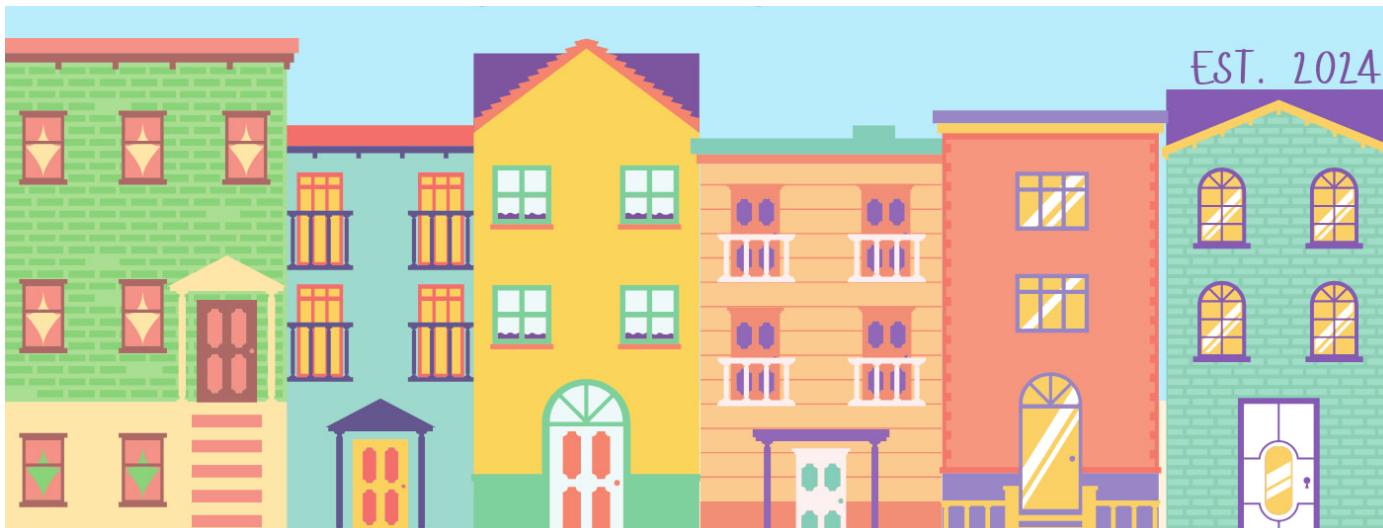


CENTREVILLE NEWS

October/November 2025

Issue No. 3

Welcome to the neighbourhood! This is our third newsletter keeping you up to date on your new neighbourhood association. Questions? Email centrevilleneighbours@gmail.com.



Coming soon to your neighbourhood!

With thanks to Newfoundland & Labrador Housing, we have signed a lease for a newly renovated unit on Livingstone Street. Over the coming months we will be soft-launching programs from this homey space.

We're filling empty shelves and furnishing rooms: check out our new facebook page for an up-to-date list of what we need and message us if you have something to spare.

[FB.com/centrevilleneighbours](https://www.facebook.com/centrevilleneighbours)

The doors will be open to you for a preview in November. Keep your eyes peeled for posters announcing events as we get rolling!

Renee & Louise, cat-herders

Don't forget Daylight Savings Time ends Sunday, November 2: set your clocks back 1 hour at 2:00 a.m. and enjoy an extra hour to lie in! Now's the time to change the batteries in your smoke detectors and tap the bottoms of your fire extinguishers to loosen up the contents.

Events Calendar

Community Meals

Gower Street United (Queens Rd. entrance)

Monday, October 27, 5PM-7PM

join us at #81 Livingstone Street for a traditional Newfoundland dish

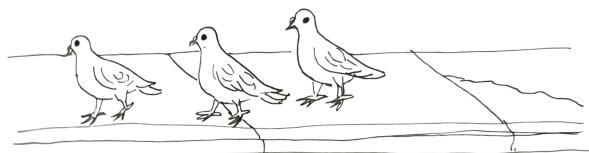
Monday, November 24, 5PM-7PM

Tea and a Gab

#81 Livingstone St. drop in for a light snack and conversation with some of our long-time neighbours ... any knitters out there?

Monday, November 10, 2-4PM

Other events and programs to be posted at #81 and in Triangle Park!



city of doves

Soft wings flutter through city skies,
Little jewels with watchful eyes.
Gentle coos, a calming song,
Among neighbours, they still belong.

Every street becomes their space,
Tiny doves of quiet grace.
Oh, yes, everything feels right, and true,
When pigeons share the world with you.

 Deb W., pigeon advocate

Important numbers

Bridges to Hope 709-722-9225

food bank on Cookstown Road (Tu-F 10-12:50)

City Hall 311

garbage, parking, city information (24h)

Health Line 811

if you need a referral or non-emerg. advice (24h)

KidsHelpPhone text CONNECT to

686868

anonymous, adults can also use this!

Mental Health Crisis 888-737-4668

if you're experiencing a crisis (24h)

RNC 709-729-8000

non-emergency (24h)

Thrive 709-770-8674

Centreville event coordination (leave message)



Welcome! UFO Foods is now open on the corner of Long's Hill and Murray Street (formerly Long's Hill Convenience, for our longtime residents). Drop off a book at the library on your way there; pick up another on your way home!



Centreville Pasta and Cheese Casserole

by popular request from our September community meal

Ingredients

500 g fusilli pasta

250 g ground chicken or turkey

6 Tbsp butter or margarine

6 Tbsp flour

4 cups whole milk

400 g shredded cheese

optional:

bread crumbs & savory

veggies, fresh, canned or frozen

garlic & onion powder



Instructions

Cook meat, season to taste. Boil pasta until tender and drain.

Make cheese sauce: melt butter over medium heat, slowly stir in flour, whisk in milk, let thicken. Add most of the cheese (reserve a handful for topping). Stir till melted, then remove from heat.

Spray or oil an oven-proof pan. Mix together pasta, meat, drained veggies and sauce in the pan.

Sprinkle with reserved cheese and bread crumbs and savoury for a crispy topping, if desired.

Bake at 350°F for 15 minutes or until golden.

Tips

Substitute tofu for meat to make a vegetarian version. Add extra veggies for colour and nutrition!

"Make this recipe your own: add seasonings or leftover veg or whatever you have on hand! (Just take care with the cheese sauce ratios :)"

contributed by Deb W., volunteer chef