 - Making rabbit rompers for Murielle Palmeter.

Fenwick called to ask me to go to Peter's this afternoon. Flo needs my help.

-Submitted by Zelda Weatherbee

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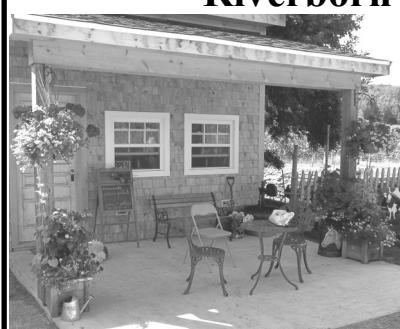
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**Please note:
the deadline each month
is the 12th day of the previous month.**

Phone: **902-542-4309**
gaspereaugazette@gmail.com

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, Reid's Meats, Just Us Coffee (Hortonville), Stirling Farm Market, and Riverborn Market.

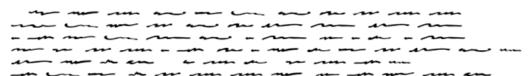
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Aunt May's Diary



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