

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**

March 2026

How a Hobby 'Developed' into a Career

Paul Illsley grew up in the Kentville. (His father Ron owned and operated Ron Illsley Motors in the town.)

His father's hobby was photography. He even developed his own colour film. As a child, Paul took an interest and watched the whole process carefully. He borrowed his dad's camera and began taking pictures himself.

When he was in grade 12, one of his friends invited him over to see how he developed his photographs in his home darkroom. Paul described watching an 8"x10" image 'magically' appear in the developer. From that moment on he was 'hooked'.

After graduating from high school, Paul's first job was at the Camera Corner in New Minas. He worked there for 10-15 years and said it was a wonderful educational experience.

During his time at the Camera Corner there were other like-minded employees, including his boss Rick Penney, who supported and encouraged each other. Paul said he has fond memories of that time.

He then worked for the NSCC Centre of Geographic Sciences in Lawrencetown, NS doing aerial photography with a drone.

When the centre was making a new map of Sable Island, Paul was tasked with taking the photos. It took a week for the team to place 40 white targets across the island, each one being noted with an exact GPS location.

Then it was time to call in the airplane. Paul shot approximately 300 photos looking straight down from the belly of the plane as they flew back and forth across the island. The targets were later used as reference points when putting together a precise

map.

Paul recalled the time, when he was placing the last target of the day, he noticed a mare and two colts watching the work from atop a nearby dune. He said he was down on his hands and knees driving the last stake when the mare, having no fear of humans, came up behind him and looked over his shoulder.



The Sable Island Horses mentioned above.

Paul didn't want to miss the opportunity to snap a photo and thought to himself, "Now, if you could just turn your head toward the sun."

Well, the horse did exactly that and Paul went 'click'. He told me it is one of his most enjoyable photos.

Other people must certainly have liked it too because that image was chosen by Canada Post to appear on a \$2.00 stamp and by the Royal Canadian Mint to be on a \$5.00 silver coin.

(Photos cont'd on pg. 3)



Julie Vanexan
MLA for Kings South

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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.u114@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 Tuesday 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. 11:30-1:00. Presenter: Claire from the Alzheimer Society is returning. Join us for an informative, social event followed by a delicious, free-will lunch. Come check out our topics on the second Tuesday of each month! Call 902 542 3805 to attend.

Wolfville Lions Club

***Big Breakfast March 21st** Menu is: bacon, sausage, pancakes, scrambled eggs, toast, homemade baked beans, hashbrown, juice, tea, and coffee. Time 8 AM to 9:30 AM. \$10 per person. 36 Elm Ave., Wolfville.

***Take out Supper March 27th** . Menu is: turkey, mashed potatoes, gravy, veggies, & 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 before March 22nd.

Wolfville Ridge Baptist Church

***Hymn Sing** Sunday, March 8th at 2:00p.m. Special guests will be Nancy and Blake Bowman.
***Music Jams** Mondays from 1:30 to 3:30.
***Musical Afternoon** March 28th from 1-4 at the Greenwich Fire Hall. Canteen available.

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How can I help?



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(Photos cont'd on pg. 3) It also appeared in an issue of National Geographic magazine. Parks Canada has made use of it as well.

Another project involved traveling to Peru. NASA had sponsored an expedition to map the glacier in the Andes to try and determine how much longer it could be depended on as a water source for the local people.

They had to ride burrows up to 10,000 feet and then hike even higher to reach their destination. It was very remote.

Another project took him to remote glaciers in Alaska. For 7 seasons, Paul was part of the two-month-long Juneau Icefield Reach Program (JIRP) in Alaska where he taught university students photography and glacier mapping from satellites and drones.



Aerial View of Gaspereau during Tubing Season-July 2019



Inside Crevasse: "We would take students into glacier crevasses to teach them about the internal structure and dynamics of an active glacier."

He told me they lived in remote field camps, but he enjoyed it.

Paul has even taught a few classes in photography showing people how to get better shots.

People sometimes contact him, after visiting his website, to let him know how much they enjoyed seeing his photos. One lady, that grew up in this area, but hadn't been home for years, used his Kings

County photos to show her children the area.

Sometimes school children contact him to ask if they may use some of his images as part of a school project.

If you are interested in seeing more of Paul's work, you can visit his website.

www.paulillsley.com

Now retired, he and his wife Bria Stokesbury reside in Gaspereau.

Paul commented that he feels very lucky to have had those adventures. He also feels fortunate to have been around to see the transition from film to digital technology.

And that is how a young boy's interest in taking pictures turned into a career as an airborne imaging specialist.

-Daphne Frazee

Thank you to Paul Illsley for all the wonderful photos.

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.

Riverborn Farm



Homegrown:

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

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Chalk it Up

Here is a tip for removing oily stains from clothing - plain white chalk.

1. Rub the chalk over the entire stain.
2. Give it 10 to 15 minutes to soak up the oil.
3. Run the item through the regular wash cycle.
4. The clothing should emerge oil free.

Keep a piece of chalk in with your silver jewelry to prevent tarnishing.

A piece of chalk will help keep your gym bag fresh smelling.

Also, it's good at keeping the moisture level low in your closet thereby eliminating mildew.

Humour

To whoever stole my copy of Microsoft Office, I will find you. You have my Word!

What kind of noise does a witch's vehicle make?
Brrrrooom, brrrrooom!

Why does a chicken coop only have two doors?
Because if it had four it would be a sedan.

How do you weigh a millennial?
In Instagrams

<https://dadhumorjokes.com/>

The Metric System

The metric system came about as people were trying to come up with a standard, accurate way of measuring things.

In ancient times, using body parts was a popular way of measuring things. The Egyptians used the cubit for example. (The average distance from the elbow to the tip of the middle finger of a grown man.) Good in theory, but people's arms come in different lengths.

The Vikings are credited with having come up with the fathom. (The distance of two outstretched arms.) Again, some people would have longer arm than others.

Another example of using body parts for measurement happened in Britian. The length of the king's arm was called a yard (about 3 Roman feet).

French scientists began working on a more accurate way of measuring things back in the 1790s. Originally, the meter was defined at one ten-millionth of the distance between the North Pole and the Equator. They used a metal rod of that length to represent a standard meter.

This was still not totally accurate so, in the 1980s, they decided that a meter would be equal to

299,792,548 of the distance light travels in a vacuum in one second, which never varies.

Such accuracy was a boon to engineering and scientific work.

The metric system began to be adopted around the world, but some countries kept using the Imperial system along side the new metric one which was a bit confusing. Even today that is the case in the United States, for example.

-Daphne Frazee, research by Conrad Davison
*Everything You Need To Know About MATH Homework (Grades 4-6) - Anne Zeman & Kate Kelly

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Recreation News

White Rock Community Association

March 21st Breakfast: 8am to 10am.

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.

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).

Years Ago

Cattle were let out
To get water
Even in bad/windy (blizzard) weather
And the animals
still had winter coats

The cows were milked
Morning & night
Even if the weather
had a "bite"
And Cattle can be safely
be butchered

When Dad was small
He would carry milk
In a shortening can filled
And more too, as always

Dad would take milk & butter
From the well & back
And the warm dishwater
was taken back
For the calves all winter
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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.

FROM THE PANTRY



Homemade Noodles

Korean Pulled Noodles

1 3/4 to 2 c. flour
 1/2 t. salt
 1/2 T/ vegetable oil
 3/4 c. water

Mix all four ingredients together. Work in a bit more flour, if it is too sticky to handle.

Knead on a floured surface for 4 minutes to develop the gluten and produce a stretchy dough.

Start your pot of soup stock gently boiling.

Pinch a bit of the noodle dough between your thumb and first finger. Stretch it out until it separates from the main dough ball. The pieces do not have to be uniform. (The biggest being about the size of a 25¢ piece. Drop them into the soup. (They will float to the surface as they cook.)

Add the remaining ingredients: i.e. cooked chicken, vegetables, onion, etc.

These noodles can be used in a variety of dishes.

Noodles

1 large egg, beaten
 2 tablespoons milk
 1/2 teaspoon salt
 1 cup sifted all-purpose flour, or more as needed

Mix egg, milk, and salt in a bowl. Sift flour and add to above mixture. Stir to create a dough. Add in a bit more flour to produce a ball of dough. Cut in half.

Work on one half at a time on a floured surface. Roll out until desired thickness is achieved. Repeat with second half. Allow the dough rest for 20 minutes.

Start cutting the dough into noodle strips. Spread them out to dry (dust with a little flour so they don't stick to each other) for about 2 hours.

Drop noodles into rapidly boiling salted water. Cook for approximately 10 minutes. Serves 4

Note- (For thicker noodles, add 1/2 teaspoon baking powder)

Egg Noodles

2 to 2-1/2 cups all-purpose flour, divided
 1/2 teaspoon salt
 3 large eggs, lightly beaten
 1 tablespoon cold water
 1 tablespoon canola oil

Start by mixing the 2 cups flour and salt together in either a deep bowl or work directly on your counter. Make a depression in the middle of the flour and add in the eggs and water. Mix together with your hands or a wooden spoon until things start to come together.

Form into a ball and knead on a floured surface until smooth, approximately 10 minutes. Add a little more flour, if it is sticking to everything.

Divide resulting dough into 3 parts. Place each on a floured surface and roll out into a paper-thin rectangle. You may have to sprinkle with a bit more flour to stop it from clinging to the rolling pin. Trim the edges to 'square thing up' and sprinkle flour on both sides of the dough.

Roll each piece of dough up like a jelly roll. Cut into 1/4 inch strips with a sharp knife. Unfurl the noodles and let them dry on some paper towel before cooking.

Bring a large pot of salted water to a rapid boil. Add the tablespoon of oil and then the noodles. Cook just until tender, but not soft. (7-10 minutes)



A bowl of homemade noodle soup. Perfect when the March winds are blowing.



Aunt May's Diary
January 1917 - October 1971

March 1, 1936 - King Davey broadcasts today to his big family, but I did not hear him. Wrote two letters. One to Marion, one to Miss Jackson. Doris dropped in to tea. Went to church tonight. Hear Jim is sick.

March 2, 1936 - Canned 2 quarts of pork and salted a piece. Went to Cassie's with ginger ale for the sick. Went tonight to Flo's and did her ironing. Peter's in bed again.

March 3, 1936 - Found water pipe in stable dripping. Oh dear me! Running water is fine so long as everything keeps all right. Washed and ironed.

March 4, 1936 - Made new bloomers for garden work. Several agents, but no buy. Weather has been mild all week.

March 7, 1936 - Went for my mail tonight and got a letter from Marion. Shall have to dispose of my cat, plants etc., and go to Digby.

March 8, 1936 - Sunday. Went to church and enjoyed the luxury of sitting back and hearing the Junior Choir girls and K. Hunter sing. Alice, Bruce, and Mother Eldridge called. Also, Annie and daughter and Cyril. Trying to do a little pickling and planning. Went to Cassie's for a while. Writing Marion tonight to see what she needs me to do when I get to Digby.

March 9, 1936 - Weather fine and cold. Went to town this morning and to Lib's to dinner. Went to Dr. Oakes for insurance permit to mail. Called on Aunt Jane.

March 10, 1936 - Disposed of some of my plants to Hattie, Cassie, Mrs. ABC, and Flo. Doris is here tonight.

March 11, 1936 - Disposed of cat. Feel like a murderess. Took glad bulbs and onions to Madeline and fern to Flo. Doris here all night.

March 12, 1936 - Still feeling bad about yesterday. Ruth to stay tonight after a party at Dorothy's is honor of Laura Coldwell. Mrs. Everett K. called. Weather has been warm ever since Monday. Got things pretty well settled, but will not go to Digby till Saturday to save fare.

March 13, 1936 - Heavy rain and flood last night.

Train delayed at Hantsport. Hope it will be going tomorrow. Ruth here to dinner and Lib. Hattie called this morning. Also Mr. Will Anderson. Read him daughter-in-law's letters.

March 14, 1936 - Intended to go today as it would be cheaper. Clara sent word that the trains would not be able to get through at all today so started to sew suit. Saw the mail arrive and heard that the trains went both ways. When my brother offers again to take me to the train he will hear something about his hawk eye wife, Clara, he won't like! Now I shall have to pay more and there was no reason for me not going except for her.

March 15, 1936 - Sunday. Worked till midnight on suit. Got up late and Bruce and Alice, Doris, and Florence came in before I got the litter swept up.

March 16, 1936 - Started of Digby with Roman's mail team Auto. Saw a person on train that looked very much like Mrs. Peter Gertridge Sr. and a girl that was almost exact of Vera D. Found Marion much better already.

March 21, 1936 - Been busy trying to use up Marion's vegetables, fruit, and butter that is trying to spoil. Did cross stitch cushion for a spell. Viola Collins and others called. Very bad floods in USA and upper Canada. 150,000 people homeless and many drowned.

March 28, 1936 - Another week gone. Went clamming once with a big spoon. Slow work. but got a few clams. We take the baby out some fine days. Weather very lovely and I have the pleasure of seeing the ever changing tides. Got letter from Hattie saying that Arch Wescott has passed. After being operated on for hernia and Peter G. was very sick. Also, letter from Cassie saying Peter still not great and hoping I will be home soon to come help, but I can not go right at the moment.

March 29, 1936 - Took a walk to Mount Pleasant to see the countryside. George went to church. Have been helping Marion get dress fixed up this week in case she has to go to Halifax.

March 30, 1936 - Letter from Dr. Adler in the city says he will look at Marion's spine April 1st.

March 31, 1936 - Helping get things ready for trip. Weather hot and windy.

-Submitted by Zelda Weatherbee

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www.ekmhealthfoundation.ca

A charitable tax number is required for all eligible grants. Typed applications are preferred.

Inquiries please e-mail: foundation-ekm@nshealth.ca

Applications **must be received via E-MAIL (as shown above) no later than midnight on Tuesday, March 31, 2026**

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