

THE GRAPEVINE

A FREE PAPER FOR THE PEOPLE WHO FIND THEMSELVES IN THE ANNAPOLIS VALLEY
July 9 - 23, 2015 | Issue No. 12.14 ★ ARTS ★ CULTURE ★ COMMUNITY ★ You're holding one of 5100 copies

The Wine Issue

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ON THE COVER

Gaspereau Harvest is a limited-edition reduction print made by Laura MacDonald. Laura owns and operates Deep Hollow Print, a letterpress print shop and graphic design business located in Kentville. She specializes in gig posters, but also makes cards, retail art prints, product packaging, invitations, and other printed ephemera. Laura learned the letterpress trade during her time working with Gaspereau Press and at the famous Hatch Show Print in Nashville, Tennessee.

She prints on a Vandercook No. 3 cylinder press, a machine from the 1930s that weighs about 1200 pounds. Visit deephollowprint.com to learn more.

Gaspereau Harvest and many other prints, are for sale at the Box of Delights Bookshop in Wolfville. For more information on how this print was made, see the back page of our wine insert.

Winery Events *Laila North*

French Poetry Evening at Planters Ridge Winery *July 15, 2015, 6pm - 8pm*

Charles Baurin and participants of the French Proficiency Institute of Acadia University read French poetry accompanied by harpist Johanne McInnis.

Tickets: \$15+tax. Call 902-542-2711 to reserve.

Music and Wine at Gaspereau Vineyards *Every Saturday, 7pm - 9pm*

Enjoy wine by the glass and listen to live music on the patio every Saturday night this summer.

Blues on the Hill at Luckett Vineyards *July 18, 7pm - 10:30pm*

Enjoy the wonderful sounds and stories of renowned roots/blues singer-songwriter and guitarist, Thom Swift. Tickets include admission, dinner and one glass of select LV wine or Sea Level beer.

Tickets \$50/person. Call 902-542-2600 to reserve.

Uncork Nova Scotia by Go North Tours

1-877-365-2552 | 902-352-2552 | wine-toursns.com | gonorthtours.com



The WHO'S WHO:

Pauline Scott and Bruce Ewert: A Sparkling Couple!

Mike Butler

It's the oldest story in the book – you meet someone who ends up being related to someone else you know, but you didn't realize they were not just related, but actually brother and sister, and then you find out that their parents own a spectacular vineyard that produces incredible wine and you all become friends... and you put it all together and it means... free wine! No wait, that's not right! It means I get to write about them in a Who's Who article... yes, that's correct! In honour of our Wine Grapevine issue, let me introduce you to Bruce Ewert and Pauline Scott, owners of L'Acadie Vineyard, and a couple worth WINE-ing about!



Canadian Wine Awards and went on to win Canada's only medal at the 2011 Effervescent du Monde in France, a competition for the best sparkling wines in the world."

What I love about the L'Acadie Wines is that they're certified organic. They wouldn't do it any other way! Bruce has worked at both conventional and organic wineries in his

career and knows the health hazards of the chemicals used elsewhere. He also knows that wines express their terroir more clearly when soil is allowed to be a living vibrant ecosystem. The mineral-rich soil of Bruce and Pauline's vineyard can be tasted in their estate wines, and is especially significant in their Prestige Brut.

Bruce Ewert is from Delta, British Columbia. He went to UBC and graduated with a Bachelor of Applied Science in Bio-Resource Engineering in 1986. The first seven years of Bruce's wine-making career were with Peller Estates in British Columbia, Ontario, and Nova Scotia. Nova Scotia proved to be Bruce's favourite spot because that's where he met Pauline Scott. They both moved to the Okanagan Valley in BC where Bruce was head winemaker for eight years at Hawthorn Mountain Vineyards and Summerhill Pyramid Winery.

I encourage you all to pop by the Vineyard and take a detailed tour of the site. Their onsite wine shop is open daily, 11am - 5pm, from mid-May to October at 310 Slayter Road, Gaspereau. Call with questions at 902-542-8463. They are also very active on social media and have a newsletter about events, vineyard activities, and new releases at lacadievineyards.ca. L'Acadie is also present on the Magic Winery Bus tour this season and it's a wonderful way to spend the day, so give it a go!

Pauline is from Nova Scotia and her family dates back to the first sheriff in Truro, the Salem witches, and the Mayflower. She studied travel & tourism and graphic design and worked in the travel industry prior to having children (who were all born in Penticton, BC). In 2004, with their three young children ages 4, 5, and 7, and their Newfoundland dog, they made the move back to Nova Scotia to establish their own winery. They purchased a thirty-acre property in the Gaspereau Valley and founded L'Acadie Vineyards.

With this family-owned business comes a healthy, talented, and beautiful family. I've been fortunate to do theatre with both Michael and Alexa Ewert and owe many sore muscles to Alexa's brilliant choreography. Pauline states, "We love the culinary focus of this area and the vibrant theatre, dancing, and music community. All have been very positive influences on our children as they've been involved in local theatre and have taken music and dance lessons for years. Alexa has been accepted into the musical theatre program at Capilano University on a full scholarship for a performing arts degree and we couldn't be prouder." Pauline also says the family spends a lot of time in the kitchen preparing healthy organic meals together. All three children, Michael, Alexa, and Sydney enjoy cooking and spending time together, which is rare for teenagers so close in age.

In 2005, they became the province's first certified organic vineyard. Before deciding to establish their winery in Nova Scotia, Bruce and Pauline looked at BC's gulf islands, California, and New Zealand - all appealing regions that they knew very well from work experiences and travel (and Bruce lived in California as a child and has a special connection). But, in the end, the decision was based on their love for Nova Scotia and extended family plus the excitement of being a part of an emerging wine region and the prospect of introducing sparkling wine. Bruce was one of a handful of experienced Canadian sparkling winemakers and had been a significant winemaker, researcher, and educator when BC's region was in its infancy and he saw similar potential in Nova Scotia.

And what's down the road for L'Acadie? Well, aside from introducing Traditional Method Sparkling and Certified Organic wine to Nova Scotia, they also had a five-year research project with the National Research Council and Agriculture Canada in collaboration with Italian researchers to produce Appassimento wines - the drying of grapes to produce richer, fuller-bodied red wines. Stay tuned, no doubt you'll hear about it through the Grapevine!

Pauline says, "At our vineyard we specialize in traditional-method sparkling wine, made the way Champagne is made. Our climate is ideal and our unique rocky soil contributes mineral flavours ideal for aging our bubbles in the bottle. There were no Nova Scotia sparkling wines available at the time we began our adventure. We tasted many L'Acadie Blanc still wines from the, then, existing eight wineries and tasted flavours that would make spectacular sparkling wines. Our 2007 Prestige Brut was the top scoring sparkling wine at the 2010

And a special treat for my readers: how would you like a FREE tasting at L'Acadie vineyards? Well, all you have to do is pop by the vineyard and tell them you have read this article and that you "LOVE ORGANIC WINES"! Can you do that for me? Thank you Bruce and Pauline for this gracious offer, for your skills and your time to produce great products, and for your continued excellence in the wine-making industry!

Photo Credit: Alexa Ewert

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IN REVIEW: Recent Events, Happenings and News

Emily Leeson

HEAR YE, HEAR YE! The Windsor Town Crier Lloyd Smith has won the 2015 Town Crier Provincial Title at the June 20 competition in Digby, Nova Scotia. Check out photos of Lloyd letting the world hear him loud and clear on the Town of Windsor blog.

It was around this time period last year that post-tropical storm Arthur tore through the Maritimes. The Village of Canning is reminding everyone to be prepared this Hurricane and Tropical Storm season. For useful information about setting up a 72-hour kit with essential items needed by a family or household in the event of an emergency, see the June 22 post on canningnovascotia.com.

There's some new signage around Wolfville. As of June 23, sidewalks are now marked clearly with a 'No biking' sign. In Nova Scotia, only children (16 and under) may cycle on a sidewalk in a public square, park, city or town.

Summer is in full swing at the Acadia Community Farm. As of June 25, they will be hosting

work parties on a weekly basis on Thursday evenings from 5-8pm. Anyone and everyone is welcome to join in and get their hands dirty while helping out. From acadiafarm.org: "Volunteers are welcome to bring refreshments, snacks, musical instruments, questions, ideas, or just about anything that helps build a stronger community through sharing knowledge and skills."

The Town of Berwick Facebook page is sporting new photographs from their Canada Day celebrations. From the looks of it, there were gymnasts, a bouncy castle, face-painting, cake, and more than a few smiling people in red-shirts hanging around that town on July 1.

The Kentville Recreation Facebook page is looking for #RecSelfie photos. Catch yourself doing something active and they'll share it with the world. No updates available yet on where to post photographs of one's self eating ice cream and lounging in a child's wading pool while reading discarded magazines from the library.

LOCAL BLOG ROLL

Do you live in the Annapolis Valley & write a blog? Send us your website & we'll try to include it in the Local Blog Roll. submissions@grapevinepublishing.ca

5down.org

June 14: Gratefulness is Brigadoon's Wine and Dash
It was advertised as 10 miles (16k). Some folks measured 17k on their devices, some got over 18k. I'm not going to weigh in on the "debate," I'm just going to tell you it was mighty fun!

benjaminbridge.com/news

June 16: The Nova 7 Cocktail
Since its release, Nova 7 has become not only the perfect summer sipper but a wine for all occasions. Requested over and over by fans to explore its potential in a cocktail, we partnered with top, local mixologist, Jeffrey van Horne (Lot 6), to create an original cocktail that would protect the defining elements of Nova 7 that make it a category unto itself.

confessionsoffitnessinstructor.com

June 23: Brigadoon Wine & Dash 2015
A week ago Sunday I participated in the very first Brigadoon Wine & Dash fun run through the Vineyards of the Gaspereau Valley. This was an all-day event open to both walkers and runners alike, and weather-wise it was pretty

much perfect. There were times I was down right cold, but most of the time I was comfortably warm without being hot. There were four vineyards participating, and somewhere around 400 participants.

acivilizedpursuit.tumblr.com

June 16: Quote
"Years, lovers, glasses of wine. These are things that must never be counted." - Age of Adaline (2015)

isaynomato.com

June 29: "More for Me!" Rhubarb Crisp
Everyone grows rhubarb in Nova Scotia. If you have a garden, you probably have rhubarb. If you visit someone with a garden, you'll probably leave with an armful of rhubarb. It's a frequent star of jams, jellies, pies and tarts. It's a hardy plant, able to survive our deep freeze winters and unpredictable spring weather, that bursts out of the ground at the first sign of summer. Its large, leafy green tops and striking red stalks are easily identifiable and make for a quick snack while you're puttering around outside.

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Keith Irving
MLA Kings South

Summer reading clubs
for ages 0 to 18 have begun
at the AV Regional library.

Go to valleylibrary.ca to find out how it works.

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TWO PLANKS AND A PASSION THEATRE 2015 OUTDOOR SUMMER SEASON at the Ross Creek Centre for the Arts



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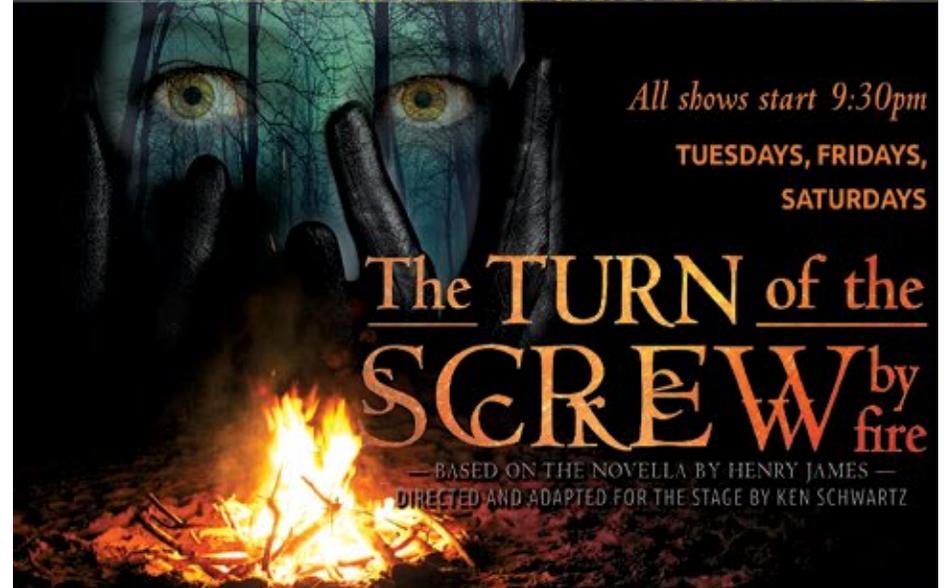
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FOUR BLOCK \$205 - \$145
HALF PAGE \$450 - \$300
ARTS EVENT POSTER \$75
- \$50

WHERE TO FIND US

WOLFVILLE: Just Us! Café, Farmers' Market, T.A.N. Cafe, EOS,
Public Library, Carl's Independent, Muddy's Convenience Street
Mailbox, The Box Of Delights Bookstore, Pita House,
Il Dolce Far Niente Espresso Bar

GASPEREAU: XTR Station, Reids's Meats, Valley Fibres

GRAND PRÉ: Convenience Store, Just Us! Roastery

AVONPORT: Kwik-Way

HANTSPORT: Jim's Independent

FALMOUTH: Petrocan, Fruit & Vegetable Company

WINDSOR: T.A.N. Café

GREENWICH: Hennigar's, Blomidon Nurseries

PORT WILLIAMS: The Noodle Guy

CANNING: Kwik-Way, Fireside Café, ValuFoods

CENTERVILLE: Kwik-Way, TJ's Convenience

NEW MINAS: Pita Pit, Irving Big Stop, Milne Court

KENTVILLE: Designer Café, T.A.N. Café, Café Central, Hospital,
Save Easy

COLDBROOK: T.A.N. Café, Callister's Restaurant

BERWICK: North Mountain Coffee, Union Street Café

OPINIONS

The opinions found within these pages do not necessarily
reflect the views and opinions of the Grapevine staff,
our advertisers, or our other contributors.



Random acts of KINDNESS

Experienced a random
act of kindness recently?
Share with us:
info@grapevinepublishing.ca

Random Acts of Kindness is Brought to you by Daniels' Flower Shop Ltd.
40 Water St, Windsor | 798-5337 | www.danielsflowershop.net

Last week, I unfortunately placed my cell phone, wallet, and keys on top of the car while unloading groceries. I forgot about them and the car travelled off on its next trip. I was unaware of where I had left everything. I did not even realize anything was missing until about an hour later when a car pulled into our driveway. A man I did not know returned the wallet. The wallet had traveled approximately 5km on top of the car before falling off.

Next, the house phone rang and the call minder showed it was from my cell. I was still unaware of what had happened. My cell had travelled approximately 7.5kms on top of the car. While travelling to pick up my phone we felt compelled to stop traffic for a turtle crossing the road.

I then started looking for my keys. The only way to ID the keys would be through my Canadian Tire tag, my Just Us coffee tag, or my library tag. For a week, I walked the laneway and roads nearby searching with a metal detector as I thought the keys would have fallen off early in the car trip. No such luck.

A week later, when I had almost given up, the library called to tell me my keys had been turned in. Thank you to the four individuals for their acts of kindness. I do not know any of their names.

Mel

THE FURRY FEATURE



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902-542-1604 | wassupdawgdaycare@gmail.com



FEATURE DOG — HECTOR

Hi there, my name is Hector. I am a one-year-old male Beagle. I have been neutered; fully vaccinated; treated against fleas, ticks and worms; and have been micro-chipped. I am very friendly. I love humans, big and small, and can get along with other animals, cats, and dogs. Without a doubt I am going to be a great family dog but I will need my new hu"mom" or "dad" to be patient with me while I learn the basics.

To meet me, feel free to stop by the Nova Scotia SPCA, Kings County Branch, Tuesdays through Sundays between 11am and 4pm. We are located at 1285 County Home Road in Waterville. You can also check out our website at www.kings.spcans.ca, look us up on Facebook, or call my caregivers at 902-538-9075.



UPDATE ON RUBY: STILL AVAILABLE



To meet Ruby, feel free to stop by the Nova Scotia SPCA, Kings County Branch, Tuesdays through Sundays between 11am and 4pm. 1285 County Home Road in Waterville. You can also check out our website at www.kings.spcans.ca, look us up on Facebook, or call my caregivers at 902-538-9075.

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Thursday, July 16 - 8pm

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For the full schedule and details: ValleyGhostWalks.com /



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the free tweets

Free Community Business Listings & Two-Week-Tweets

These listings work on a 1st come, 1st served basis. Email info@grapevinepublishing.ca every two weeks for your free placement. Or, reserve your place with a 5-issue minimum commitment at \$10 per issue.

Suggested Theme:

The NS wine season is upon us. Although the grapes are just in their infancy stages, the amazing local wineries are completely open for business. Go visit them all!

What is your favourite NS wine and/or winery and why? How do you and/or your business get involved with the NS wine industry?

Blomidon Estate Winery

10318 Hwy 221, Canning, 902-582-7565 / retail@blomidonwine.ca / blomidonwine.ca

Blomidon Estate Winery was renamed in 2007 when it came into local ownership, focusing on growing grapes and producing wines reflective of our Maritime terroir. We are proud to produce 100% Nova Scotia grown traditional method sparkling, still, and dessert wines. This year we're very excited to be releasing a whole lineup of new Chardonnay based wines — sparkling, still, and dessert. We can't wait to share these unique wines (one is completely new to Nova Scotia) with our guests!

Blomidon Estate Winery (under various names in the past) has been producing wines since 1997, and growing grapes since 1986!

Simon Rafuse – Winemaker

Harold Gaudy – Vineyard Manager

Gordon Weld – Office Manager



Glenn, Maddy, Derek (accidentally hidden behind Maddy), Valerie, Harold, Gordon, and Simon take a selfie break on the new patio.

/ absolutelyfab.ca / facebook: [abfabbbh](https://www.facebook.com/abfabbbh) •

Choosing a favorite local wine or winery is an impossible task. One of our favorites is the Muscat by Gaspereau. It is a remarkable complement to curries and other spicy foods. Our aerating wine glasses by Eisch help open the wine even further. The Valley is a fabulous place to live, love, and let loose.

L'Acadie Vineyards — 310 Slayter Road, Gaspereau, 902-542-8463 / lacadievineyards.ca / [@lacadiewine](https://www.facebook.com/lacadiewine) • Stop by the winery on Saturdays to enjoy a special pairing! The Edible Sideshow Food Truck is back and they are offering a chocolate Binky's Donut made with our Passito! Passito is an Appassimento Style red wine made by partially drying whole clusters of grapes before pressing. Try a splash of our smooth, robust red with this delicious sweet treat!

Careforce — Kentville, 902-365-3155 / careforce@careforce.ca / careforce.ca • At Careforce, our favourite winery is all of them.

We are just so glad to see this budding local industry helping to grow our local economy. Cheers to that!

Flowercart — 9412 Commercial Street, New Minas, 902-681-2349 / lisahammittvaughan@flowercart.ca / flowercart.ca / facebook: Flowercart • Flowercart has partnered with many local vineyards and wineries over the years. We have placed employees at wineries for bottling, cleaning and food preparation. Our pre-vocational trainees prepare protective tubes for young plants. Flowercart work crews have helped plant vines, pruned vines, picked grapes for icewine (at -12°!), and joined the fall harvest. Is there work that we can help you with?

Kentville Farmers' Market — 902-679-2514 / marketmanager@kentville.ca / kentvillefarmersmarket.com • We are excited to say, Annapolis Highland Vineyards is now coming to the Kentville Farmers' Market. They offer Tidal Bay and a range of red, white, and fruit wines. We've tried their Highland Bliss, a blueberry wine to die for! Please welcome them with us to our market.

Sister Lotus Body Care Products, Belly Dance & Herbal Education — Wolfville, 902-680-8839 / sisterlotus.com • Needing ideas, recommendations, & support concerning a health issue? I am offering a special on Herbal Consultations for the month of July!! \$60 (reg. \$75) includes a Personal Health Programme, catered to you! Suggestions for diet, herbs, nutritional supplements, & more. 20+ years of experience. See website for more info!

Oakview Farm & Greenhouse — 7 Longspell Road, Kingsport, 902-582-7454 / oakview@xcountry.tv / [facebook.com/OakviewFarmAndGreenhouse](https://www.facebook.com/OakviewFarmAndGreenhouse) • Thanks to everyone who came to our greenhouse. We appreciate your business. Our peach u-pick will start sometime in August. Have a great summer!

RE used resale Co-op, Ltd. — 8759 Commercial St., New Minas, 902-681-1210 / reusedresale@gmail.com / REusedresale.com / [facebook.com/REusedresale](https://www.facebook.com/REusedresale) • RE has a NEW BRIGHT GREEN STOREFRONT! Like grape leaves! (Can you tell we're excited?!) With GREAT DEALS on wine glasses, and much much more, shopping at RE means you can save more to spend on local wine! Our favorite is Muscat; perfect for summer!

Rooted Landscaping and Firewood — 902-670-7104 / Rooted.LF@gmail.com • Offering a high value service. Residential and commercial. Weekly and bi-weekly maintenance. Lawn mowing, weeding, raking, cleanup and more. Call or email Cody Holland.

Deep Roots Music Cooperative — PO Box 2360, Wolfville, 902-542-ROOT / deeprootsmusic.ca • The deadline to purchase an Early Bird Pass to the 12th Annual Deep Roots Music Festival is July 15. Music is a wonderful gift! Choose between a 3-day pass for \$79, or a 4-day pass for \$99. What a deal! Purchase through TicketPro.ca, or any TicketPro outlet, including Cochrane's Pharmasave (Wolfville) and Wilson's Pharmasave (Kentville, Berwick).

Errands by Karen — 902-790-2626 / errandsbykaren@hotmail.com • Errands by Karen is a personalized service catering to seniors, shut-ins, and busy people who need a helping hand. Operating from Ellershouse to Grand Pré, Karen can assist you with appointments, groceries, and helping at home. She can also provide blood collection at your home or workplace. Need someone to help with spring projects? She's your girl!

Michelle Watts, Independent Consultant for Rodan + Fields — New Minas, 902-670-7189 / mwatts.myrandf.com/ca • My favourite wine: Tidal Bay. My favourite skincare line: Rodan + Fields! Contact me for your free 5-minute consultation.

Binky's Donuts — 902-599-1108 / binkyroese@gmail.com / Facebook: Binky's Donuts & Confections • Binky's Donuts has created special donuts for L'Acadie Vineyards, showcasing their PASSITO wine and available Saturdays on The Edible Sideshow Food Truck at the winery. Lockett's Winery also carries two signature Binky's donuts using PHONE BOX RED & PHONE BOX WHITE wines...available in the winery. Binky's Donuts loves the wine and the wineries!!!

Absolute Nonscents Sustainable Living Products — 902-542-7227 / absolutenonscents@gmail.com • One fabulous way to enjoy our beautiful local wineries is to pack a picnic. Be sure to remember your reusable To Go Ware bamboo utensils from Absolute Nonscents. Easy to carry wherever you go, eliminating the need for single use plastic!

Absolutely Fabulous Bed, Bath & Home — 8927 Commercial Street, New Minas 902-681-2284 / abfab@absolutelyfab.ca

Recently Disgorged RD Bruce Ewert, L'Acadie Vineyards

Visiting our L'Acadie Vineyards wineshop gives you the opportunity to purchase recently disgorged sparkling wines, usually a month or a couple of weeks on the cork - fresh, fruity and lively. Disgorging or degorgement is the act of removing the yeast from the bottle, adding a dosage of wine and sugar to balance natural acidity and corking the bottle. 'Recently Disgorged', RD is a term coined by Madame Bollinger in Champagne in the 1960's and is very popular in Europe where larger Champagne houses are not as capable as small-grower wineries. Like smaller Champagne houses we are able to disgorge in small batches and we have a small radius of distribution, compared to larger ones that have equipment to process large numbers of bottles and then ship to all points of the globe, ageing on the cork for many years. Bubbly ages like a white wine after the yeast is removed; fresh, fruity, vital-style in the first several months, and rich and biscuit after one or more years. Look at the cork next time you open it - if it maintains that mushroom shape from being in the bottle, it's been a long time, and if not, it's RD.

VALLEY FAMILY FUN

The Wolfville Magic Winery Bus: Good Valley Family Fun

Laura Churchill Duke

"Mommy! I wish we could go on a double-decker bus!" You could imagine my delight when I saw that the Magic Winery Bus – a double-decker bus was coming to Wolfville! As the operator of Valley Family Fun (www.valleyfamilyfun.ca) I wanted to see how kid-friendly it really was. A morning that combines a double-decker bus for the kids and wine for me – sign me up!

Tickets for the 2015 season are now on sale, and the bus runs every Thursday, Friday, Saturday, and Sunday from July 2 to October 18. Children under 16 accompanied by an adult, are free of charge.

Like what is necessary with parenting, the Magic Winery Bus is flexible. So, this means as you go around on the tour bus, you can get off at whatever wineries you wish, and hop back on an hour later when the bus makes its next round. At all the wineries, kids can walk through the vineyards, sampling the grapes. L'Acadie Winery has a small playground. Lockett Vineyards has a British phone box in the vineyard with free phone calls to anywhere in North America – so bring Grandma's phone number! Grand Pre Winery has a kids' menu at their restaurant. So, there is plenty to keep the kids busy.

Overall, my advice to families who want to go on the Magic Winery Bus is to be flexible. If you are going with kids, pick one or two places where you would like to stop. Enjoy the bus ride, the great views, and the novelty of being on a double-decker bus! Then, go again with your friends or spouse. It's a whole different experience and worth doing more than once!

The Magic Winery Bus is definitely good Valley Family Fun!

valleyfamilyfun.ca | info@valleyfamilyfun.ca
Photo Credit: Laura Churchill Duke



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The Full Circle Festival was held June 19-21.
Photography by James Skinner.

SHOW ME YOUR INK

Donna Holmes

TATTOO ARTIST: Jamie Mackay, Sacred Temple Tattoos in Havre Boucher, NS

TATTOOEE: Aprilraine Landry, owner/artist at Zebraskin Tattoo Shop, Middleton, NS

"Nestled in spring, when sun makes wine, and blood dances dangerous, in veins or vine."
– Jim Morrison, The Doors.

Aprilraine Landry's blood surely dances a little dangerously when she bouts with the Riptide Rollers' Valley Avengers – a flat track roller derby team. On or off the roller-derby track, Jim Morrison and his music have always been a great influence in Aprilraine's life, hence the tattoo. She has also always looked up to tattoo artist Jamie Mackay and considers him to be the best portrait artist in Nova Scotia. She says, "It's a great experience to be tattooed by a mentor and to have his art on my body for as long as I live."

Photo Credit: Chantelle Reid

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Like what is necessary with parenting, the Magic Winery Bus is flexible. So, this means as you go around on the tour bus, you can get off at whatever wineries you wish, and hop back on an hour later when the bus makes its next round. At all the wineries, kids can walk through the vineyards, sampling the grapes. L'Acadie Winery has a small playground. Lockett Vineyards has a British phone box in the vineyard with free phone calls to anywhere in North America – so bring Grandma's phone number! Grand Pre Winery has a kids' menu at their restaurant. So, there is plenty to keep the kids busy.

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PROBIOTIC KIDS

Submitted

A thriving community of bacterial species is living on and inside your body. In fact, there are more microscopic organisms in your gastrointestinal tract than cells in your body; that is, there are more of them than there are of you. Known collectively as the microbiome, this diverse ecosystem has become a hot topic for researchers in many disciplines. Published

studies on the subject have quadrupled in the past ten years as researchers have begun to suspect that changes in the microbiome can bring about both positive and negative health effects. Factors which may reduce diversity in the microbiome include taking antibiotics, gastrointestinal illness, caesarian birth, and poor diet. On the other hand, a diet containing live micro-organisms can often have positive benefits. Found in many foods, like kefir, sauerkraut, and some cheeses, these diversity-enhancing microbes are known as probiotics. Probiotics are also available in the form of supplements.

Researchers all around the world have found that probiotics may be helpful in improving anxiety, mood, memory and attention. Probiotics have also been found to foster healthy development of infants and children. In a recently published study, a group of newborn babies was observed over a period of thirteen years to examine the effect of early probiotic supplementation. Half of the babies were given probiotics for their first six months and half were given a placebo. Thirteen years later, 17% of the placebo group participants were diagnosed with ADHD or Asperger syndrome



Acadia University's
Probiotics and Mental Health
Research Lab

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ADHD or ANXIETY?

or

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while not a single one of the kids who received probiotics developed these disorders. However, despite all this research, much is still unknown about what role probiotics may play in mental health.

Researchers at Acadia University are expanding our knowledge about the benefits of probiotics. Notably, the researchers are investigating whether or not probiotics can help adults affected by problems with anxiety and mood, and children affected by anxiety (excessive worry and shyness) and/or symptoms of ADHD (hyperactivity and attention problems). The researchers are currently seeking participants for these ongoing studies. Dr. Susan Potter leads the research program and is excited to be conducting one of the first clinical investigations of this new form of treatment. "This is cutting-edge research," she says, "that has the potential to benefit many people, particularly those who want an alternative to the standard drugs, or even a natural treatment to complement their current medications." Anyone interested in participating can learn more by visiting probioticstudy.com.

Child, Youth, and Place in Atlantic Canadian Literature

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Acadia University
Wolfville, NS

~Darka Erdelji
Jack and Mary in the Land of Thieves

READINGS by Sophie Bérubé, Sheree Fitch, Deirdre Kessler

Molly Bobak, Darka Erdelji, Brenda Jones, Leonard Paul EXHIBIT

Comedian Andy Jones narrates a Newfoundland PUPPET PLAY

Atlantic Publishing & Book Design PANEL

KEYNOTE on Newfoundland Jack Tales by Teya Rosenberg

INFO @ <http://english.acadiau.ca/id-9th-raddall-symposia.html>



WHAT'S GROWING AT THE HARRIET IRVING BOTANICAL GARDENS: *Wild Wine*

Melanie Priesnitz

While I've never been one to say no to a glass of red wine made from good old-fashioned grapes, I also enjoy sampling wine made from native plants. Some of my favourite wild wines include Elderberry, Cranberry, and Blueberry.

Elderberry (*Sambucus canadensis*) has long been used in wine-making, either on its own or added to grape wine to deepen the colour and add tannin and complexity. Elderberry wine is not only good tasting it's also good for you. Elderberry is rich in

Vitamin A and C, and is an immune booster and antioxidant.

If you don't have time to make your own wild fruit wine, pick up a bottle from Lunenburg County Winery. They offer a wide range of great tasting fruit wines ranging from sweet to dry. If you visit their winery on the South Shore in person, you can buy bottles of their more unusual varieties including Elderberry, Blackberry, and Gooseberry.

The Elderberry is about to bloom at

the Harriet Irving Botanical Gardens, come back in the fall to see it in fruit. For information on the Gardens visit botanicalgardens.acadiau.ca. To learn more about Lunenburg County Winery visit canada-wine.com

Melanie Priesnitz

Harriet Irving Botanical Gardens

Acadia University, Wolfville, NS

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Photo Credit: Melanie Priesnitz



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Margaret Drummond's

WORD OF THE ISSUE:



After a day of visiting Valley vineyards, which included generous sampling, a zizz was in order.

star DROP



by Mark Oakley www.iboxpublishing.com

THE EMPIRE IS BOMBING YOUR PLANET!
JENNY! IT'S TERRIBLE!
IT'S IRRELEVANT.

NONE OF THIS WILL HAVE HAPPENED WHEN ASHELLE GETS DONE.
-YOU MIGHT NOT EVEN REMEMBER IT.
WHAT? HOW IS THAT POSSIBLE?
WHAT IS THAT GIRL DOING?

STOPPING THE WAR AT ITS SOURCE.
-USING TIME AND HYPER SPACE GATES.
-BIG WARS AREN'T ABOUT DEFEATING AN ENEMY.
... YES THEY ARE.

NO. -YOU NEED A COMPELLING NARRATIVE TO START A WAR.
THAT'S JUST MARKETING.
THIS KIND OF WAR IS ACTUALLY ABOUT FEEDING.

? WEALTH IS FOOD. MONEY. LAND. MISERY. PSYCHOPATHS CONSUME PAIN. WAR IS A BIG ALL-YOU-CAN-EAT BUFFET.

TROOPS ARE MOSTLY FOOLS OR CONSCRIPTS. MOVING PARTS. -THE ENGINEERS OF THE WAR ARE BANKERS AND POLITICIANS. ARMS MERCHANTS. THEY PUT IT ALL TOGETHER. ASHELLE IS GOING BACK IN TIME, KIDNAPING THEM.

OH... WELL, THAT SOUNDS LIKE IT MIGHT ACTUALLY WORK. YEAH. -SHE HAS A PENAL COLONY SET UP ON THE FAR SIDE OF THE GALAXY. A DUMPING GROUND FOR PSYCHOS. SHE GIVES THEM TENTS AND FARM TOOLS. -BUT THEY USUALLY END UP EATING EACH OTHER.

THE WHOLE INVASION FLEET OUGHT TO POP OUT OF EXISTENCE ANY MOMENT NOW... IT'S A CLEVER SOLUTION. EXCEPT FOR ONE PROBLEM... SHE'S CREATING PARADOXES..?

-IF SHE CHANGES THE PAST SHE MIGHT ERASE HERSELF. SURPRISINGLY, NO. -SHE'S GOT THAT SOLVED. -ALL OF US! EARTH AND THIS WHOLE SYSTEM IS... SLOWER.

? TIME IN THIS PART OF SPACE MOVES SLOWER. -SO LONG AS SHE DOESN'T CHANGE THINGS THAT HAPPENED BEFORE SHE LEFT THE EMPIRE AND CAME TO EARTH, NOTHING SHE DOES WILL AFFECT HER. -THAT GIVES HER ABOUT TEN EMPIRE YEARS TO WORK WITH.

UGH! YOU'RE MAKING MY HEAD SPIN! SHE CAN CHANGE THINGS OUT THERE. MAKE STUFF CEASE TO EXIST ON A WHIM. BUT EVERYTHING HERE IS STABLE. EARTH IS A GREAT PLACE TO RULE THE GALAXY FROM.

SO WHAT'S THE PROBLEM..? YOUR BOYFRIEND -AND MY SON- ARE STILL OUT THERE. IN A SPACE-TIME FOOD PROCESSOR. ASHELLE ALWAYS LEAVES THE KITCHEN IN A MESS.

Hon. Scott Brison
M.P. Kings - Hants

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A FABULOUS HINT:

If two drinking glasses become stuck together after stacking, it's not impossible to unstuck them. Just put ice in inner glass and dunk the outer glass in warm water. The warm glass will expand and the cold glass will contract, making the glasses separate easily.

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Horoscopes for the week
of July 9th

Rob Brezny's FREE WILL ASTROLOGY

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ARIES (March 21-April 19): How can you fulfill your potential as an Aries? What strategies will help you become the best Aries you can possibly be? Now is an excellent time to meditate on these riddles. One of my Aries readers, Mickki Langston, has some stellar tips to inspire you: 1. One of your greatest assets is your relentless sense of purpose. Treasure it. Stay connected to it. Draw on it daily. 2. Love what you love with pure conviction, because there is no escaping it. 3. Other people may believe in you, but only sometimes. That's why you should unfailingly believe in yourself. 4. It's your duty and your destiny to continually learn more about how to be a leader. 5. Don't be confused by other people's confusion. 6. Your best friend is the Fool, who will guide you to laughter and humility when you need it most, which is pretty much all of the time.

TAURUS (April 20-May 20): While making a long trek through the desert on a camel, British author Somerset Maugham passed the time by reading Marcel Proust's novel *In Search of Lost Time*. After finishing each page, Maugham ripped it out and cast it away. The book weighed less and less as his journey progressed. I suggest that you consider a similar approach in the coming weeks, Taurus. As you weave your way toward your next destination, shed the accessories and attachments you don't absolutely need. Keep lightening your load.

GEMINI (May 21-June 20): "I have gathered about me people who understand how to translate fear into possibility," writes John Keene in his story "Acrobatique." I'd love to see you do the same, Gemini. From an astrological perspective, now is a favorable time to put your worries and trepidations to work for you. You have an extraordinary capacity to use your doubt and dread to generate opportunities. Even if you go it alone, you can accomplish minor miracles, but why not dare to think even bigger? Team up with brave and resourceful allies who want to translate fear into possibility, too.

CANCER (June 21-July 22): When novelist John Irving begins a new book, his first task is to write the last line of the last page. Then he writes the second-to-last line. He continues to work backwards for a while until he has a clear understanding of the way his story will end. Right now, Cancerian, as you hatch your next big phase of development, I invite you to borrow Irving's approach. Visualize in detail the blossoms that will eventually come from the seeds you're planting. Create a vivid picture of the life you will be living when your plans have fully ripened.

LEO (July 23-Aug. 22): You have cosmic permission to lose your train of thought, forget about what was so seriously

important, and be weirdly amused by interesting nonsense. If stress-addicts nag you to be more responsible, tell them that your astrologer has authorized you to ignore the pressing issues and wander off in the direction of nowhere in particular. Does that sound like a good plan? It does to me. For now, it's your sovereign right to be a wise and innocent explorer with nothing much to do but wonder and daydream and play around.

VIRGO (Aug. 23-Sept. 22): Even the most provocative meme cannot literally cause the Internet to collapse from overuse. It's true that photos of Kim Kardashian's oiled-up butt spawned a biblical flood of agitated responses on social media. So did the cover shot of Caitlyn Jenner in *Vanity Fair* and the Youtube video of a tiny hamster noshing tiny burritos and the season-five finale of the TV show *Game of Thrones*. But none of these starbursts unleashed so much traffic that the Web was in danger of crashing. It's too vast and robust for that to ever happen. Or is it? I'm wondering if Virgos' current propensities for high adventure and rollicking melodrama could generate phenomena that would actually, not just metaphorically, break the Internet. To be safe, I suggest you enjoy yourself to the utmost, but not more than the utmost.

LIBRA (Sept. 23-Oct. 22): The coming weeks will be a favorable time for you to acquire a new title. It's quite possible that a person in authority will confer it upon you, and that it will signify a raise in status, an increase in responsibility, or an expansion of your clout. If for some reason this upgrade doesn't occur naturally, take matters into your own hands. Tell people to refer to you as "Your Excellency" or "Your Majesty." Wear a name tag that says "Deputy Director of Puzzle-Solving" or "Executive Vice-President of Fanatical Balance and Insane Poise." For once in your life, it's OK to risk becoming a legend in your own mind. P.S. It wouldn't be a bad time to demand a promotion — diplomatically, of course, in the Libran spirit.

SCORPIO (Oct. 23-Nov. 21): Between now and July 22, your password and mantra and battle cry is "serendipity." To make sure you are clear about its meaning, meditate on these definitions: a knack for uncovering surprising benefits by accident; a talent for stumbling upon timely help or useful resources without searching for them. Got that? Now I'll provide clues that should help you get the most out of your lucky breaks and blessed twists: 1. Be curious and receptive, not lackadaisical and entitled. 2. Expect the unexpected. Vow to thrive on surprises. 3. Your desires are more likely to come true if you are unattached to them

coming true. But you should formulate those desires clearly and precisely.

SAGITTARIUS (Nov. 22-Dec. 21): On behalf of the Strange Angels in Charge of Uproarious Beauty and Tricky Truths, I am pleased to present you with the award for Most Catalytic Fun-Seeker and Intriguing Game-Changer of the Zodiac. What are your specific superpowers? You're capable of transforming rot into splendor. You have a knack for discovering secrets that have been hidden. I also suspect that your presence can generate magic laughter and activate higher expectations and wake everyone up to the interesting truths they've been ignoring.

CAPRICORN (Dec. 22-Jan. 19): "Who is that can tell me who I am?" asks King Lear in the Shakespeare play named after him. It's a painful moment. The old boy is confused and alarmed when he speaks those words. But I'd like to borrow his question and transplant it into a very different context: your life right now. I think that you can engender inspirational results by making it an ongoing meditation. There are people in a good position to provide you with useful insights into who you are.

AQUARIUS (Jan. 20-Feb. 18): What's hard but important for you to do? What are the challenging tasks you know you should undertake because they would improve your life? The coming days will be a favorable time to make headway on these labors. You will have more power than usual to move what has been nearly impossible to move. You may be surprised by your ability to change situations that have resisted and outfoxed you in the past. I'm not saying that any of this will be smooth and easy. But I bet you will be able to summon unprecedented amounts of willpower and perseverance.

PISCES (Feb. 19-March 20): Franz Kafka produced three novels, a play, four short fiction collections, and many other stories. And yet some of his fellow writers thought he was uncomfortable in expressing himself. Bertolt Brecht said Kafka seemed perpetually afraid, as if he were being monitored by the cops for illicit thoughts. Milena Jesenská observed that Kafka often wrote like he was sitting naked in the midst of fully-clothed people. Your assignment in the coming weeks is to shed such limitations and inhibitions from your own creative expression. What would you need to do to free your imagination? To get started, visualize five pleasurable scenarios in which you feel joyful, autonomous, generous, and expansive.

Homework: What's your secret beauty — the great thing about you that no one knows about? FreeWillAstrology.com.

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By Jake Rideout | Inquisitive Toy Company
facebook.com/inquisitivetoys

- 1 What is the Nova Scotian appellation of white wine launched in 2012?
- 2 Located in Port Williams, what is Nova Scotia's newest winery?
- 3 Which Wolfville area winery is Nova Scotia's oldest?
- 4 Which grape is Nova Scotia's 'signature' varietal?
- 5 Where does the Wolfville Magic Winery Bus depart from?

1. Tidal Bay, 2. Planter's Ridge,
3. Domaine de Grand Pré, 4. L'Acadie Blanc,
5. Wolfville Visitor Information Centre

ANSWERS:

TIDE PREDICTIONS at Cape Blomidon

Source: Canadian Fisheries & Oceans.
www.waterlevels.gc.ca

JULY	High	Low
09	*7:38pm	1:17pm
10	8:08am	2:18pm
11	9:09am	3:19pm
12	10:10am	4:19pm
13	11:09am	5:17pm
14	12:04pm	6:11pm
15	12:56pm	7:01pm
16	1:44pm	7:30am
17	2:30pm	8:15am
18	3:14pm	8:59am
19	3:56pm	9:40am
20	4:37pm	10:21am
21	5:19pm	11:01am
22	6:02pm	11:42am
23	**6:47pm	12:26pm

there are normally two high and low tides a day
* Highest High: 41.7 feet ** Lowest High: 35.4 feet

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RECIPE

Vegan Strawberry Cupcakes

Amanda Ferguson, *The Rolled Oat*



Vegan Strawberry Cupcakes:

- 1 1/4 cup soy milk
- 1 tsp vinegar
- 1/2 cup sugar
- 1 tbsp oil
- 1 tsp vanilla
- 1 1/2 cup unbleached white flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp salt
- 3/4 cup of chopped strawberries

Whisk together soy milk and vinegar, let stand for 5 minutes. In another bowl sift together flour, baking soda, baking powder, and salt. Add chopped strawberries. Whisk sugar, oil and vanilla into the soy milk mixture. Add wet ingredients to dry and stir until just mixed. Line muffin tin with paper muffin cups and scoop in batter. You should get 10-12 cupcakes. Bake at 350 for 18-20 minutes.

Top with your favourite icing, whipped cream or whipped coconut milk!

ROOTLOCAL.CA:

Cheri Killam

Cheri Killam is delighted to be married to Michael Caplan; thrilled to be called Mommy by Max, Solomon, and Clara; and proud to be practising law with the good people of Nathanson Seaman Watts in Kentville. Cheri loves to read and run (usually not at the same time) and she loves to blog. Check out her new blog at www.5down.org.

IMMERSION WINERY TOUR

We here at RootLocal like nothing better than rooting for local things and we adore all the scrumptious local wines bursting forth from the verdant goblet of joy that is the Annapolis Valley. It seems that one great wine after another keeps popping up, delighting us here and spreading joy elsewhere. This spring, I participated in an amazing event that allowed me to indulge in two of my passions at the same time: running and sipping wine.

The first annual Brigadoon Wine Run was a fundraiser for Camp Brigadoon, a non-profit camp located on the Aylesford Lake dedicated to providing all the joys of carefree camp days to children who might not otherwise be able to participate due to chronic illness, chronic conditions, or other special needs. Each week of camp is themed: asthma camp is one week, camp for children with Epilepsy is another, etc.

With this great cause to spur you on, the route is a clockwise tour of four fabulous wineries: Gaspereau Vineyards, Domaine de Grand Pre, L'Acadie Vineyards, and Lucketts Vineyards. Participants choose where they start and everyone starts at the same time. This is an excellent means for many participants to enjoy the run and the route without feeling crowded.

If you like running at all, it is probably the most beautiful route at the most perfect time to enjoy the glory of our wine-growing region. The route winds in and out of the Gaspereau Valley. We ran by the rushing river, grazing cattle, rustling grasses, and fluttering trees. The sun was warm, but the breeze was cool and refreshing. The running was hard, but the four breaks



proved to be the perfect foil to the strenuousness of the 10 mile route.

Each of the wineries is unique and offers delicious samples. Of course, each winery also provided water to keep us going, but samples were on offer for the more robust runners. Some folk walked the route and I'm sure they were able to enjoy the samples with impunity.

Domaine de Grand Pre seems intertwined and interlaced with the hills. The whole area seems bursting

with viney life. Lucketts' is all about the view. After climbing the steepest of steep hills, focussed only on the few feet in front, suddenly the vineyard appears, backgrounded by a stunning vision of the Gaspereau Valley and a perfect view of Blomidon. L'Acadie feels like a secret, nestled in between tall leafy trees and tucked in along a winding road. I could not resist a bubbly sample here, even though I was still mid-run. My group started and finished at the stately, elegant Gaspereau Vineyards, located just off the route from folk heading down to tube on the Gaspereau River.

It was perfect.

If you just want to see the wineries (and sample their goodies), you should take the Magic Winery Bus. But if you want to really experience the embodiment of place - the gloriousness of the source of our local wines, the wine run is a fantastic immersion in local love. I can hardly wait for the second annual run next June!

Photo Caption: Left to right: Cheri Killam, Lori Skaine, Helen MacDonald, and Eranie Cottenden. Together with Sally Blenkhorn they were 'The Helenators'.

Active and Healthy Living *Wine & Your Health: Separating Fact from Wishful Thinking*

Dr. Jyl Bishop Veale, ND,
Wolfville Integrated Health Care

To the delight of connoisseurs across the globe, wine has gained notoriety over the past several decades for its myriad potential health benefits. In fact, the observation that people in certain parts of France tend to have a relatively low incidence of heart disease (despite a high dietary intake of saturated fat) has led to what is known as the 'French Paradox'. In pursuit of an answer to this seeming contradiction, resveratrol, a polyphenol prevalent in wine, emerged as the potential missing link. Studies in mice supported this theory by demonstrating that the powerful antioxidant could, in fact, inhibit the development of atherosclerosis, the aggregation of platelets within blood vessels, and the oxidative damage to LDL cholesterol. Game. Set. Match. Or is that really the end of the story?

Resveratrol is a phytonutrient and antioxidant found in foods such as blueberries, cranberries, peanuts, pistachios, grapes, red and white wine, cocoa, and dark chocolate. Resveratrol has a protective function in the plants in which it is found, helping to fight fungal infection, ultraviolet radiation, stress, and injury. Along a similar line of reasoning, it is thought it might also have a protective function in humans when enjoyed in a glass of wine. Red wine contains more resveratrol than white wine because the grape skins, where resveratrol is concentrated, remain on longer during its manufacture.

In rodent studies where a human equivalent of

30 mg per day of resveratrol was tested, some of its positive attributes include:

- * protection against high blood pressure, heart failure, and heart disease
- * improved insulin sensitivity & reduced blood sugar/obesity induced by a high-fat diet
- * skin cancer prevention
- * protection conferred to the brain and nervous system
- * reduced telomere shortening, a buzz concept in the anti-aging community

A study published in the American Journal of Clinical Nutrition found that people have higher levels of good bacteria and lower levels of bad bacteria in their intestines after drinking two glasses of wine, which is a really exciting finding considering how many diseases are now being linked to gut health. Resveratrol, as well other polyphenols, are being researched as prebiotics and grapes, blueberries, raspberries, pomegranates, and even dealcoholized wine can have this benefit.

While drinking moderate amounts of red wine may benefit your health, the jury is out with respect to how much resveratrol is needed. Keeping in mind that almost all studies have been on animal models, estimates range between 30-500 mg which is the equivalent of 2 to 40 litres of red wine per day! Supplement manufacturers have begun marketing capsules where resveratrol is concentrated and it is relatively easy to consume high amounts without the alcohol. However, this does not explain the French Paradox, as no one

was popping resveratrol capsules to achieve this effect.

In my opinion, the whole is probably greater than the sum of its parts. There are probably components in wine that we haven't yet identified, and perhaps these components, including resveratrol, work synergistically. In addition, the French communities noted, consumed tannin-rich wines, always with food, and one could argue that other aspects of their lifestyle were healthier. On the flip side, we also know that there can be health consequences of drinking more than 1-2 glasses per day regularly. Like so many things, a healthy dose of moderation is probably key.

The above is provided for informational purposes only and is not intended to replace a visit to your health care provider. Dosages of any supplements or medicines should be designed for you by your Naturopathic or Medical Doctor.

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902-253-2047 | avondalesky.com

BEAR RIVER VINEYARDS

133 Chute Rd, Bear River
902-467-4156 | wine.travel

BENJAMIN BRIDGE

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10318 Hwy 221, Canning
902-582-7565 | blomidonwine.com

DOMAINE DE GRAND PRÉ

11611, HWY 1, Grand Pré
902-542-1753 | grandprewines.com

GASPEREAU VINEYARDS

2239 White Rock Rd, Gaspereau
902-542-1455 | gaspereauwine.com

L'ACADIE VINEYARDS

310 Slayter Rd, RR1, Gaspereau
902-542-8463 | lacadievineyards.ca

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Highway 1, Wolfville | 902-542-1571
lightfootandwolfvillewines.com

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1293 Grand Pré Rd, Melanson
902-542-2600 | luckettvineyards.com

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902-542-2711 | plantersridge.ca

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From July 2nd to October 18th

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\$25 per person for 10:30am and 12:30pm departures;

\$20 per person for 1:30pm departure.

Book your tickets in advance by visiting:

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Starting Thursday, July 2nd hop on and off a traditional Double Decker Bus for a tour of Nova Scotia Wine Country.

Departure times are at 10:30am, 12:30pm and 1:30pm every Thursday, Friday, Saturday and Sunday from the Wolfville Visitor Information Centre on Willow Avenue. The bus will be travel in a loop giving you the opportunity to experience the four unique participating wineries. The final pickup of guests from the wineries will arrive back in Wolfville after 5:30pm. Stay for an hour or stay for 6, the choice is up to you!

Free all day parking available.

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 - DJ Kearney - Vancouver based wine writer and judge.



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The VINTAGE New

BLOOMING GORGEOUS

Sophia Luckett

Look sharp because you might miss it: the grapevine is just blooming into flower – a delicate lace about to be draped over the trellising. The cherry and the apple are boisterous in their blossom, loud flowers bright like birds, perfumed like women. But the grapes desire you to look a little closer, get down on all fours and sniff – the unassuming white flowers require keen observation.



These tight fistled green ball-bearings can be mistaken for miniature bunches of grapes, but soon the caps, known as calyptra, will fall off to reveal the white subtle flowers. These flowers have both 'bits', the stamen and the ovaries. Heavy rain drops can hamper the unfolding of the fist, so shout 'hallelujah' to the dry weather we have had for the past week. The flower will produce a seed, and to protect that seed comes a big green jelly berry: our grape.

Why so little fuss from the grapevine? These guys are a self-pollinating solo act, known as a hermaphroditic plant; they dress up only for themselves, needing no attention from the birds and the bees.

However, not every flower will pollinate, so after flowering we can determine what the yield will be like for the forthcoming harvest.

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RE-THINK PINK... RED WINE'S "SOPHISTICATED"

Rosé wines have overcome many stigmas in the last decade. Mass produced wines like Mateus and White Zinfandel gave 'rosé wine' a battering to its reputation amongst wine snobs and consumers, and gave this style of wine a bad name.

We have all gone down that road. ...The pink colour matched my prom dress...But we are wiser now and realize that Molly Ringwald is not the only definition of "Pretty in Pink."

For the last decade this style has regained and climbed in popularity. It has not only increased in popularity - in terms of public understanding it has been one of the best comeback stories in the wine world.

Rosé is now celebrated world wide and production has increased dramatically. Even Angelina Jolie and Brad Pitt have got in the rosé game... producing a rosé with the famous and consummate Perrin Family in the Cotes du Rhone, France. (Mirabelle Rosé, \$35).

Southern France is considered the archetype for rosé wine and it has stricter rules of production. Areas like Tavel and Provence have always understood and respected this style. The grapes, climate, geography, and food have always suited this style. Bishops Cellar has some great examples from these regions. Including Domaine Houchard which was the site for many landscapes and inspiration for the great impressionist painter Cezanne. (Romance in a glass.)

Traditional Rosé Wine is made with 100% black grapes. The grapes are lightly crushed and skins separate and the juice is strained out and fermented in tanks. Some New Style Rosé Wines are a blend of white and black grapes. With the black grapes lending colour and body, both of these styles can be found within the offerings from our local wineries.

Why the reason for "Rosé Rise Again" popularity?

- Its versatility (when you use the term food flexible.. This is the very definition)
- Can be drunk young (newest vintage is the freshest wine)
- You can and should drink with BBQ
- Its usually a bargain (since its not aged it is easier to produce)
- Perfect for summer
- It can be made in any wine region



HERE ARE SOME OF THE ROSÉ WINES FROM OUR VALLEY:

There are blended styles, traditional styles, and a sparkling example. (The tasting notes are the wineries' and wine makers' direct notes).

Blended Examples:

L'Acadie Vineyards, Rosé, 2014, \$16

Certified organic rosé is dry, refreshing with bright berry and tropical fruit flavours, hints of cherry, cranberry and raspberry with a creamy finish.

Planters Ridge, Rosé, (2013/2014 are both currently available) \$15.48 pre-tax

The 2013 vintage is a well balanced wine full of fresh strawberry and florality, slightly off dry and fruit driven.



GET TO KNOW YOUR LOCAL GRAPES:

Geisenheim

Lalia North

When a new breed of grape is developed it's the breeder who gets to name it. Unfortunately the breeder of this grape died before it could be named so we refer to it as Geisenheim because it was developed at the Geisenheim Research Centre in Germany. It is a cross between

Riesling and Chancellor so there are many familiar characteristics of Riesling evident in the wine. The grapes ripen early in mid-October, so these grapes hold their acidity, which results in a well-balanced wine. The wines are aromatic with hints of apple and notes of citrus. Quite often, Geisenheim is consumed as a refreshing wine on its own. However, chicken, pork, seafood, and risottos bring out its more subtle notes.

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ICATED SUMMER SISTER"

K.C., *The Wine Advisor*



Photo Credit: Bea Stutz

Gaspereau Vineyards, Gaspereau Rosé, 2014, \$16

This blended rosé has characteristics of soft flexible wine with both the white and black grapes used. It is a soft blended wine with no tannin astringency.

Lockett Vineyards,

Rosetta, 2014, \$17

Off dry and refreshing notes of strawberries, rhu-barb, and citrus. Crackling and crisp texture.

Blomidon Estate Winery, Rosé, 2013, \$17

Beautiful citrus notes on this blended rosé. Lovely hints of strawberry and cranberry. Light on palate and a great aperitif.

Domaine de Grand Pré, Rosé, 2014, \$16

This wine is bursting with notes of delightful fruit flavours of candied apple, red currant, and melon. The palate gives way to spice and notes of almond.

Traditional Examples (black grapes only):

Avondale Sky, Lavender, 2013, \$17

Reveals notes of strawberry and cherry and a refreshing mineral finish. Made from 100% Leon Millot from Abercrombie farms.

Avondale Sky, Lady Slipper, 2013, \$17

Dark cherry, cranberry and orange zest with a higher level of natural acidity due to rocky mountain side where these grapes are grown. (Close to

Middleton)

Benjamin Bridge, Cabernet Franc Rosé, 2014, \$25

This rosé is made from 100% Cabernet Franc in a classic Loire Valley Style (Northern France). The nose has hints of fresh mint and flint. On the palate notes of blood orange, grapefruit rind, and tart cherry, leading to a lingering, mineral finish.

Spectacular Traditional Sparkling Rosé (worth the splurge):

Benjamin Bridge, Brut Rosé, 2011 (new release), \$44.50

This traditional champagne method sparkling rosé wine uses all the exact varietals required in the champagne region. Using three specific specialized sites for each of three grapes used within this wine. Including Bear River Vineyard and their own estate. Light rosé colour with a pale ruby hue. On the nose notes of wild strawberry and raw cinnamon with a range of toastiness from grilled bread to soft ember aromas. Literally elegance and balanced harmony in a glass.

LOCAL RESTAURANTS:

Rosés are also starting to take a predominate place on our local wine lists in restaurants. Each restaurant with a unique beautiful patio to enjoy a glass.

The Blomidon Inn offers some local Rosé Wines as well as a Rosé from South Africa.

Troy Restaurant offers many local wines including L'Acadie Vineyards Rosé.

Le Caveau, at Grand Pré Winery, has launched a "Rosé Wine Menu" as a summer wine feature with French and Canadian offerings.

Raise a glass and celebrate Summer this year with a glass of our rosé.

We certainly deserve it.

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Found at The Box of Delights Bookshop:



"Gaspereau Harvest", a limited-edition reduction print made by Laura MacDonald of Deep Hollow Print. A unique work that makes a beautiful souvenir or gift. Available at The Box of Delights Bookshop in Wolfville, along with other wine-themed prints and books.

"A poet once said, 'The whole universe is in a glass of wine.' We will probably never know in what sense he said that, for poets do not write to be understood. But it is true that if we look in a glass of wine closely enough we see the entire universe. There are the things of physics: the twisting liquid which evaporates depending on the wind and weather, the reflections in the glass, and our imagination adds the atoms. The glass is a distillation of the earth's rocks, and in its composition we see the secrets of the universe's age, and the evolution of the stars. What strange array of chemicals are in the wine? How did they come to be? There are the ferments, the enzymes, the substrates, and the products. There in wine is found the great generalization: all life is fermentation. Nobody can discover the chemistry of wine without discovering the cause of much disease. How vivid is the claret, pressing its existence into the consciousness that watches it! If our small

minds, for some convenience, divide this glass of wine, this universe, into parts — physics, biology, geology, astronomy, psychology, and so on — remember that nature does not know it! So let us put it all back together, not forgetting ultimately what it is for. Let us give one more final pleasure: drink it and forget it all!"

— Richard Feynman,
The Feynman Lectures on Physics

Further Reading:

Wineries and Wine Country of Nova Scotia,
Sean Wood (Nimbus Publishing)

The Essential Scratch and Sniff Guide to Becoming a Wine Expert,
Richard Betts (Houghton Mifflin Harcourt)

The History of Wine in 100 Bottles: From Bacchus to Bordeaux and Beyond,
Oz Clarke (Sterling Epicure)

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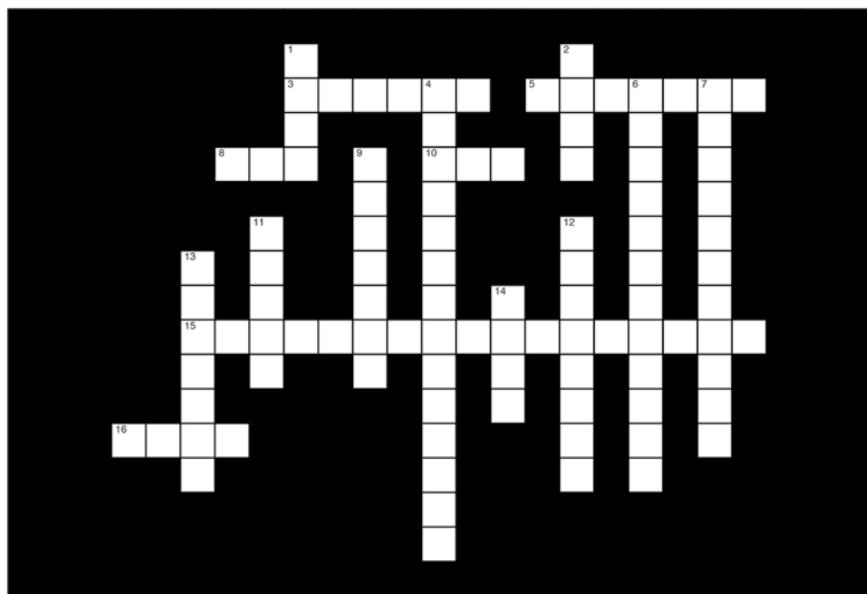
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WIN! Complete this crossword, then submit it to Naked Crêpe for your chance to win a dessert crêpe! Just leave your contact information below this puzzle & submit the puzzle.

Last winner was Sarah MacDougall & Billy Toulany

WINE IS GRAPE! by Donna Holmes



Across

- Wolfville's Magic Winery Bus visits Domaine de Grand Pré, Luckett Vineyards, L'Acadie Vineyards, and Gaspereau Vineyards in summer and part of this season.
- People are like wine. Some turn to ___ (acetic acid & water), but the best improve with age.
- Wine improves with ___. The older I get, the better I like it.
- Martin Luther [1500's] is noted for saying, "Beer is made by men, wine by ___ (Christian deity)."
- This 19th century French Emperor said "In victory, you deserve champagne. In defeat you NEED it."
- Joke #1: Two grapes were sunbathing. One grape said to the other, "I don't know about you, but I'm starting to ___ (fruit skin)."

Down

- Joke #2: Why did the grape go out with the raisin? She couldn't get a ___ (dried fruit)!
- Joke #3: What happens to grapes if you step on them? They ___ (fermented grape juice).
- This double-decker "wines" through the Valley.
- I am a wine enthusiast. The more wine I drink, the more ___ I become.
- An ___ (like 'Tidal Bay') is a geographical indication of where a wine's grapes are grown.
- Joke #4: Why did the grape cross the road? She wanted to prove she wasn't ___ (fowl).
- Joke #5: What did the green ___ (vine fruit) say to the purple ___ (vine fruit)? Breathe! Breathe!!
- Nova Scotia's first wine appellation is called ___.
- Joke #6: Why aren't grapes ever lonely? Because they come in ___ (groups).
- W.C. Fields said "I cook with wine; sometimes I even add it to the ___ (edible stuff)".

Name:

Contact:

The Inspiration Behind the Wine Tours Laila North

I've been offering wine tours in Nova Scotia for the past six years (Wow! Where has the time gone!?) and I often get asked this question on my wine tours, "How do you decide which wineries are on your tours? Is there such a thing as 'di-wine intervention' or is it more simple than that?" I always begin my answer by saying that I love to work with all the wineries in the Valley as each one has something very special to offer but then I reveal how I come up with the tours that I do.

Let's talk about my most popular tour,

'Between the Vines', the only one I've offered

since 2009. We have to start at a winery that allows us the full winery experience; the chance to see where the magic happens - the production area and cellar. This season, that winery is Planters Ridge where their super-duper state-of-the-art equipment is impressing our guests. Next is a winery that offers a lunch stop and with this tour being THE one for wine lovers and foodies, the obvious stop is Domaine de Grand Pré. Their restaurant, Le Caveau, amazes me every time with dishes inspired by local ingredients that make the tastebuds dance with joy. And guests of mine are just too special to order off the menu! The chefs are so good at creating new

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THURSDAYS:

Stems Cafe (Greenwich): Ron Edmunds & Ian Brownstein (9th) 11:30am

Edible Art Cafe (New Minas): Paul Marshall (9th, 16th, 23rd) 12pm

Spitfire Arms Alehouse (Windsor): Jam Session (9th, 16th, 23rd) 7-11pm

Le Caveau (Grand Pré): Scott Prudence & The Dungere Brothers (9th), Witchitaw (16th), Speakeasy (23rd) 7pm

Paddy's Pub (Kentville): The Hupman Brothers (9th, 16th, 23rd) 9pm

Paddy's Pub (Wolfville): Trivia Night (9th, 16th, 23rd) 9pm

Library Pub (Wolfville): Tevin Pynes (9th, 16th, 23rd) 9pm

Anvil (Wolfville): Top 40 DJ C-Bomb (9th, 16th, 23rd) 10pm

FRIDAYS:

Stems Cafe (Greenwich): Ron Edmunds & Ian Brownstein (10th) 11:30am

Edible Art Cafe (New Minas): Paul Marshall (10th, 17th) 12pm

King's Arms Pub by Lew Murphy's (Kentville): Darren Arsenault (10th) 4-7:30pm, PM Blues (10th) 8pm-11:30pm, Shawn Hebb (17th) 4-7:30pm, GuyPaul Thibault (17th) 8pm-11:30pm

Blomidon Inn (Wolfville): Jazz Mannequins (10th, 17th) 6:30-9:30pm

Spitfire Arms Alehouse (Windsor): Margie Brown Duo (17th) 8pm

The Port Pub (Port Williams): Mac & Hawes (10th), Jason Price (17th) 8pm

Joe's Food Emporium (Wolfville): Tracey Clements Band (10th), Speakeasy (17th) 8pm

Union Street Cafe

(Berwick): Lynn Miles (10th), Open Mic w/ Jason & Darcy (17th) 8pm

Dooly's (New Minas): Karaoke w/Denny Myles (10th, 17th) 8pm

West Side Charlie's (New Minas): DJ Billy T (10th), DJ Lethal Noize (17th) 10pm

SATURDAYS:

Farmers Market (Wolfville): The Hupman Brothers (11th) 10am, Heather Kelday (18th) 5pm

Edible Art Cafe (New Minas): John Tetrault (11th, 18th) 12pm-2pm

Pete Luckett's Vineyards (Gaspereau): Blues On The Hill, \$50 (18th) 7pm

Gaspereau Vineyards (Gaspereau): Music on the patio (11th, 18th) 7-9pm

Spitfire Arms Alehouse (Windsor): Emerald Tide (11th), Darren Arsenault (18th) 8pm

Union Street Cafe (Berwick): Tom Terrell w/Rachel Sermann (11th) 8pm

King's Arms Pub by Lew Murphy's (Kentville): Shawn Hebb Band (11th), Tracey Clements Band (18th) 8:30pm

West Side Charlie's (New Minas): DJ Mutts (11th) 10pm, Call for Submission (18th) 9pm

Paddy's Pub (Wolfville): Music by Dayliner (11th), Music by George Carter Trio (18th) 9pm

Library Pub (Wolfville): Irish Saturday w/Bob & Ro (11th, 18th) 1pm, Adam Heinz (11th, 18th) 9pm

Tommy Gun's (Windsor): Music Video Dance Party, \$3 (11th, 18th) 9:30pm-1:30am

SUNDAYS:

Stem's Cafe (Greenwich): Johanne McInnis Trio w/Kory Bayer & Alex Porter (12th, 19th) 11-2pm

Tommy Gun's (Windsor): Open Mic Jam Session (12th, 19th) 3-6pm

Paddy's Pub (Wolfville): Paddy's Irish Session (12th, 19th) 8pm

MONDAYS:

Edible Art Cafe (New Minas): Ron Edmunds Band (13th, 20th) 12pm-2pm

Paddy's Pub (Wolfville): Open Mic w/Tara Holloway (13th), w/ Weather Advisory (20th) 8pm

TUESDAYS:

Edible Art Cafe (New Minas): Ron Edmunds Band (14th, 21st) 12pm-3pm

Spitfire Arms Alehouse (Windsor): Trivia Nights, \$2 (14th, 21st) 7pm

Paddy's Pub (Kentville): Irish Jam Session (14th, 21st) 8pm
T.A.N. Coffee (Wolfville): Open Mic w/Donna Holmes (14th) 8-10pm

WEDNESDAYS:

Edible Art Cafe (New Minas): David Filyer (15th, 22nd) 12pm-3pm

Farmers Market (Wolfville): The Mingle (15th) 4:30pm, Liam Potter (15th) 5pm, Pride At The Market (22nd) 4pm, Sahara Jane (22nd) 5pm

Troy Restaurant (Wolfville): Ian Brownstein & Friends (15th, 22nd) 7pm

West Side Charlie's (New Minas): Billy T's Karaoke (15th, 22nd) 9pm

dishes, that I have rarely had the same lunch twice in six years! And finally, the last winery stop has to offer something completely new to talk about and L'Acadie Vineyards does just that. We learn about organic grape growing and how traditional Sparkling wines are made and that is just so interesting! Add to that visits to Fox Hill Cheese House and Tangled Garden and you can see why this is a great day in wine country!

But when it comes down to it, it's all about you, the guest. I want you to feel that you've seen a new aspect of the industry with each winery we visit. I want you to come away

saying "Nova Scotia's wines are fantastic and I can really support them more now that I've been on this tour." That's when I know I've done my job as a wine tour guide, an educator, and an ambassador of the industry. So yes, a lot of care and thought has gone into each of my tours and I hope to see you on one soon!

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WHAT'S HAPPENING FROM JULY 9–23, 2015

SEND YOUR EVENTS TO LISTINGS@GRAPEVINEPUBLISHING.CA



Please note: Events are subject to change.

THURSDAY, 9

Hantsport Pool Theme Nights – Pool, Hantsport 5:30–8pm • A weekly theme night all summer long! **TIX:** \$3 adult, no charge under 5. BBQ – a la carte **INFO:** 902-684-3255 / nsteaconsultant@gmail.com

Raddall Symposium: Gallery Opening – Acadia Art Gallery, Wolfville 7pm • Opening of Image. Word. Design: Exploring Picture Book Illustration in Atlantic Canada with Artist Panel and readings. See also EXHIBITS. **TIX:** no charge **INFO:** 902-585-1502 / andrea.schwenke.wyile@acadiu.ca

Music under the Vines: Scott Prudence and the Dungaree Brothers – Join us on the patio, weather permitting. See ad page 12. **TIX:** no charge **INFO:** 902-542-7177 / marketing@grandprewines.ns.ca

FRIDAY, 10

Raddall Symposium on Atlantic Literature – Beveridge Arts Centre, Wolfville 9am–8pm • 9–10am, Session 4: The Place of Beauty and the Beauty of Place in Anne of Green Gables; Nature Surplus and Nature Deficit: Reading backwards from The Hunger Games to The Story Girl. 10–11am, Session 5: "The Fiddlehead, the Bliss Carman Society, and Emergent Modernism in New Brunswick at Mid-century."; Fostering Good Taste and Colonized Imaginations. 11:30am–12:30pm, Session 6: Jonathan Campbell's Tarcadia: Mapping(s) of a Toxic Childhood; Stormy Passages: Growing Up in Canadian Atlantic Lighthouses. Also Atlantic Publishing and Design Panel (free), Book Sale, Puppet Play (free), Dinner, and Dance with Hupman Brothers Band **TIX:** \$20 per session, \$75 for the day, or Full Conference Fee (\$195 regular, \$100 student/retired/unwaged) @ conference registration **INFO:** (902) 585-1502 / andrea.schwenke.wyile@acadiu.ca

Smokin' Blues Fest – Hants County Exhibition, Windsor 12pm–12am. Also Saturday July 11, 10am–12am • Featuring the absolute BEST of the BEST East Coast blues and blues rock acts, including: Garrett Mason Band (NS), Carson Downey Band (NS), Terry Whalen Band (NB), Dan Doiron Band (NS), Gary Sappier Blues Band (NB), Plain Dirty Blues Band (PEI), Kendra Gale Band (NB), Leeboy (NS), Wayne Nicholson & The East Enders (NS), George Carter Jr. Band, and more! Onsite camping, licensed lounge, food vendors, Smokin' Blues Cafe, BBQ Pit. **TIX:** \$60 weekend pass, \$30 Friday pass, \$40 Saturday pass, taxes included. Add \$2 extra at the gate. No charge for kids 12 and under with an adult. @ smokinbluesfest.com **INFO:** 613-661-0662 / smokinbluesfest@gmail.com

Smokin' Blues Fest Artisan & Crafter Fair – Hants County Exhibition, Windsor 12–10pm. Also Saturday July 11, 10am–10pm • Up to 100 tables of East Coast products and services. Tables/booths available. **TIX:** \$2 admission, no charge for Smokin' Blues Fest ticket holders. **INFO:** 613-661-0662 / smokinbluesfest@gmail.com

Art For Wellness – CMHA Kings County Branch, Coldbrook 1–4pm • A simplified arts experience

in a stress-free environment for those who live independently but struggle with mental health issues including stress and anxiety. All materials provided. Please pre-register. **TIX:** no charge **INFO:** 902-670-4103 / club@cmhaking.ns.ca

Raddall Symposium Publishing Panel – Farmers Market, Wolfville 2–4pm • Participating Publishers are The Acorn Press (PE), Bouton d'or Acadie (NB) Gaspereau Press (NS), Nimbus Publishing (NS) and Running the Goat Books and Broadsides (NL). Followed by a Q & A and Book Sale & Signing. **TIX:** no charge **INFO:** 902-585-1502 / andrea.schwenke.wyile@acadiu.ca

Building & Creating – Rotary Park, Wolfville 2:30–4pm • Children will use a variety of materials to design and build gadgets, contraptions, and thingamajigs that will unleash their inner inventor! For children of all ages. Registration not required, but is appreciated! **TIX:** no charge. Donations to the Mudley Fund appreciated. **INFO:** kmansfield@wolfville.ca / summerkidsinthepark.eventbrite.ca

BBQ & Promotional Event – Sobey's, New Minas 5–8pm • Kings Point to Point Transit is a non-profit charitable organization. We provide accessible transportation for all residents of Kings County. We wish to raise awareness and promote our services as well as raise funds towards a new accessible minivan. **TIX:** no charge **INFO:** 902-681-2846 / marketing@kppt.ca

Steer BBQ & Village Fair – Credit Union Centre, Kingston 5–10:30pm. Also Saturday July 11, 7am–2am (July 12) • BBQ, Sparky Fun Run (Fri.), Pancake breakfast (Sat.), Bounce Kingdom, facepainting, beer garden, Atlantic Canada's Strongest Man Competition; entertainment on the main stage, fireworks. **TIX:** no charge for entertainment; food at various prices **INFO:** postmaster@wkaa.ca / wkaa.ca

Sparky 5k Fun Run – Credit Union Centre, Kingston 7–9pm • A fire department themed 5km run/walk. Family friendly; strollers and dogs allowed. **TIX:** \$30 @ runningroom.ca **INFO:** 902-848-6194 / armstrong.allison@yahoo.ca

Lynn Miles – Union Street Cafe, Berwick 8pm • One of Canada's most accomplished singer/songwriters. **TIX:** \$27 @ Union Street Cafe **INFO:** 902-538-7787 / contactunionstreet@gmail.com

Mac & Hawes – The Port Pub, Port Williams 8pm • Versatile voices, percussive guitar skills, customized sound/lighting equipment, and an extensive performance background give this duo the perfect tools to deliver a two man show that packs in as much entertainment value as a full band. **TIX:** \$10 @ The Port Pub **INFO:** 902-542-5555 / portpub@ns.aliantzinc.ca

Raddall Symposium Dance – Farmers Market, Wolfville 8pm • Dance w/Hupman Brothers Band. Most artists, authors and presenters in attendance. **TIX:** \$20 **INFO:** 902-585-1502 / andrea.schwenke.wyile@acadiu.ca

Millett & Hunt Show – Royal Canadian Legion, Canning 8–11pm • 19+. No debit machine on site. **TIX:** \$5 **INFO:** 902-582-7246 after 4pm

SATURDAY, 11

Yard Sale – Baptist Church, Forest Hill 8am–12pm • Weather permitting. **TIX:** donation **INFO:** 902-542-2601 / judysin@eastlink.ca

Shoreline Yard Sale – Baptist Church, Halls Harbour 8am–5pm • Halls Harbour: 885 West Halls Harbour Rd., All day; Black Rock: 4078 Black Rock Road. All day; Harbourville: 2264 Highway 360. 11am–2pm; Burlington: 2122 Longpoint Rd., 11am–2pm; Morden: 2321 Morden Rd., 8am–10:30am, Fish Cake breakfast. **INFO:** 902-538-3040 / cindyacrocker@yahoo.ca / facebook: shoreline yard sale

Raddall Symposium on Atlantic Literature – Beveridge Arts Centre, Wolfville 9:15am–8pm • 9:15–10:15am, Session 7: The Absence of Childhood: Elizabeth Bishop and the Imaginary Maritimes. Dear Atlantic Canada: Child Figures in Flame and Ashes and No Safe Harbour. 10:15–11:15am, Session 8: Newfoundland's Precarious Childhoods. Imagining and becoming: notions of place and belonging in Viola Desmond Won't be Budgeted. 11:30am–12:30pm: Keynote Presentation: Form, Purpose, and Implied Readers: Considering Audience for the Jack Series by Andy Jones and Darka Erdelji. 2–3pm, Session 9: The Comic Construction of Youth in Wayne Johnston's The Story of Bobby O'Malley (1985) and Jessica Grant's Come, Thou Tortoise (2009). The Künstlerroman in Lynn Coody's Atlantic Canada: Ghazals, Emails, and Other Ways of Growing Up in Mean Boy and The Antagonist. 3:15–4:45pm, Session 10: 'Get a holt a yerself': Little Simon in David Adams Richards's Lives of Short Duration. Go away, b'yl!: Young People and the Old Outport in Newfoundland and Labrador Literature. "You can call me Columbine all you want": Adolescence and Bullying in Contemporary Nova Scotia Literature and Pop Culture. **TIX:** \$20 per session, \$75 for the day, or Full Conference Fee (\$195 regular; \$100 student/retired/unwaged) **INFO:** 902-585-1502 / andrea.schwenke.wyile@acadiu.ca

Pie Eating Contest – Visitor Information Centre, Hantsport 10–11am • Love Pie? Enter our pie eating contest at the Hantsport Pop-Up Market. **TIX:** \$5 to enter **INFO:** 902-690-7836 / susancarey@ns.sympatico.ca

Book Signing – Murdoch C. Smith Memorial Library, Port Williams 11am–2pm • Paulette and Dave Whitman will be signing and selling copies of their new books - Paulette's An Unforgettable Memory and Dave's Roxbury: Return to a Ghost Town. **TIX:** no charge **INFO:** 902-584-3036 / davejwhitman@hotmail.com

Book Signing: Daphne Greer – Coles Bookstore, New Minas 12–1:30pm • Daphne Greer will be signing copies of her book, Jacob's Landing. **TIX:** no charge **INFO:** 902-681-0880

Motorcycle Photo Hunt – Credit Union Centre, Kingston 12–3pm • Registration: 12–12:45pm at the Gazebo on Westwood Street. Start time 1pm sharp! You will be given a list of places/things to find, you snap a picture on your digital device and bring it back to be viewed and enter for prizes. **TIX:** \$15 to register. **INFO/Reg:** Candice, 902-847-0116 / cdavis224@yahoo.ca

Mad Science: Slime Time! – Library, Windsor 3:30pm • Investigate the exciting world of polymers and the chemical reactions we use to create them. Then transform two liquids into an oozing batch of your very own colourful slime using the secret Mad Science recipe! Ages 5–12 **TIX:** no charge **INFO:** 902-798-5424 / windsor@valleylibrary.ca

Strawberry Supper – Fire Hall, Greenwich 4–6pm • Ham, turkey, potato salad, deviled egg, rolls, coleslaw, strawberry shortcake, tea/coffee/juice and more! Take out available, and a door prize! Fundraiser for the Kinette Club of Kentville & District. **TIX:** \$12 adults, \$6 children 5–12, no charge under 5 **INFO:** 902-678-1171 / kstarratt@ns.sympatico.ca

Strawberry Supper – First Cornwallis Baptist Church, Upper Canard 4:30–6:30pm • Enjoy a potato salad plate with local fixings of lettuce, tomato, cucumber, and ham. Strawberry shortcake w/whipped cream. Take out available. **TIX:** \$14 adults, \$7 children under 10, no charge for preschoolers. **INFO:** 902-680-0949

Strawberry Supper – Community Center, East Dalhousie 4:30pm • Proceeds to St. Cyprian's Anglican Church. **TIX:** \$10 adult, \$5 ages 5–12, no charge under age five. **INFO:** Fern, 902-547-2734

Concert: Tom Terrell w/Rachel Sermanni – Union Street Cafe, Berwick 8pm • Tom Terrell celebrates his debut, self titled album; a record of beautiful blue songs, in a style reminiscent of the vintage voices of country, blues, bluegrass, and folk of the past. Rachel Sermanni is anticipating the release of her new album, Tied To The Moon. Recorded in the Highlands of Scotland, the album sees Rachel digging deep and offering a darker and more rhythmic flavour of poetry and music. **TIX:** \$20 @ Union Street Cafe **INFO:** 902-538-7787 / contactunionstreet@gmail.com

Dance: Reboot – Royal Canadian Legion, Kentville 9pm–12am • 19 &+ **TIX:** \$7 **INFO:** 902-678-8935

Rink Dance – Credit Union Centre, Kingston 9pm–1am • Music performed by Son of Leod – Vance McLeod. Cash-Bar available. **TIX:** \$5 **INFO:** cuc.kingston@gmail.com

SUNDAY, 12

Plant Walks – Memorial Library, Wolfville 10:30am–12pm • Learn about edible/medicinal plants of NS. Please RSVP. **TIX:** \$15 per person, \$30 family. Proceeds for North Mountain Animal Sanctuary. **INFO:** 902-538-3662 / singingnettlesclinic@gmail.com

Strawberry Social – Prescott House Museum, Port Williams 2–4pm • Strawberry shortcake. Music by the Forever Young Fiddlers. See also MUSEUMS. **TIX:** \$8 **INFO:** 902-542-3984 / baldwidj@gov.ns.ca

Haliburton House 75th Celebration – Haliburton House Museum, Windsor 2–4pm • Cake cutting 2pm. See also MUSEUMS. **TIX:** no charge **INFO:** 902-798-2915 / michelle.coleman@novascotia.ca



VALLEY EVENT TICKET GIVEAWAY: CHANCE TO WIN 2 TICKETS TO:
Grapely Ghost Walk, Friday July 24, 7:30pm, Grand Pré Winery. Draw date: Sunday, July 19
 Enter all draws: valleyevents.ca/win

A Summer Night with Sonlight – Baptist Church, Aylesford 7pm • An evening of wonderful gospel music featuring Sonlight and their special guests from New Brunswick, The Ascensions! **TIX:** \$7 adult, no charge under age 12. **INFO:** chrismpalmer68@gmail.com

MONDAY, 13

Open Mic Jam – Louis Millett Community Complex, New Minas 7-9:30pm • Come jam with us! **TIX:** donation **INFO:** 902-582-3549 / roncorkum@xcountry.tv

Valley Gardeners Club – K.C. Irving Environmental Science Centre, Wolfville 7:30pm • Zucchini in Panty hose and other interesting tidbits about participating in a flower and vegetable show. **TIX:** no charge **INFO:** renanixon@hotmail.com

TUESDAY, 14

One-on-One Tech Help – Library, Kingston 10-11am. Also July 15 • Bring in your own laptop, eReader, tablet, smartphone or use our equipment. Book your one hour slot for personalized assistance. Registration required. **TIX:** no charge **INFO:** 902-765-3631 / valleylibrary.ca/events

Geocaching for Kids – Library, Kingston 11am-12:30pm • Learn about Geocaching, hide a geocache in your community and find others. Have some hands on fun with a GPS. Ages 7+. **TIX:** no charge **INFO:** 902-765-3631 / kwhberwick@nscap.ca / valleylibrary.ca/events

Toastmasters Club – Birchall Training Centre, Greenwood 6:30-8pm. Also July 21 • Develop leadership skills using a variety of tools including speaking off the cuff and speaking in public. **TIX:** no charge **INFO:** Christine, 902-825-1061 / CFernie.CA@gmail.com

M.P. Town Hall Meeting on the Economy in Windsor – Hants County Exhibition (O'Brien Building), Windsor 6:30-8:30pm • Scott Brison is holding a non-partisan MP town hall to discuss economic policy and ongoing issues in the community. All welcome. Tea/Coffee served. **TIX:** no charge **INFO:** facebook: M.P. Town Hall Meeting on the Economy in Windsor

Concert: La Tour Baroque Duo – Manning Memorial Chapel, Wolfville 7:30-9:30pm • Bach's Dresden Connections – In this fascinating program the La Tour Baroque Duo performs works by Johann Sebastian and Wilhelm Friedemann Bach, Johann Gottlieb Graun, Johann Adolph Hasse, Christian Pezold and Georg Philipp Telemann and explores the personal connections they had with Bach. **TIX:** \$20 general, \$10 students, by phone, email, or at door. **INFO:** 902-634-9994 / musiqueroyale1985@gmail.com

WEDNESDAY, 15

Planning Advisory Committee – 359 Main St., Council Chambers, Wolfville 1:30pm • **TIX:** no charge **INFO:** wolfville.ca

LEGO Mindstorms Robotics – Library, Kingston 3-5pm. Also July 22, 10:30am-12:30pm • Work in a group to build a robot and then program it to do some pretty amazing things. For ages 10+, pre-registration required. **TIX:** no charge **INFO:** 902-765-3631 / kwhberwick@nscap.ca

Jurassic Park Reopens – Valley Drive-In Theatre, Cambridge 9:30pm • Treat your family to film that started the Jurassic Film Franchise the way it was meant to be seen, on the big screen under the stars. One night only! Enjoy the canteen and a bake sale with dino-themed goodies! **TIX:** \$10 a carload with all proceeds donated to the Clean Annapolis River Project. **INFO:** 902-538-4510 x4571 / k.bruce@valleycreditunion.com

THURSDAY, 16

Bitstrips – Library, Berwick 1-2:30pm • In a group we will design our own comic strips online. Personally design your own characters, scenes, props, and outfits. Add speech bubbles and create your own story! Ages 7+, pre-registration required. **TIX:** no charge **INFO:** 902-538-4030 / valleylibrary.ca/events

Music under the Vines: Witchitaw – Domaine de Grand Pré, Grand Pré 7pm • Join us on the patio, weather permitting. See ad page 12. **TIX:** no charge **INFO:** 902-542-7177 / marketing@grandprewines.ns.ca

FRIDAY, 17

Rock-In' The Valley Climbing Camp – West Kings District High School, Auburn 12:30-4:30pm • Learn the basics of Bouldering (Climbing), become confident, flexible and adventurous individuals! **TIX:** \$75, three day camp **INFO:** 902-692-1405 / activeliving@westhants.ca

3rd Annual Maritime Metal & Hard Rock Festival – Hants County Exhibition, Windsor 2pm-12am. Also Saturday, July 18, 11am-12am • A weekend of the East Coast's best heavy metal, punk and hard rock bands. Saturday night hosted by Randy & Mr. Lahey from Trailer Park Boys. **TIX:** tickets start at \$20 @ maritimemetalfest.com **INFO:** 613-661-0662 / maritimemetalfest@gmail.com

Wildlife Explorers – Harriet Irving Botanical Gardens, Wolfville 2:30-4pm • Children connect with nature to learn about the environment around them and diversify their outdoor experience. Activities, games, and walks centered on the great outdoors! **TIX:** no charge **INFO/Reg:** kmansfield@wolfville.ca / Pre-registration not required, but appreciated summerkidsinthepark.eventbrite.ca

A Vintage Affair: Murder Mystery at Randall House – Randall House Museum, Wolfville 6-8pm • See also MUSEUMS. **TIX:** \$20 **INFO:** 902-542-9775 / randallhouse@outlook.com

Concert: Jason Price – The Port Pub, Port Williams 8pm • From Lawrencetown, Jason brings the flavour of current country with hints of classic country music. **TIX:** \$5 **INFO:** 902-542-5555 / portpub@ns.aliantzinc.ca

SATURDAY, 18

Breakfast – Royal Canadian Legion, Windsor 7:30-10am • Bacon, sausage, ham, eggs, pancakes, hash browns, toast, baked beans, juice/coffee/tea. **TIX:** \$6 adult, \$4 age 6-12, no charge under 6 **INFO:** 902-798-2031 / windsorlegion@eastlink.ca

Pedal For The Pancreas – Acadia Athletic Complex, Wolfville 8:30am. Also July 19 • An amazing cycling tour through the beautiful Annapolis Valley (50-85 km's per day). Registration includes: jersey, accommodations, food, live entertainment, music, and a tour of a vineyard. Each cyclist must fundraise \$500 prior to tour. 100% of the funds raised by cyclists will be donated to Pancreatic Cancer Research, education, awareness and support. **TIX:** non-refundable registration fee of \$75. **INFO/Reg:** 902-789-4410 / craigscouse@gmail.com / craigscouse.ca

Open Road Big Rig Show n' Shine – Hants County Exhibition, Windsor 9am-1pm • Truck registration 9am. Light show at dusk, camping available. Come check out the trucks! **TIX:** no charge to attend, \$15 truck registration. **INFO:** jandacochrane@yahoo.ca

Outdoor Yoga – Visitor Information Centre, Hantsport 10-10:45am • Outdoor yoga class by Breathing Space Yoga. Don't forget your mat! **TIX:** no charge **INFO:** 902-690-7836 / susancarey@ns.sympatico.ca

Acadian Days – Grand Pré National Historic Site 10am-4pm. Also Sunday July 19, 10:45am-4pm • Celebrate Acadian culture surrounded by great music, amazing food and breathtaking sights. Delicious Acadian cuisine awaits all food lovers! Public talks in French and English, stories and art for children of all ages, and a winery tour of Domaine de Grand-Pré. **TIX:** no admission **INFO:** 902-542-3631 / info@grand-pre.com

LEGO Mindstorm Robotics – Library, Berwick 10:30am-12pm. Also July 20, 6-7:30pm, and July 23, 1-2:30pm • Work in a group to build a robot and program it to do some pretty amazing things. For ages 10+. Pre-registration required. **TIX:** no charge **INFO:** 902-538-4030 / valleylibrary.ca/events

Public Talks during Acadian Days – Grand-Pré National Historic Site, Grand Pré 11am-4pm • **TIX:** no charge **INFO:** info@grand-pre.com

Meadowbrook BBQ – Meadowbrook Farm Meat Market, Somerset 11am-2pm • Fundraiser for 2016 Dream Team/Servant's Heart Ministry to build a home in the Dominican Republic for a family in need. Sausages, jimmie dogs, pop. **TIX:** donation **INFO:** 902-538-0244 / pennyc@ns.sympatico.ca

UCA Community Environmental Art Project – Rainforth Park, Berwick 2-4pm • Join the Uncommon Common Art team for an afternoon of environmental art making. Working as a group we will decide on materials and how to arrange them to create one large piece of artwork. When the art is completed we will

leave it for others to find and for nature to take away. See also EXHIBITS. **TIX:** no charge **INFO:** uncommoncommonart@gmail.com

Book Signing: Dean Jobb – Coles Bookstore, New Minas 3:30-5pm • Dean Jobb will be signing copies of his book, Empire of Deception. **TIX:** no charge **INFO:** 902-681-0880

Dance: Big Deal – Royal Canadian Legion, Kentville 9pm-12am • 19+ **TIX:** \$7 **INFO:** 902-678-8935

SUNDAY, 19

Jamaican Jerk Pig Roast – Taproot Farms, Port Williams 12-3pm • Chef MICHAEL HOWELL and the Jamaican crew from TapRoot will prepare an authentic Jamaican Jerk Pork Roast, together with a spectacular lunch of farm-fresh soup, salads, vegetables, and dessert. Only 50 seats available. See ad page 6. **TIX:** \$50 general, \$25 kids 8-16, no charge for kids under 8. Includes tour of farm and fields, cooking demo, meal, and beverages (fabulous wine from Planters Ridge Winery, Sea Level Brewing craft beer, and non alcoholic cordials). **INFO:** 902-542-5310 / admin@taprootfarms.ca

Strawberry Supper – Community Hall, Lockhartville 4:30-6pm • Choice of ham or turkey. **TIX:** \$12 adults, \$6 age 12 and under **INFO:** 902-684-9594 / mariane@eastlink.ca

Concert: Lustre Brothers "Live on the Mountain" – United Church, Harbourville 7-9pm • A magical music filled summer evening! Proceeds for North Mountain United Tapestry Cultural and Heritage Society. **TIX:** donation **INFO:** 902-538-7923 / woodlawn@glinx.com / northmountainmarket@gmail.com

MONDAY, 20

TUESDAY, 21

Committee of the Whole – County of Kings Municipal Complex, Kentville 9am • **TIX:** no charge **INFO:** 1-888-337-2999

Garden Club Flower Show – Lions Club, Kingston 2-4:30pm • The Wilmot Garden Club is hosting its annual flower show and tea. **TIX:** \$5 **INFO:** 902-847-1001 / pdespres@eastlink.ca

Public Hearing/Town Council Meeting – Town Hall, Wolfville 6:30pm • **TIX:** no charge **INFO:** wolfville.ca

Library Days at the Zoo – Oaklawn Farm Zoo, Aylesford 10-8pm • Bring your library card and get free admission for children 18 and under. **TIX:** no charge **INFO:** 902-825-4835 / middleton@valleylibrary.ca

What's Happening continued on page 20.



MARKET NEWS

SATURDAYS ✨ 8:30AM - 1PM ✨

Over 50 Farmers, Chefs & Artisans!



24 Elm Ave, Wolfville ✨ WolfvilleFarmersMarket.ca

UPCOMING EVENTS

Sat July 11 The Hupman Brothers
 Wed July 15 Liam Potter
 Sat July 18 Heather Kelday
 Wed July 22 Sahara Jane
 Sat July 25 The Chimney Swifts
 Wed July 29 Sam Wilson
 Saturdays 10am-1pm; Wednesdays 5-7pm

For Special Event Listings & Descriptions, see below!

How the \$10 Market Supper Works

(Wednesdays, 4pm-7pm)



Just pay \$10 and in return get one serving of complimentary bread and salad plus \$10 in coupons that you can use with any of our vendors on any Wednesday. The Market Supper is enjoyed with real plate, cutlery, water glass, community seating, live music, and lots of community themes. Upcoming themes include the Monthly Mingle (featuring the Entertainment Sector) on July 15, Pride Night at the Market on July 22, and Vintage Night with Vintage Clothing and Photo Booth on July 29. Also

do your shopping at the Wednesday Community Market and have Market Suppers every night of the week!

Event Details

Wednesday, July 15, 4:30pm – 6pm – The Mingle

Are you a business owner/operator, a business student, or desiring to open a business? Pop into the Wolfville Farmers' Market on the third Wednesday of the month and join our Mingle where Annapolis Valley business professionals converse and network! Hosted by the Wolfville Farmers' Market, and supported by the WBDC, the Mingle is facilitated each month by Elsie from Wetmore Counselling. Drop by and say hello and sample some tasty local treats. This month we'll be featuring the Entertainment Sector in the Community Room.

Drop by and say hello and sample some tasty local treats. A warm welcome awaits!

Wednesday, July 22, 4pm – 7pm – Pride at the Market

Join us for our rainbow celebration & community dinner! The Market will be awash in a rainbow of colour with decorations and information about supports and services for our LGBTQI community. Many vendors will be offering rainbow-inspired food and products, there will be collectible Market Rainbow Pride Buttons. Check out our website for further details.

Saturday, July 25, 8:30am – 1pm – Tastes of the Valley

This is a culinary celebration of fresh local food where chefs from local restaurants join regular Market vendors and use Valley-farmed ingredients to make \$3 taste concoctions to tantalize your taste buds. \$3 Taste Tickets are available for purchase at the Market Info Booth, where menus, event maps and ballots can also be picked up. Those who vote for their favourite chef by submitting a ballot can win \$100 towards a meal from their favourite chef. Come hungry!

Wednesday, August 5, 4pm – 7pm – Word at the Market

Honour literacy and the written word with local authors, bookstores, and publishers. Where else can you pick up some groceries while enjoying a Community Supper and also enjoy the power of Words from local authors? And don't miss the annual Dirty Word Open Mic – where weeding & writing grows prose – hosted by Donna Holmes.

Vendor Profile

Pierre Guevremont & Lynne MacKay

902-640-2424 / spirits@ironworksdistillery.com / www.ironworksdistillery.com

IRONWORKS DISTILLERY

What is your Business? Ironworks is a micro distillery situated in a former marine blacksmith shop in Lunenburg, NS. Distilling by hand, we create premium artisan spirits and liqueurs using only natural local ingredients, sourced as locally as possible, one batch at a time.

What are you most proud of in the product you make or grow for Market? When we began the company it was our intention to forge partnerships with the growers and producers in the Maritimes using their marvelous produce to create fine, handcrafted spirits and liqueurs. We have worked hard to ensure that every one of our products reflects the best taste of the underlying fruit or molasses and we feel that our commitment shows. Of that we are very proud.

What do you love best about coming to Market? We do sell our products at the private beverage shops in Halifax so they are available elsewhere, but it is at the Farmers' Markets that we find the best introductions are made. We get to interact with our customers, guide them personally through the tasting of our beverages, and give advice on how to best use them. This personal touch is utterly invaluable and has increased our brand awareness and overall sales greatly.

Have you a favourite resource or organization that you would like to share with the Community? One of our favourite local organizations is Taste of Nova Scotia. We have been members for five years now and find that they are excellent and tireless advocates for their clients. Their events are organized and well attended and their well done publications are generally well received.



Facility Rental Info

You can now rent the whole Wolfville Farmers' Market building for your special events — think dances, extravagant dinners, fashion shows, weddings, or trade shows. This is a flexible space with character that can be dressed up for elegance or less formally with hoe-down community spirit. The building was born as an apple warehouse and has our agricultural heritage in its bones and timbers. Of course, our Community Room will continue to be available.

For more information, contact WFM Manager, Kelly Marie at manager@wolfvillefarmersmarket.ca or call 902-697-3344.

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WOLFVILLE'S BUSINESS BUZZ

*James Brown / FiveFortyTwo Kings / 12 Elm Ave., Wolfville
Tattoo Artists: James Brown, Robert Winter & Ian Preeper
Body Piercer/Branding Artist: Adam Beazley*

I don't have any tattoos myself, but you come recommended from trusted sources. What makes your tattoo and piercing shop stand out?



A lot of things. Overall, it's customer service. We all share things here. If a tattoo request comes in and it's not my style, I don't just grab it to get the money. I say alright, Rob or Ian is the best at that.

We also have Adam Beazley here who has been trained by the best piercer in the world (Fakir Musafar). He can answer everything anyone needs to know about piercings. That's how I like to stand out, we accommodate everyone that comes in through our door.

Who is your customer demographic? Is it strictly students?

No. A while ago we opened two Five-FortyTwo Kings outlets in Yarmouth &

Shelburne. We'd go down there once a month for a couple days to generate business all over NS. Adam also promotes this shop all over Halifax. We get a lot of people from out of town, a lot of people.

As for the students, there are a lot of walk-ins, but they're more for piercings. If it is tattoos, it's most likely 8 or 9 of them all getting little matching Acadia tattoos on their (backends) or something like that.

Is there an age minimum for tattoos?

Yes, but it's not set in NS. We're not regulated in the province yet so it's pretty much shop owners and the artists making age decisions. Here, we do 16+ with parental consent, 18 without. But in that 16-17 age I have a big say in what they're going to get. I'm not going to tattoo a 16-year old's neck or hands; it has to be respectful. I'm not going to do anything that's going to deter them from getting a decent job. At 18 though, I think you're old enough to make your own decisions. If it were up to me, it would be 18 and up only, but everyone else around NS is 16+ with parental consent.

So you would like more regulation?

They've been talking about it for years, but it's a hard process because they are treating it as a medical procedure. That could mean full aprons, facemasks like in Ontario & Alberta, and the health-board checking in on you regularly.

Right now any Joe Blow can buy a tattoo machine off of E-Bay, get a NS business license, rent a spot, and call it a tattoo shop. Anyone. If regulations are passed, certificates like Bloodborne Pathogens and actual apprenticeship training would be needed. Anyone not

operating as a professional artist would be faced with heavy, heavy fines.

Everything we do here is up to spec so when they do come in through our doors, we'll greet them with open arms saying, 'Finally!' There's no need to get bad tattoos while risking your health.

When did you arrive in Wolfville?

I'm born and raised in Wolfville. I apprenticed in New Minas for two years, went to NL for one, and next month will be two years in Wolfville. On May 15 we moved FiveFortyTwo here to Elm Ave. after being on Gaspereau (Ave.).

What's the response been like thus far? What's it like running a business in your hometown?

Great feedback, we get a lot more walk-ins now too. It's hard not to see our big canopy sign. It's fun because I'm out and around more and talking with people who often don't know who I am yet.

I've been wanting to do this for years. When I moved back from the west, I said, "After five years of tattooing, I want to open a shop in Wolfville". This is where I want to set my roots; build from here.

Within 10 years I want to be able to say that we're Canada-wide by having a shop in BC...but there's still another 8 years to go! I want to put Wolfville on the map all over Canada; Wolfville is the name of our shop (the 542 phone number in Kings County).

Have you heard of the WBDC? (You're a member just by being here). Once it's created, would you participate in a WBDC survey asking the business community what the organization should look like moving forward?

I've briefly heard about the WBDC, but I haven't really talked to anyone about it yet. But yes, I'd absolutely participate in a survey.

What's the oldest person you've inked?

I tattooed a 76 year old. She had an old scar that she never liked, but her husband hated tattoos. She came in probably a few weeks after he passed and said, "He's gone, get rid of it!"

There's also an older gentleman, 86, in NL who gets a new tattoo of himself each time he crosses things off his bucket list. He has more tattoos than I do.

Should tattoos always represent something personal?

That's a hard question because a lot of people don't get tattoos because of that. They can't always find something that means something to them.

I say you can't go wrong with family, especially as your first one. If you get on down the road collecting a few then you're going to start saying, "Well whatever, I want this." I got all the ones that really meant something to me long ago, so now I'm collecting other artist's work. I'm at that collection stage.

Interview and compiled by Jeremy Novak

**Next Wolfville Business Development Board Meeting
Wednesday July 15, 8am
Bishop & Company
Chartered Accountants Inc.
189 Dykeland St, Wolfville
All members welcome**



At the Unpredictable Dinner, July 6, at La Louvre Home Furnishings. L-R Sophia Lockett, Lisa Boehme, Danielle Campagne, & Ursula May
photo credit: Jeremy Novak



**360 MAIN ST. WOLFVILLE, N.S.
902 542 2596**



Is this Austin-Healey in town for the July 11 British Motorcar Festival at the Kings-Edgehill School in Windsor?
photo credit: Jeremy Novak



WHAT'S HAPPENING FROM JULY 9-23, 2015 (cont'd)

SEND YOUR EVENTS TO LISTINGS@GRAPEVINEPUBLISHING.CA



WEDNESDAY, 22

Pride at the Market – Farmers Market, Wolfville 4-7pm • Join us for our rainbow celebration & community dinner! See page 18. **TIX:** no charge **INFO:** 902-697-3344 / manager@wolfvillefarmersmarket.ca

THURSDAY, 23

Music under the Vines: Speakeasy – Domaine de Grand Pré, Grand Pré 7pm • Join us on the patio, weather permitting! **TIX:** no charge **INFO:** 902-542-7177 / marketing@grandprewines.ns.ca

EXHIBITS

Atlantic Picture Book Illustration – Acadia University Art Gallery, until Aug. 23. Opening Reception, July 9, 7-9pm. • Atlantic Picture Book Illustration: 1980s & 90s: Molly Lamb Bobak, Brenda Jones; 2000s: Darka Erdelji, Leonard Paul. Gala exhibit opening, panel presentation featuring the living artists, and readings by authors of exhibited book illustrations Sheree Fitch and Deirdre Kessler, plus Sophie Bérubé. The works selected demonstrate the changes in illustration over 30 years, from hand-drawn to digital, from picture book to graphic novel. **INFO:** 902-585-1485 / gallery.acadiau.ca

"If Truth be Told" – Harvest Gallery, Wolfville until July 11 • A group show of NS Realism including the work of Alan Bateman, Arnaud Beghin, Alex Colville, Peter Gough, Steven Rhude and Anna Syperek. **INFO:** harvestgallery@gmail.com

Will Cooper – Jack's Gallery 450 Main St Wolfville. until July 26 • Will Cooper's fun, brightly coloured and unique works capture the joy of the Nova Scotia landscape and lifestyle. **INFO:** jacksgallerywolfville@gmail.com

Judith J. Leidl – Oriel Fine Art, Wolfville • Fine art: floral paintings, scarves, acrylic paintings, prints, ceramics, and Inuit work from Baffin Island. **INFO:** 902-670-7422 / judithleidlart.com

Marina Costain – CentreStage Theatre, Kentville • Hooked rugs and wall hangings. **INFO:** 902-678-3502 / centrestagetheatre.ca

Apple Bin Art Gallery – Valley Regional Hospital, Kentville • Approximately 100 pieces of affordable original art created by local Valley artists. Part proceeds go towards hospital equipment and to help support Annapolis Valley health care programs.

Uncommon Common Art – Various Kings Country locations, until mid-October (an outdoor, public art scavenger hunt) • Rainforth Park, Berwick July 18, 2-4pm: An afternoon of creative fun for all ages. Join the Uncommon Common Art team for an afternoon of environmental art making. Working as a group we will decide what materials to collect (sticks, leaves, grass, etc.) and how to arrange them to create one large piece of artwork. When the art is completed we will leave it for others to find and for nature to take away. **TIX:** no charge **INFO:** Terry, 902-542-3981 / uncommoncommonart.com / uncommoncommonart@gmail.com

LIVE THEATRE

I'll Be Back Before Midnight! – Al Whittle Theatre, Wolfville July 9, 10, 11, 14, 15, 16, 17, 18, 21, 22, 23, 24, 25, 28, 29, 30, 31, Aug. 1, 8pm, July 12, 19, 26, Aug. 2, 2pm • A remote farmhouse. An archaeological dig. A troubled wife, her distant husband, his manipulative sister ... and the colourful neighbouring farmer, telling chilling tales of ghastly ghosts and grisly murder. This play has been heralded as the finest stage thriller Canada has ever produced. See poster page 24. **TIX:** \$30 regular, \$23 student, subscription discounts available. @ all TicketPro locations including Cochrane's Pharmasave (Wolfville), Wilsons Pharmasave (Kentville, Berwick), Windsor Home Hardware **INFO:** 1-877-845-1341 / info@valleysummertheatre.com

The Tempest – Ross Creek Centre for the Arts, Canning, July 9*, 11, 12, 14, 15, 16, 18, 19, 21, 22, 23, 25, 26, 28, 29, 30, Aug. 1, 2, 4, 5, 6, 8, 9, 11, 12, 13, 14, 15, 6pm • Full of magic, mystery and music, Shakespeare's comedy of a shipwrecked magician, and the romance and mayhem that follows a giant storm will be a feast for the eyes and heart. Directed by Ken Schwartz, and includes some of Canada's most accomplished actors. Suitable for all ages. See page 3. **TIX:** \$17.25 (*preview performance), \$25 general, \$23 senior, \$20 student/military, \$10 child, \$65 family of four **INFO:** 902-582-3842 / mail@artscentre.ca

The Turn of the Screw – Ross Creek Centre for the Arts, Canning, July 10*, 11, 14, 17, 18, 21, 24, 25, 28, 31, Aug. 1, 4, 7, 8, 11, 14, 15, 9:30pm • In the great tradition of campfire ghost stories, this theatrical rendition will take you on an exciting journey into the mind and soul of a family with secrets. Adapted by Ken Schwartz, performed around the fire, and followed by s'mores under the stars. See page 3. **TIX:** \$17.25 (*preview performance), \$25 general, \$23 senior, \$20 student/military, \$10 child, \$65 family of four **INFO:** 902-582-3842 / mail@artscentre.ca / twoplanks.ca

Raddall Symposium Puppet Play – Farmers Market, Wolfville, July 10, 4:30-5:30pm • The Queen of Paradise's Garden: A Newfoundland Tale. Andy Jones, narrator; Darka Erdelji, puppets; Monique Tobin, music. The best seat for kids is up close on the floor – bring a cushion! Followed by Q & A with the company and the publisher. **TIX:** no charge **INFO:** 902-585-1502 / andrea.schwenke.wyile@acadiau.ca

Valley Ghost Walks – Fundy View Community Hall, Halls Harbour, Friday July 10, 7:30pm; Cornwallis Inn Steps, Kentville, Thursday July 16, 8pm; Fort Edward National Historic Site, Windsor, Friday July 17, 8pm; The Grand Pré Winery, Friday July 24, 7:30pm • Join Jerome the GraveKeeper and his ghostly friends on these family-friendly historical ghost walks. Our 8th season. See ad page 4. **TIX:** \$15 adults, \$12 students, discounted 4-packs available via Ticketpro.ca **INFO:** jerome@valleyghostwalks.com / valleyghostwalks.com

Leading Ladies – CentreStage Theatre, Kentville, July 10, 11, 17, 18, 8pm • Two English actors,

THEATRE (CONT'D)

Jack and Leo, find themselves down on their luck, performing "Scenes from Shakespeare" on the Moose Lodge circuit in the Amish country of Pennsylvania. When they hear that an old lady in York, PA is about to die and leave her fortune to her two long lost English nephews, they resolve to pass themselves off as her relatives and get the cash. But when they get to York, they find out that the relatives aren't nephews, but nieces! **TIX:** \$15 general, \$12 students/seniors @ R.D. Chisholm's (Kentville), Rick's Art and Frame (New Minas), at the door. **INFO:** 902-678-8040 / centrestage@centrestagetheatre.ca

Lamplight Historical Cemetery Tours – St. Mary's Anglican Church, Auburn, July 14, 21, 28, Aug. 4, 11, 18, 25, 8-9:15pm • Enjoy a tour of St. Mary's cemetery, learn about local people, how they lived and shaped our community. Costumed guides and guests. **TIX:** \$10 **INFO:** 902-847-9847 / robardecoste@ns.sympatico.ca

MUSEUMS

Randall House – 259 Main St., Wolfville • Open Tues.-Sat., 10am-5pm, Sun. 1-5pm. July 17, 6-8pm: A Vintage Affair. An evening of intrigue, mystery, and murder! Who did it? Use your investigative skills to help solve the case. Space is limited, please reserve. Also, special exhibit, BIRTH OF A FESTIVAL, commemorates the 20th anniversary of the opening of the famed Atlantic Theatre Festival. From inception in 1993 to its grand opening in June 1995. Also, Tea for Two, Saturdays, 2-5pm **TIX:** Murder Mystery, \$20 non-members, \$15, WHS members. Regular admission, no charge, donations welcomed. **INFO:** 902-542-9775 / randallhouse@outlook.com / wolfvillehs.ednet.ns.ca

The Old Kings Courthouse Museum (Kings County Museum) – 37 Cornwallis St., Kentville • Open Mon.-Fri., 9am-4pm. Learn the history of Kings County with special focus on the Acadians and New England Planters. The Kings Historical Society and their Genealogy Center is also located in this building. **TIX:** no admission, donations welcomed. **INFO:** 902-678-6237 / museum@okcm.ca / okcm.ca

Prescott House Museum – 1633 Starr's Point Rd. • Strawberry Social: July 12, 2-4pm, homemade strawberry shortcake, and music by the Forever Young Fiddlers. Also, Archeology Exhibit: until Sept. 30, artifacts tell us about the life of Charles Prescott and his family from 1812 to 1859. Also, Children's Summer Workshops: Wed. 10am-12pm, through Aug. 19. Fun, active and educational activities for children age 5-12, please pre-register. Also, Peek, Peer, and Peruse: July 26, 1-2:30pm. Join Prescott staff for a behind the scenes tour. Space limited, please pre-register. **TIX:** Strawberry Social: \$8, Peek, Peer, and Peruse: \$7, Regular admission: \$4 adult, \$2.75 child/senior, no charge under 5, \$8.50 family. **INFO:** 902-542-3984 / prescotthouse.novascotia.ca / baldwidj@gov.ns.ca

MUSEUMS (CONT'D)

Haliburton House Museum – 414 Clifton Ave., Windsor • July 12, 2-4pm, celebrate the 75th season of the Haliburton House Museum. Cake cutting at 2pm. **TIX:** No charge for the 75th celebration. Regular admission: \$4 adult, \$2.75 child/youth/senior, no charge under 5, \$8.50 family. **INFO:** 902-798-2915 / haliburtonhouse.novascotia.ca

Windsor Hockey Heritage Centre – 414 Clifton Ave., Windsor • Open 9am-5pm daily in summer, Tues.-Sat. in off season. See the equipment with which the game began: wooden pucks, hand-made one-piece hockey sticks carved by Mi'kmaq natives, stock skates and world-famous Starr skates, as well as early forms of protective equipment. **TIX:** no charge, donations welcome **INFO:** 902-798-1800 / windsorhockeyheritage@hotmail.ca

Charles Macdonald's Concrete House Museum – 19 Saxon St., Centreville • Open Tues.-Sat., 11am-5pm, Sun. 11am-4pm. A unique house built entirely of concrete and finished smooth with paint. The yard contains concrete lawn sculptures of: deer, a mountain lion, giant mushrooms, and other fanciful figures and furniture. Photos of Havana, Cuba (1898) by Charles William MacDonald exhibited through Aug. 26. Also, "Convergence of Two Cultures" exhibit of watercolours by Nova Scotian artist Jude Caborn, through July 21. Celebrating the similarities between Nova Scotia and her adopted Pinar Del Rio, Cuba. Crafty Wednesdays are back, call for details. **TIX:** "We're free, are you?" **INFO:** 902-678-3177 / concretehouse.ca / info@concretehouse.ca

Canning Heritage Centre – 9806 Main St., Canning • Open through Aug. 31. Displays of artifacts on historic Canning from the early 1800s to present day. A collection of research material, including: books, records, and artifacts. A special display dedicated to the extraordinary musician Wilf Carter who grew up in the area around Canning. A restored lighthouse on site. Operated by the Fieldwood Heritage Society. **INFO:** 902-582-7699

Ross Farm Museum – 4568 Hwy 12, New Ross • Open weekends only, 9:30am-5:30pm. Milking a cow, spinning wool or tasting a delicious treat in the cottage are just three things that happen regularly here at Ross Farm. Every visit is unique as the work changes with the seasons. **TIX:** \$6 adult, \$5 senior, \$2 child (6-17), no charge age 5 & under. **INFO:** 902-689-2210 / rossfarm.novascotia.ca

Blue Beach Fossil Museum – 127 Blue Beach Road, Hantsport • Open daily 9:30am-5pm, until Oct. 31. The official birthplace of vertebrate paleontology in Canada. Come for one of our tours to explore 350-million year old footprint-beds, fossils of fish, plants, and so much more. **INFO:** 902-684-9541 / bluebeachfossilmuseum.com

Weekly Events

PLEASE NOTE: Event information may change without notice

Thursdays

Babies & Books — Wolfville Memorial Library 10–11am. Newborn to 2 years. *INFO:* 902-542-5760 / valleylibrary.ca

Gardens & Grub — Rec Centre, Kentville 1–3pm. Offered through the Canadian Mental Health Association, Kings Branch. *FEE:* no charge *INFO:* 902-670-4103 / club@cmhakings.ns.ca

In the Round Knitting Group — Gaspereau Valley Fibres 1–4:30pm. Also Tuesdays 6–9pm. *INFO:* 902-542-2656 / gaspereauvalleyfibres.ca

Seniors' Afternoon Out — Wickwire Place, Wolfville 1:30–4:30pm. Social afternoon with peers. Also Tuesdays 1:30–4:30pm. *FEE:* \$10 *INFO:* Robin, 902-698-6309

Boardgame Night — C@P Lab, Wolfville Public Library, 7pm. Bring your games! Ages 12+ *FEE:* no charge *INFO:* 902-790-4536 / turpin56@gmail.com

Fridays

Bookworms Storytime — Port Williams Library, 10:30am. Stories, games, songs and fun for kids aged 3–5. *TIX:* no charge *INFO:* 902-542-3005 / valleylibrary.ca

AVD Clubhouse: Arts Program — Valley Community Learning Association, Kentville 1–4pm. Offered through the Canadian Mental Health Association, Kings Branch. *FEE:* no charge, but please pre-register. *INFO:* 902-670-4103 / club@cmhakings.ns.ca

Chase the Ace — Royal Canadian Legion, Berwick 5pm. Chase the Ace drawn at 7:15pm, light supper served 5–7pm *TIX:* \$5 Chase the Ace, \$7 supper *INFO:* 902-375-2021 / rubyl@eastlink.ca

Fun Night — Legion (downstairs), Kentville, 7pm. Variety of music. 50/50 tickets available. *FEE:* \$2 *INFO:* kentvillelegion@eastlink.ca

Saturdays

Hantsport Pop Up Market — Hantsport Visitor Centre (parking lot), 8:30am–12pm. Until end of Sept. Fresh fruits & veggies, jams, jellies crafts & more. *INFO:* 902-684-9068 / susan@hantsportnovascotia.com.

Wolfville Farmers' Market — DeWolfe Building, Elm Ave., Wolfville 8:30am–1pm
July 11 Music: The Hupman Brothers
July 18 Music: Heather Kelday
INFO: wolfvillefarmersmarket.ca / See page 18.

North Mountain Market — United Church, Harbourville 9am–1pm. Until Oct. 10. Celebrate local culture & heritage through art, music, & a farmers' market that features a diverse range of locally-produced goods. See ad page 2. *INFO:* 902-538-7923 / northmountainmarket@gmail.com

Farmers' Market — Waterfront, Windsor 9am–1pm. *TIX:* no charge *INFO:* windsorfarmersmarket@gmail.com

Peace Vigil — Post Office, Wolfville 12–1pm

Drop in and Drum! — Baptist Church, Wolfville 1–2:30pm. W/Bruno Allard. Drop in for a hands-on workshop & jam. Learn to play the djembe with rhythms & songs from West Africa. Everyone welcome, drums provided. *FEE:* \$5 *INFO:* facebook: Djembes and Duns Wolfville

Valley Game Night — Gametronics, New Minas 6pm. Board game/card game group. Yu Gi Oh — Thursdays, 6pm. Friday Night Magic (Magic: The Gathering) — Fridays, 6pm *FEE:* no charge *INFO:* facebook.com/GameTronics

Sundays

Black River Community Market & Schoolhouse Cafe — Community Hall, 989 Upper Sunken Lake Rd., Black River 11am–2pm, 2nd and 4th Sunday of each month (next: July 12). Vendors, light lunch, live music. *INFO:* 902-542-0002 / jayneileenkenney@msn.com

Mondays

Free Community Walking/Running — Acadia Athletic Complex, Wolfville 6–9am & 6–9pm (Mon. to

Fri.). On the indoor & outdoor track. *FEE:* no charge *INFO:* 542-3486 / sread@wolfville.ca

Painting Morning — Recreation Centre, Wolfville 9:30am–12pm. W/Evangeline Artist Cooperative. Bring your own projects to work on & be inspired by like-minded artists. *FEE:* \$2, *INFO:* Susan, 542-4448

Harmonica Jams — Sobey's Community Room, New Minas 10–11:30am. Light music: country, waltzes, jigs & reels. All levels welcome, bring your harmonicas. *FEE:* no charge *INFO:* Lloyd, 681-3711 / Ed, 678-4591.

LEGOMANIA — Port William's Library, 3:30–4:30pm. Until August. Ages 6–9. No registration necessary. *INFO:* 542-3005 / valleylibrary.ca

Windsor Game Night — Library, Windsor 6pm. Board game group. New players welcome! *FEE:* no charge *INFO:* meetup.com/valleygames

Toastmasters — 2nd Floor, Irving Centre, Acadia 6:30–8pm. Communicative skills to enhance peaceful and effective dialogue. *INFO:* Chris, 691-3550 / vppr.wolfville.tm@gmail.com

Musical Jam Night — Community Hall, 659 Victoria Rd., Millville 7pm. Bring your instrument or just relax & listen to the sounds. *INFO:* cadavis@nsps.ca

Insight (Vipassana) Meditation — Manning Memorial Chapel, Acadia, downstairs, 7:30–9pm. W/Laura Bourassa. Suitable for beginner and experienced meditators. Instructions, short talk, discussion. *FEE:* free-will offering. *INFO:* 365-2409

Tuesdays

Book in the Nook — Wolfville Memorial Library 10–10:30am. Suggested age range: 3–5. *INFO:* 902-542-5760 / valleylibrary.ca

Friends in Bereavement — Western Kings Mem. Health Centre, Berwick 10am–12pm. 1st & 3rd Tues. each month (next: July 21). VON Adult Day Program Room (main floor). *INFO:* 902-681-8239 / friendsinbereavement@gmail.com

Rug Hooking — 57 Eden Row, Greenwich 1–3:30pm. Drop-in rug hooking. *FEE:* donation *INFO:* Kay, 902-697-2850

Friends in Bereavement — Kentville Baptist Church 2–4pm. 1st & 3rd Tues. each month (next: July 21). Left parking lot entrance, sponsored by Careforce. *INFO:* 902-681-8239 / friendsinbereavement@gmail.com

Woodville Farmers Market — Community Centre, 342 Bligh Rd., Woodville 4–7pm. Until Oct. 6. Local producers & artisans. *INFO:* paulcameron@live.ca

Learn Irish Music — Paddy's Pub (upstairs), Kentville 7–8pm. Bring your instrument & learn to play traditional music in a relaxed, convivial setting. *FEE:* no charge *INFO:* 902-697-2148 / slowsession@outlook.com

Board Game Night — Paddy's Pub, Wolfville 8pm–12am • *TIX:* no charge *INFO:* 902-542-0059 / judy@paddys.ca

Wednesdays

Wolfville Breastfeeding Support Group — Library (upstairs), Wolfville 10am–12pm. Now weekly. *INFO:* facebook.com/AnnapolisValleyBreastfeedingSupportGroups

Kentville Farmers' Market — Centre Square, Kentville 10am–2pm. Open year-round. See ad page 5. *INFO:* marketmanager@kentville.ca / kentvillefarmersmarket.ca

Wolfville Farmers' Market — DeWolfe Building, Elm Ave., Wolfville 4–7pm

July 15 Music: Liam Potter *Theme:* The Mingle: Networking @ The Market

July 22 Music: Sahara Jane *Theme:* Pride at The Market *INFO:* wolfvillefarmersmarket.ca / See page 18.

Social Ballroom Dancing — Community Centre, Port Williams 7–9pm. Practice your existing dance skills and learn new group dances. *FEE:* \$5 per session, per couple *INFO:* 902-698-2806 / DanceTime_PortWilliams@hotmail.com

Acadia Students' Union: Busy "E"s

Suzanne Gray, Vice President Communications

It's hard to believe we are halfway through summer and the school year is quickly approaching. The past two months have been very busy for us here at the Acadia Students' Union as we settled in our new positions and dove into fresh projects. Here is a little update on the work the Executive team has been doing:

May and June were full of conferences. For our President, Liam Murphy, it is always conference season, but this time the whole team was out and about meeting other students unions and working out of office. Suzanne Gray, our Vice President Communications, attended a conference with The Campus Trust – the providers of our Health and Dental Plan. Vice President Programming Jessica Boone learned lots of great programming ideas at the Canadian Organization of Campus Activities (COCA) and is working hard at

planning Welcome Week 2015. Fallis Thompson, our Vice President Academic, had the opportunity to travel to Ottawa for the Canadian Alliance of Student Associations (CASA) conference. Finally, our Vice President Finance Matt Gendron was present at the Board of Governors meeting last month.

Other symposiums include a Mental Health conference in Halifax and a Students Nova Scotia "LeaderLab" conference at StFX (where Fallis was elected Chair!). We will be travelling to Bishops this month for a U4 conference as well!

Either on the road or in office, we are working hard to advocate for our students and prepare for the upcoming year.

P.S. – Keep an eye out for a new ASU Website, launching soon!

12th Annual Deep Roots Music Festival: September 24–27, 2015, Wolfville, NS

Stephen Peters, Publicity Director, Deep Roots Music Festival

The Deep Roots Music Festival is very excited to announce its line-up for 2015. The annual festival takes place September 24 to 27 in Wolfville, Nova Scotia and surrounding area. This year a Festival Kick-off concert will be held at Acadia University's Convocation Hall on September 24 featuring local/national treasures Matt Andersen and Old Man Luedecke. 'Early Bird' Festival Passes are available until July 10. Your pass gets you into all main stage shows, afternoon collaborations, and access to the Festival Club as 'home base' for the weekend. (An additional fee includes the Thursday night Kick-off Concert.)

Tony Quinn will Emcee the Friday evening main stage at the Festival Theatre. This show boasts the stunning 'Ariana Nasr Chante Piaf'. Ariana (and Andy Flinn) recently wowed the crowd at the Montreal Folk Festival on the Canal as part of an exchange program with the Deep Roots Music

Festival. In return, Montreal country duo, Sin and Swoon will also perform on Friday night, along with another country sensation, Jonathan Byrd and Newfoundland's answer to Leonard Cohen, Amelia Curran.

We are thrilled that Sylvia Tyson, who has helped define Canadian Roots music, will be featured on Saturday's main stage on September 26 along with fellow Juno winners Quique Escamilla and Catherine MacLellan. Adding a feeling of celebration to the concert are The Boxcar Boys (several members were part of the very popular Lemon Bucket Orchestra from last year's Festival) and your host, the effervescent Ian Sherwood.

Darrin Harvey will host the Closing Concert on Sunday. He will reveal the annual Valley Arts Award recipient and introduce popular local acts, The Chimney Swifts, The Hupman Brothers, Ian Janes, and more!

Stay tuned for the full festival schedule and details about our exciting programs such as Deep Roots Music Camp, Artists in the Schools (Terry Kelly), Deep Roots Artist-in-Residence (Andy Stochansky), Artists@Acadia, and more!

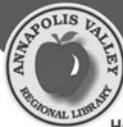
Deep Roots has always been known for the diversity of talented performers it brings together, as well as the numerous opportunities audiences are provided to enjoy homegrown music. This year's 12th Deep Roots Music Festival offers something for everyone's tastes so buy your pass now for a fun-filled fall weekend in the Annapolis Valley. Last year's main stage concerts sold out – don't risk being disappointed this year!

Tickets are available through deeprootsmusic.ca and at any TicketPro outlet.

deeprootsmusic.ca

The FREE Classifieds

This page works on a first-come, first-served basis. Email your classified to: info@grapevinepublishing.ca and, if there's room, we'll get you in. Or, to reserve a placement, pay \$5 per issue (3-issue minimum commitment). Please keep listings to 35 words or less.

 The Hantsport Branch of the AVR Library system *has moved!*
Location: 10 Main St. (former Legion Building)
Name: Isabel and Roy Jodrey Memorial Library
Hours: Tues & Thurs, 2-8pm; Wed & Sat, 10am-2pm
Books • DVD's • Audiobooks • Public Access Computers • Wi-Fi
Tech Tutorials • Free Children Summer Programs | valleylibrary.ca

CAMPS:

SummerArts Camps for Kids: Through July 31 @ Ross Creek Centre for the Arts, Canning. Cabins, a full recreation schedule, campfire and a core of incredible arts programming. Themes such as Under the Sea, Out of Africa, Improv Express, and many more. Ages 5+ **INFO:** 902-582-3842 / artscentre.ca

SummerArts Academies: Aug. 2-14 @ Ross Creek Centre for the Arts, Canning. Masterclasses for young artists to develop their own artistry and to learn to collaborate with other artists across the disciplines in a unique and exciting program. Film, music, theatre, and visual arts. For teens 14-18. **INFO:** 902-582-3842 / artscentre.ca

Children's Fibre Arts Day-Camp: July 27-31, 9am-4pm @ Acadia University Art Gallery, Wolfville. W/artist & educator Margaret Forsey. Felting, dyeing, finger-knitting and more! Also games & play outside. Register at the gallery. **FE:** \$180, all art supplies included **INFO:** 902-585-1373

Summer Camp: July 13-17 @ Gaspereau Valley School. 25 campers max, for ages 6-13. Theme is magic faeries and elves. Led by Micaela Comeau. **FE:** \$250 per child, or \$235 per child from the same family. **INFO/Registrar:** 902-769-2962 / ldunn@eastlink.ca

CLASSES/LESSONS/ WORKSHOPS:

Community Yoga: Wed. & Fri., 12-1pm @ Dance Studio, Downstairs, Old-SUB, Acadia. **FE:** \$5, no charge for Acadia students **INFO:** Carole, cazaflores@gmail.com

Inner Sun Yoga: Classes for every level of student with certified instructors in our inviting studio space. **INFO:** 902-542-YOGA / innersunyoga.ca

Yoga In The Park: Wednesdays, June 10-Aug. 26, 5:30-6:30pm @ Kentville's Oakdene Park (Oakdene Ave.). Sponsored by Kentville Chiropractic and facilitated by Kentville Parks & Recreation **FE:** no charge **INFO:** 679-2539

Taoist Tai Chi™: Learn this ancient Chinese art of well-being. Lions Hall, 78 River St., Kentville: Tuesdays, 6-8pm and/or Thursdays, 11:30am-1pm. Berwick Town Gym: Mondays, 6-7:30pm. Beginner classes start September. **INFO:** Mary Anne, 902-678-4609 / kentville@taoist.org

Experiments in Painting w/Terry Drahos: Centre for Small Farms, Grand Pré, July 11, 1-5pm • An afternoon of experimental painting in acrylic, exploring the formal elements of line, color, and composition found both outdoors and in the studio. Enjoy coffee, tea, chocolate and other treats from Just Us! Coffee. **TIX:** \$100 includes paint, canvas, and afternoon tea. **INFO:** uncommoncommonart@gmail.com

Workshop Soap Stone Carving: Introduction & Advanced Workshops: July 18, Aug 1, Aug 15. Stones / Workshops / Tools **INFO:** 902-760-2298 / soapstonenovascotia.ca

Drawing/Painting Barns: Saturdays, through Aug. 15, 9-11:30am. Learn about barns or share knowledge of barns in an artful way. **FE:** \$100 per person. Minimum of 10 students. One pay-what-you-can space for every tenth student who pre-registers. **INFO/Reg:** Lisa Tondino, 902-582-7749 / houdinidesign@gmail.com

DONATE/VOLUNTEER:

Donate Used Clothing: Flowercart creates work and training for people. Donate your used clothing to Flowercart and keep your donation and the resulting money local. Drop off location 9412 Commercial St., New Minas. **INFO:** 902-681-0120 / lisahammettvaughan@flowercart.ca

Volunteer at the Bridgetown Lions Triathlon: Kids triathlon Aug 1, 2-5pm @ Centennial Pool. Sanctioned Triathlon Event Aug 2 all day @ Jubilee Park. Volunteers needed! **INFO:** Horace, 902-588-2016 / bridgetowntriathlon.com

FOR HIRE/PURCHASE:

Pam's Editing Services: Make your writing look professional! Experienced editor and journalist can help you with: press releases, manuscripts, ads, reports, school essays, proposals. **FE:** \$35/hr. **INFO:** Pam, 902-306-0570 / pamsediting@gmail.com

Let Donna Do It!: Do you have a resume, school paper, or other document that needs editing? Do you have paperwork that needs transcribing, or a business that needs promoting, or another administrative job that needs doing? Let Donna do it for \$35 per hour (\$18 for ½ hour job). **INFO:** donnaaholmes712@gmail.com / facebook.com/letDonnadoit

Violin & Fiddle Music for Classic Events: Music will make your wedding, anniversary or garden party unique and memorable! Reasonable rates. **INFO:** Donovan, 902-542-2242 / d.cassidy@nolan@yahoo.ca

Interior/Exterior Painting: Women in Rollers does accurate quotes, shows up on time to work, and performs to perfection. We even leave your home neat and tidy! Call today for your free estimate. **INFO:** Pamela, 902-697-2926

Hand-Crafted Urn Boxes: Respectful, wooden, locally-made. **INFO:** Farmer Eddie, 902-542-3387

Massiah's Cleaning: The best services, prices and quality of work. Stripping, waxing, deep scrubbing, recoating, buffing, tile & grout, cement & degreasing, carpets & general. Throughout the Valley, 24 hours a day, 7 days a week - even on short notice. Maintenance plans available. **INFO:** Ryan, 902-691-3614

Acupuncture / Chinese Medicine / Herbal Care: #221, 112 Front St. Wolfville (above EOS). Hi, I'm Devorah Fallows & I'm committed to supporting health in our community. Find lasting, overall health by getting to the root of your problem using natural, safe & healthy methods. Specializing in menopause, sexual & reproductive health, emotional balancing & sleep restoration. Children welcome. **INFO:** 902-300-3017 / devorah@oceanbayclinic.com / oceanbayclinic.com

Acupuncture-Tao TCM: A holistic approach to diagnosing and treating almost any health issue based on Traditional Chinese Medicine. Spring special: Complimentary consultation. Provided by Sensei Yula. **INFO:** centrefortheways.com. **Book an appointment:** 902-697-2661 / yula@centrefortheways.com

Errand Runner, Personal Shopper, Light Trucking & Deliveries: Serving your individual needs in the Annapolis Valley. **INFO:** John, 902-698-6766

Tracks on Trails: New dog service based in Wolfville and serving surrounding areas. Dog hikes, training and more! **INFO:** Cheryl, cheryloxford5@gmail.com / tracksontrails.ca

Travel Planning Professional: Take advantage of early booking incentives for 2016 now being offered by many suppliers. Contact me for more details. Professional, friendly service. Valley based. **INFO:** Denise MacMillan with The Destination Experts, 902-692-9581 / 1-866-899-8969 ext 357 / dmacmillan@thdestinationexperts.com

Valley Mac Service: Apple specific on-site tech support & help for home users and small business. Tune-ups, upgrades, configuration, instruction, backups, advice. Macbook, iMac, iPhone, iPad. **INFO:** 902-412-6267 / mark@valleymacservic.com

Sport Cards & Memorabilia: Our inventory is close to a million Sport Cards, all on a database, Price Guides, and Memorabilia. It covers all sports and Nascar Racing. We provide a quick response and can help you. If you are thinking of selling give us the opportunity to talk to you. Like your collection on a database, contact us. **INFO:** fjp@eastlink.ca / 902-678-3653

EMPLOYMENT:

Cook and Counter Service: Between the Buses restaurant is currently looking to fill the position of cook and counter service. We will be providing lunch service for our customers during our blueberry u-pick season. **INFO:** Eileen Kempton, 902-582-1445 x199 / ekempton@mycountrymagic.com

Seeking Church Organist and Choir Director: For Pereaux Baptist Church. Responsibilities, duties and remuneration will be disclosed during the interview process. Interested applicants may email to apply. **INFO:** hawks.mg@gmail.com

Nanny: Seeking a full time nanny to love and care for our two babies, & two children (after school). Starts Aug 24. M-F, 7:30am-4:30pm. Email resume if interested. **INFO:** kecandemk@gmail.com

ACCOMMODATIONS:

House in Falmouth For Rent: Beautiful, 3-storey historic home for rent. Gorgeous rooms with wide plank flooring. Fully updated and restored. \$1400+utilities. Pictures available on request. **INFO:** cobygurl@gmail.com

House for Sale: Wolfville-overlooks Minas Basin. Showhome extras, 4 years old, 1600 sqft 4 bedroom. Custom shed/ deck, professionally landscaped. August 15 possession. Price reduced. Property Guys #57874, and MLS 201501313. Fee to Realtors. **INFO:** Jennifer, 902-300-9190

House Sitting: 30-something professional able to provide house-sitting arrangements,

within Wolfville preferred, car-required if beyond. Available anytime, references available. **INFO:** info@grapevinepublishing.ca

Room For Rent: Full room and board-everything included! Seeking a university-aged student/ graduate student to rent a spacious and comfortable room, in well-kept private and quiet home. Includes furnishing, private bath, laundry facility, free wifi, storage space, beautiful gardens and yard. Healthy meals included. 20 minute walk to university, 2 minutes by car. Two friendly and loving cats live here. \$675/month. **INFO:** 902-542-0649

GENERAL:

Dragon Boat Paddlers Wanted: Needed for the Breast Quest Dragon Boat team. Mon./Thurs. evenings 6-7:30pm at Windsor waterfront. No experience necessary. Breast cancer survivors and supporters welcomed. **INFO:** 902-542-1466 / margotwithat@hotmail.com

Mission Trip to Israel: See the real Holy Land as our small group travels to the Land of the Bible with both touring and volunteering this fall. Email for details. **INFO:** bwwatson59@gmail.com

ADHD/Anxiety Study: Does your child exhibit symptoms of ADHD or anxiety? Are you an adult who suffers from anxiety or low mood? Please participate in Acadia University Probiotics and Mental Health Research Lab study. See page 7. **INFO:** probioticstudy.com

Seeking Green Party Candidate: For the Kings Hants riding for the upcoming federal election. Ideal candidate is an engaged community member who plays an active leadership role either at work or as a volunteer, and is willing/able to speak in public - at debates, meetings, interviews. A team is waiting to guide and support you! **INFO:** Sheila Richardson, [sheilagrichardson@gmail.com](mailto:sheilagrighardson@gmail.com)

Kings SPCA Play for Paws 50/50 Weekly Draw!: Join in the fun! Only costs a toonie to play each week and you must play to win! Please visit us online for details on how and where to play! **INFO:** facebook.com/kingsspca5050

Wolfville Community Chorus: Join us Wednesdays (5:30-7pm, Wolfville), starting in Sept. for a brand new and exciting line up of music. No experience necessary. We share our music with seniors' and nursing homes by providing free concerts. Feel good, do good, and have fun! **FE:** \$180 for the year (\$90 per term) **INFO:** 902-542-0649 / susan_dworkin@hotmail.com

Hall's Harbour CAP Site: 3586 Highway 359, Tues.-Fri., 10am-5pm through Aug. 28. Come in and meet your summer youth intern for tutorials or one-on-one training. **INFO:** Kali McMullin, 902-678-7001

Tech Help: Looking for technology help? Call now to schedule your one-on-one help with tablets, eReaders, email, Facebook, smartphones, and much more! **FE:** no charge **INFO:** Berwick Library, 902-538-4030 / Kingston Library, 902-765-3631

Tennis Tournament Entries: Register for the Mud Creek Tennis Tournament at the Wolfville Tennis Club (July 25, 26). Men's singles and doubles, ladies' singles and doubles, mixed doubles. Entries close July 21, 8pm. **INFO:** wolfvilletennisclub@gmail.com

MIKE UNCORKED: SUMMER READING 2015 Mike Butler



What's better than sitting on your deck on a nice summer's afternoon or evening; eating from a bowl of green or red grapes; maybe having a small plate of Fox Hill Cheese handy; sipping a nice, tall glass of wine (I would drink white, but to each

his own!); and reading a good book? Oh I love reading, and summer, and wine! Here's a list of the must-reads for the season!

As some of you know, because I've mentioned it in previous summer-reading articles, I always start my summer with Virginia Woolf's *Mrs. Dalloway*, easily one of my favourite books of all time. Do you have a favourite book? I suggest you kick off the summer with an old faithful before finding some new material; it's always been my way!

If you're a fan of thrillers, then you can't go wrong with *The Well* by Catherine Chanter, *The Convictions of John Delahunt* by Andrew Hughes, *Paradise Sky* by Joe Lansdale, *Time of Death* by Mark Billingham, *Palace of Treason*

by Jason Matthews, *The Jezebel Remedy* by Martin Clark, *Freedom's Child* by Jax Miller, or *Hell's Gate* by Richard Compton.

New in paperback that you should consider are *The Vacationers* by Emma Straus, *Euphoria* by Lily King, *The Lobster Kings* by Alexi Zentner, *Whisky Tango Foxtrot* by David Shafer, *The High Divide* by Lin Eger, *The Director* by David Ignatius, *It's Not Me It's You* by Mhairi McFarlane, and *The Hearth and Eagle* by Anya Seton.

I'm currently in the middle of a 14-performance run of the show *Leading Ladies* at CentreStage (Kentville), it's a must-see farce with many similar elements to Shakespeare's Twelfth Night. As I was rehearsing for this play I decided to revisit some of my favourite Shakespeare works and I encourage you to do the same. After hundreds of years, his works such as *Macbeth*, *Hamlet*, *Merchant of Venice*, or *Measure for Measure* still stand strong. Chose a comedy like *Midsummer Night's Dream*, *Much Ado About Nothing*, or *Twelfth Night* to tickle your funny bone. To Read or Not To Read... that is the question and there's only one answer!

Grab your bathing suit, sun block, a bottle of Benjamin Bridge Tidal Bay, and one of these

must-reads for the beach: *China Rich Girlfriend* by Kevin Kwan, *In a Dark, Dark Wood* by Ruth Ware, *Bennington Girls are Easy* by Charlotte Silver, *The Invasion of the Tearling* (great Fantasy series) by Erika Johansen, *Everybody Rise* by Stephanie Clifford, *Circling the Sun* by Paula McClain, *Barbarian Days* by William Finnegan, or *The Hand That Feeds You* by A.J. Rich.

I hate the term "Chick-Lit" but there're some books that I've heard every woman should read this summer for a hearty laugh and some self-reflection. There's more on the shelves than *Fifty Shades of Grey* ladies, so pick up *Intimacy Idiot* by Issac Oliver, *Primates of Park Avenue* by Wednesday Martin, *Wild* by Cheryl Strayed, *The Birth House* by Ami McKay, or *Dietland* by Sarai Walker.

Two books on the top of my list this summer are *Something Must Be Done About Prince Edward County* by Kristen Green, and a short story collection called *In The Country* by Mia Alvar. Also, novels to check out that are getting some great buzz are, *Summerlong* by Dean Bakopoulos, *Day Four* by Sarah Lotz, and *The Book of Speculation* by Erika Swyler. And I just finished one of the most powerful books I've ever read, called *The Diving Bell and the Butterfly* by Jean-Dominique Bauby. Reminiscent of *My Left Foot* by Christy Brown, it's a

true story about a man dealing with incredible life challenges. Definitely pick this one up! I've also recently discovered author Christopher Moore and highly recommend his novels *Lamb*, *Fool*, *A Dirty Job*, *The Serpent of Venice*, and *Bloodsucking Fiends*!

My summer might also include some Agatha Christie Mysteries, some True Crime schlock, the new Stephen King thriller *Finders Keepers*, or maybe a comedic memoir about John Candy or Lucille Ball. My bookshelves are overflowing so you never know. But I do know that I will conclude my summer (about late September) like I start the summer by reading adventure - an old faithful favourite, Alice Walker's masterpiece *The Color Purple*.

And where do you find these selections? Well, for descriptions I would suggest going online but definitely shop local at either Box of Delights, Rainbow's End, or The Odd Book in Wolfville; Reader's Haven in Windsor; Books Galore in Coldbrook; or Blue Griffin Books in Middleton (which I recently discovered and fell in love with!) Check out their websites and Facebook pages for summer hours! And don't forget to pass along books and recommendations to others. Spread the word and happy reading everyone!

ST. JOHN'S SUMMER BENEFIT CONCERT SERIES

St. John's Church, Port Williams Corner of Hwy 358 & Church St.
all concerts begin at 7PM | admission by free will donation

July 12th The Hupman Brothers all proceeds to L'Arche Homefires	August 16th Thomas McCallum all proceeds to The Valley Hospice Foundation
July 26th Ariana Nasr Chante Piaf all proceeds to Chrysalis House	August 30th Kim Barlow & Heather Kelday all proceeds to Nova Scotia Sea School

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Valley Summer Theatre toll-free: 1-877-845-1341
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Old Holy Trinity Church,
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Tickets: \$20, available at Blue Griffin Books, Middleton, 902-363-2665 and Middleton Pharmasave, Middleton, 902-825-4822, and at the door.

Tuesday, July 14 at 7:30 pm
Manning Memorial Chapel, Acadia University,
Wolfville

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