

THE GRAPEVINE

ARTS
CULTURE
COMMUNITY

June 2 - 16, 2016

Issue No. 13.09

5000 copies

FESTIVAL GUIDE

ART WHERE YOU LEAST
EXPECT IT: UNCOMMON
COMMON ART P.2

MIKE MUSES ON MEXICO,
MORRIE, AND THE
MEANING OF LIFE P.6

MORE THAN ONE WAY
TO EAT A DANDELION,
P.7 & P.18

A FREE PAPER FOR THE PEOPLE WHO FIND THEMSELVES IN THE ANNAPOLIS VALLEY

FIND ART IN YOUR BACKYARD!

Genevieve Allen Hearn

Now in its ninth year, Uncommon Common Art (UCA) has brought public art to the forefront in the region. The seasonal project brings visual art out of institutions and galleries, and into unexpected places such as farmer's fields, walking trails, the Bay of Fundy shore and backyards.

UCA highlights two of Kings County's greatest assets — the natural beauty of the Minas Basin Valley and the abundance of creative people who live in the area. Installations will be ready for viewing June 1st, and the guidebook can be found in galleries, coffee shops, visitor information centres, and other destinations across the Valley. Picking up a guidebook and embracing the treasure hunt for art in the natural environment has become a popular summer activity among locals and tourists alike!

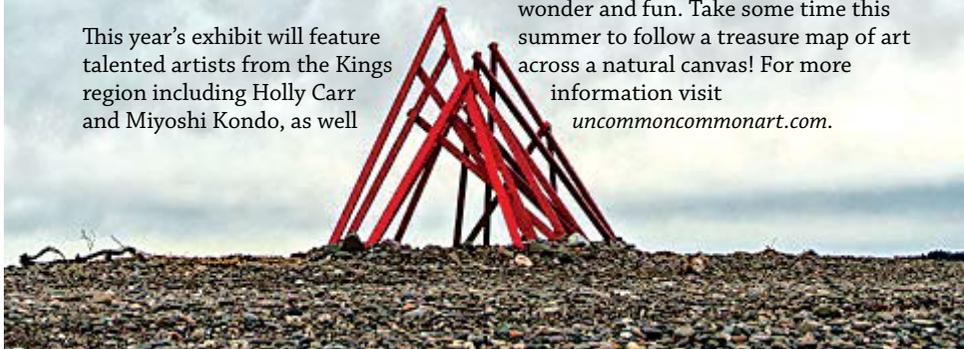
This year's exhibit will feature talented artists from the Kings region including Holly Carr and Miyoshi Kondo, as well

as celebrated artists from across the province including Ericka Walker, Barbara Louder, and Andrew Maize.

Artistic Director, Terry Drahos states, "Our goal each year is to present an ever-increasing cultural experience. This year many of the artists address issues around environment and land usage. UCA 2016 is both entertaining and thought provoking."

New this year is a day-long guided tour on August 6th led by Drahos. This is a full day of art, food, libations, and hospitality as well as an insider look at UCA. The deluxe couch tour will take participants to 10 of the 16 installations in Wolfville, Grand Pré, Scot's Bay, and Kentville.

Explore your backyard with a sense of wonder and fun. Take some time this summer to follow a treasure map of art across a natural canvas! For more information visit uncommoncommonart.com.



Artist: Gimmy Killin (Stop 10).
Photo credit: Ernest Cadegan

ON THE COVER:

ABOUT THE COVER PHOTO

When: May 28, 2016

Where: New Minas

Why: I love the Midway and fair, best part of the festivities, especially at night. All the carnival food and cheesy prizes, fun!



ABOUT THE PHOTOGRAPHER

Who: Jessica Van Luxemborg

Where: Kentville, NS

Why: I love capturing images of the everyday and the emotional connections that go with them – basically beauty in the everyday! My images are a reflection of what I see in the now and my memories.



Website & Contact Info:

[facebook.com/jessicavanluxemborgphotography](https://www.facebook.com/jessicavanluxemborgphotography)

Jessica van Luxemborg
PHOTOGRAPHY

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WHO'S WHO: PHILIPPE ISLER — MINDFULNESS OVER MATTER

Mike Butler

"Excuse me, you write for the Grapevine right? Well, do you do book reviews?"

"I write a lot about literature and yes, I make book recommendations all the time. Is there a particular book you'd like me to mention?"

"Yes there is... mine!"

And with that little bit of over-the-counter coffee shop banter, I sealed the deal to write about local author (and so much more) Philippe Isler. Within 24 hours of this encounter he'd hand-delivered a copy of his book. To write about a writer is a very daunting task. I am not a professional author, but I feel like I have the chops to create a piece of writing worth reading and to have an author ask me to write about him, well, that's quite a nice feeling.

Before the book, let's chat a bit about the author. Philippe Isler, with his wife Carole, moved to Wolfville 18 years ago with their four kids. (The kids are all long gone, now. Currently, three are in Toronto and one in New Zealand.) Philippe and Carole are originally from Montréal, and first lived a year in Lunenburg before coming to Wolfville. They left Montréal and came to Nova Scotia because they were tired of living in the big city, tired of the politics, and wanted a slower pace and a more grounded lifestyle. Although for many years it meant commuting to Halifax for work, Wolfville was the perfect place for them to raise their kids.

This section falls under the "he is so much more" area of Philippe's life and work as we discuss his career.

Philippe states, "I am a psychologist in private practice. At this point, I still work two days a week in Halifax, but my primary office is in Kentville. My first degree was in Communication Studies, including film and TV production, but at a certain point I went into therapy to have help with some issues and the experience was transformational for me. I felt I was finally able to connect with my authentic self and to set out on the path of being that person in this world. That is what inspired me to go back to school to get my degree in Counselling Psychology, and to go to private practice."

When asked about what he loves about his work (as I can imagine, like with most jobs, there has to be some motivating factors), he said, "It would take a couple of hours to tell

you everything I love about my work. But briefly, every way, and each time, that I am able to help somebody be more at peace with themselves and better able to connect with, be, and express their true, authentic selves, makes me incredibly joyful and grateful to be doing this work." I don't think there could have been a more perfect answer to that question and, working within that field, those are perfect elements of motivation.

The title of Philippe's premier literary feat is called *Listen to Your Heart: Using Mindfulness to Make Choices That Are Right for You*. This book is about learning how to become free from the difficulties we can get into when making decisions — difficulties that can result in indecision, self-doubt, guilt, regret, anxiety — by tapping into our internal wisdom, our embodied intuition, where we absolutely know what is right for us.

As Philippe describes in the book, "I am someone who used to suffer a lot from over-thinking, self-doubt, and anxiety, to the point of being paralyzed in making decisions. Part of my process of resolving this involved discovering and using Mindfulness, as well as heart-focused meditations. I learned through experience that while my mind could construct arguments for making two very different decisions, and could worry about what was the "right" decision, or about what other people might think or say, my heart will only say "yes" to one choice among a set of options." In just reading a small portion of the book, I was able to grasp Philippe's intentions and I could see the book benefiting many who are plagued with the same afflictions as him.

The book is currently only available online through all the usual channels, but Philippe is doing his best to get it into bookstores in Nova Scotia, beginning with small independent bookstores. SO, mark your calendars as Philippe will be doing a book launch at The Box of Delights Bookshop in Wolfville on June 23. For now, you can see more about the book on his website transformationaltherapy.ca/content/listentoyourheart.

In his spare time, now that the kids have flown the coop, Philippe enjoys spending time with Carole, reading, working in the vegetable garden, and now, promoting his book!

Because he came upon the work he does fairly late as career choices go, and as a result of some life-changing experiences through his personal psychotherapy, it's way more than a job, or even a vocation; it is a passion and



a life purpose. Exploring the cutting edge of both research and practice, with things like Energy Psychology, and other energy-focused work is a real passion that Philippe spends a lot of time engaging in. He says, "I have been attending the annual Canadian Energy Psychology Conference in Toronto for many years; this year it will be in Halifax in September and I will be presenting a talk on the role of Presence in the therapeutic relationship. My primary focus is always quality of life and living an authentic life. My career grows organically out of that, rather than the other way around."

In these profiles, I tend to put some emphasis on the life dreams of my subjects. Everyone has a dream and Philippe always wanted to be a writer, and he has finally written his first book. I encourage you all to pick up a copy and embrace its contents and please follow Philippe's blog: [Conscious Embodiment: The Practice of Being Present transformational-therapy.ca/blog](http://ConsciousEmbodiment:ThePracticeofBeingPresenttransformationaltherapy.ca/blog).

Be MINDFUL of Philippe Isler and his many talents! Cheers!



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FURRY FEATURE



Kelsey is approximately 1.5 years old. She's an active girl with a sweet personality, very much a puppy at heart who wants nothing more than to please her people. She is working on her first impressions but if you give her a chance you'll see her true colors; an adoring and happy dog who just wants some belly rubs. Obedience enrollment is mandatory for Kelsey as she is excitable and needs to learn about impulse control. She is very smart and such a quick learner! She has progressed greatly with her manners since being in the shelter. We know she is going to make someone very happy! Kelsey is often over-looked because of her excitable personality, but she is a real diamond in the "ruff".

You can meet Kelsey at the Nova Scotia SPCA Kings branch. Tuesday to Thursday 11am to 7pm, Friday to Sunday 10am to 4pm. Located at 1285 County Home Rd, Waterville. Check us out online at spcans.ca/kingscounty, or look us up on Facebook, or contact us at 902-538-9075.



UPDATE

Malcolm is still available.

Wolfville Animal Hospital
12-112 Front St
Wolfville | 902-542-3422

CORRECTION

Thanks to Connie Millett, an error in our last issue was noted. In our 'Kids Way Back When' article featuring a sampler held within the collection at Randall House Museum, Mary Payzant's name accidentally appeared as 'Mary Payment'.



Keith Irving
MLA Kings South

Please come out to my satellite office at the Coldbrook Heritage Hall on Monday, June 6 from 9 - 4:30pm to share your issues and ideas.

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- DOUBLE BLOCK \$84 - \$117
- FOUR BLOCK \$160 - \$226
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- ARTS EVENT POSTER \$72 - \$110

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★ June 30: Submissions - June 10 | Ads and Listings - June 20

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and issuu.com/thevalleygrapevine

WHERE TO FIND US

WINDSOR: Fry Daddy's, Lisa's Cafe, T.A.N. Coffee

FALMOUTH: Fruit & Vegetable Company, Petro-Canada

HANTSPORT: Jim's Your Independent Grocer

AVONPORT: Cann's Kwik-Way

GRAND-PRÉ: Convenience Store, Domaine de Grand Pré, Just Us! Café

GASPEREAU: Gaspereau Vineyards, Lockett Vineyards, Reid's Meats & Kwik-Way, XTR Kwik-Way

WOLFVILLE: Carl's Your Independent Grocer, Cuts Meat Market, Eos Natural Foods, Just Us! Café, Il Dolce Far Niente Espresso Bar, T.A.N. Coffee, Library, Wolfville Farmers Market

GREENWICH: Avery's Farm Market, Edible Art Cafe, Elderkin's Farm Market, Hennigar's Farm Market, Noggins Corner Farm Market, Stems Cafe, Stirling's

PORT WILLIAMS: Fox Hill Cheese House, Planters Ridge, Sea Level Brewery, The Noodle Guy

CANNING: Degraaf's Kwik-Way, ValuFoods

NEW MINAS: Boston Pizza, Captain Sub, Irving Big Stop, Jessy's Pizza, Long and McQuade, Milne Court Petro-Canada, Pita Pit, Swiss Chalet

KENTVILLE: Designer Café, Jason's Your Independent Grocer, T.A.N. Coffee, Valley Regional Hospital

COLDBROOK: Access Nova Scotia, T.A.N. Coffee, Callister's Country Kitchen, Foodland, Vicki's Seafood Restaurant

BERWICK: Driftwood Restaurant, Jonny's Cookhouse, Luigi's Pizza Palace, North Mountain Coffeehouse, Rising Sun Cafe,

Union Street Café, Wilsons Pharmasave

AYLESFORD: Chisholm's Pharmacy, Tina's Cafe

KINGSTON: Avery's Farm Market, Green Elephant Cafe, Library, Pharmasave, Needs Convenience

GREENWOOD: Avery's Farm Market, Country Store, Flight Line Cafe, Valley Natural Foods

MIDDLETON: Coffee Garden Cafe, Middle Town Sweets

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WAY BACK WHEN

Emily Leeson

All photos courtesy of Randall House Museum | 259 Main Street, Wolfville, NS | 902-542-9775, wolfvillehs.ednet.ns.ca

TITLE: Mayflowers
DATE: Circa 1900
MATERIALS: Wood
MARKS: On paper label attached to back: Mayflowers by Miss Lucinda Bancroft of Tupperville, Anna. Co.

NARRATIVE: Although the name Lucinda is on a paper label, this work was very possibly painted by Lucilla Olivia Bancroft, daughter of Elisha Bancroft. Lucilla was born April 2, 1838 and died March 30,

1930 in Wolfville. She was a music teacher by occupation and a widow at the time of her death. Her family was from Round Hill, Annapolis County, where Lucilla was also buried which is where the donor was also born. The 1911 census lists a Lucilla Bancroft living in Round Hill with her brother's family – one of his children had the same name as the donor, so Lucilla was probably the donor's aunt. The donor was related to Helen Beals and her

mother, both noted local artists. Still-life painting was popularized in the seventeenth century in the Netherlands and spread throughout Europe. The seventeenth century iteration of the genre arose from urbanization and an increased emphasis on personal objects and everyday items. By the Victorian period, the interest in still life emerged from an increased desire to generate realistic images.

Women in particular created still life paintings due in large part to social restrictions. Flowers were especially popular for their feminine associations. In this painting, Lucinda has attempted a still life of flowers. The basket of flowers is sitting on a table that tilts at an unrealistic angle towards the viewer. Lucinda would be considered an amateur or hobby painter.

THE CROSSWORD

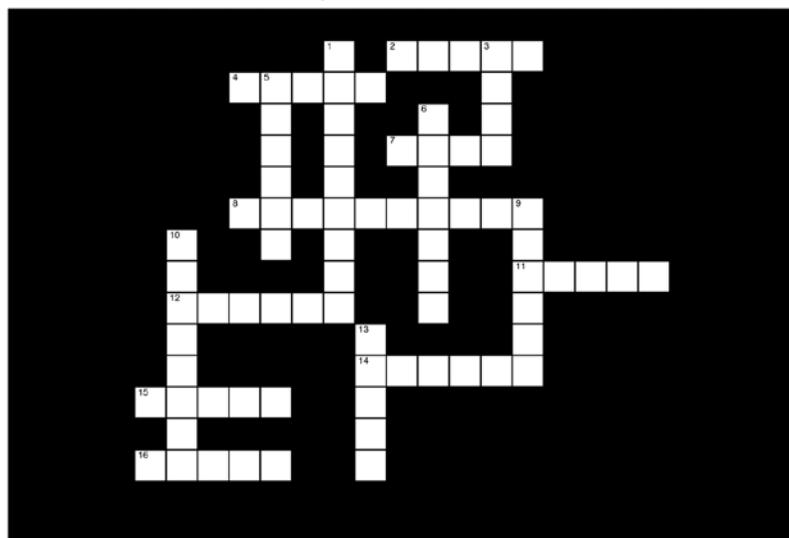
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WIN! Complete this crossword, then submit it to Naked Crêpe for your chance to win a dessert crêpe!
Just leave your contact information below this puzzle & submit the puzzle.
Last winner was Amanda Hugginkins

NAME THAT QUEEN *Donna Holmes*

(Today's clues refer to past Apple Blossom Festival Queen Annapolis and are organized by: Year, Hometown, First Name, and clue about Last Name)
By Donna Holmes :o)



Across

2. 1951, Hantsport, Adria ___ (the colour of mud)
4. 1979, Hantsport, Patianne ___ (Mr. Dressup's puppet friend who hangs out with Finnegan)
7. 1965, CFB Greenwood, Leslie ___ (perhaps she also likes Martinis shaken, not stirred)
8. 1945, Wolfville, Irene ___ (same last name as "Happy Days" family)
11. 1996, Canning, Cherie ___ (Mel Gibson's character in Lethal Weapon movies)
12. 1947, Annapolis Royal, Gladys ___ (operator of machine that grinds wheat, etc. to make flour)
14. 1957, Windsor, Nancy ___ (Spruce Goose creator)
15. 2009, Kentville, Lindsay Margaret ___ (pretty round thing made by an oyster)
16. 1939, Port Williams, Geraldine ___; AND 1956, Berwick, Janet ___ (Superman's first name)

Down

1. 1935, Bridgetown, Margaret ___ (one who carries information to others)
3. 1936, Windsor, Helen ___ (stuff that trees are made of)
5. 1933, Middleton, Mary ___ (protective metal clothing that jousters used to wear)
6. 1969, Aylesford, Helena ___ (sounds a bit like "who's there" and means "fern-like" and is one of the main families into which modern perfumes are classified)
9. 1985, Kingston, Kimberley ___ (the world's most finicky cat who only eats 9Lives cat food)
10. 1952, Digby, Marilyn ___ (I doubt she was named after this common soup brand)
13. 1999, New Minas, Julie ___ (colour of snow)

NAME: _____

CONTACT: _____

EAT TO THE BEAT

(Schedule subject to change)

THURSDAYS: 2, 9, 16

Edible Art Cafe (New Minas):
Marshall & Lake (2nd, 9th)
12pm

Troy Restaurant (Wolfville):
Ron Edmunds Duo (2nd) 6pm

Spitfire Arms Alehouse
(Windsor): Open Jam Session
(2nd, 9th, 16th) 7pm

Kings Arms Pub by Lew Murphy's (Kentville):
The Tony & Lenny Show (2nd, 9th, 16th) 7:30pm

Library Pub (Wolfville): Tony Wood (2nd, 9th, 16th) 8pm

FRIDAYS: 3, 10

Edible Art Cafe (New Minas):
Marshall & Lake (3rd, 10th)
12pm

Kings Arms Pub by Lew Murphy's (Kentville):
Paul Marshall (3rd), Paul Brushett (10th) 5:30pm

Blomidon Inn (Wolfville): Jazz Mannequins (3rd) 6:30pm

Joe's Food Emporium
(Wolfville): John Duggan (3rd), Al King Band (10th) 8pm

Spitfire Arms Alehouse
(Windsor): Jesus Murphy (3rd), Dan McArthy (10th) 8pm

Union Street Café (Berwick):
Open Mic (6th, 13th) 8pm

Oaken Barrel Pub (Greenwood):
GuyPaul Thibault (3rd), SWIG (10th) 8pm

The Port Pub (Port Williams):
Freddy (3rd), Mark Riley (10th)
8pm

Dooly's (Greenwood):
Open Mic w/Lost Vegas (3rd) 8:30pm

Dooly's (New Minas):
Karaoke w/Denny Miles (3rd) 10pm

SATURDAYS: 4, 11

Farmers' Market (Wolfville):
Kings Of Delusion (4th) 10am,
George Symonds (11th) 9:30am

Edible Art Café (New Minas):
Carl Boutilier (4th), John Tetrault (11th) 12pm

The Noodle Guy (Port Williams):
The Noodle Guy's Spaghetti Jam (4th, 11th) 1:30pm

Union Street Café (Berwick):
Frank Dobbins Cabaret Troupe
SOLD OUT (4th) \$25 +tax & fees 5pm

Joe's Food Emporium
(Wolfville):
Kitchen Party by Marshall & Lake w/Weekly featured guest (4th, 11th) 6pm

Spitfire Arms Alehouse
(Windsor):
The Island Boys (4th), SWIG (11th) 8pm

Oaken Barrel Pub (Greenwood):
Country Night (4th) 9pm,
The Groove Kings (11th) 8pm

Paddy's Pub (Kentville):
Music by Shadow River (11th)
\$15 +tax 8pm

Paddy's Pub (Wolfville):
Tristan Legg (4th), Ron Edmunds Band (11th) 9pm

King's Arms Pub by Lew Murphy's (11th) 8:30pm
(Kentville):
Shawn Hebb Trio (4th), Skin & Jones

Tommy Gun's (Windsor):
Eddy's Basement (11th) \$5 10pm

Capitol Pub (Middleton):
Atherton's Child (4th), 80's Tribute Band Poison Cherry (11th) 10pm

MONDAYS: 6, 13

Edible Art Café (New Minas):
Ron Edmunds Band (6th) 12pm

Paddy's Pub (Wolfville):
Open Mic w/Cas McCrean (6th), w/James Junger (13th) 8pm

TUESDAYS: 7, 14

Edible Art Café (New Minas):
Ron Edmunds Band (7th) 12pm

The Port Pub (Port Williams):
Open Mic (7th, 14th) 7:30pm

TAN Coffee (Wolfville):
Open Mike & Donna (7th, 14th) 8pm

WEDNESDAYS: 8, 15

Edible Art Café (New Minas):
David Filyer (8th) 12pm

Farmers Market (Wolfville):
Rod & Ron (8th), John Tetrault (15th) 5pm

Union Street Café (Berwick):
Old Man Luedecke SOLD OUT (8th) \$20 8pm



HOLLY CARR'S "BUTTERFLIES" SILENT AUCTION AT HARVEST GALLERY

Judy Van Amerongen

Holly Carr has donated one of her original silk paintings to Light 4 Learning. We are taking silent bids on this beautiful painting titled "Butterflies". Light 4 Learning is raising money to purchase rocket stoves and trees for 50 families in a rural village in Uganda. The painting is currently on display at Harvest Gallery, Main St., Wolfville and will be there until June 10.

LIGHTING TIPS: WHERE BAD LIGHTING REARS ITS UGLY HEAD

Deborah Nicholson

Deborah Nicholson is a Lighting Designer, Interior Decorator, blogger, and artist located here in the Annapolis Valley. Whether she's helping you pick out the perfect chandelier or ideal accent chair, bringing a smile to your face with her artwork, or using her blog to inspire you to simplify, de-clutter, and downsize, Deborah is always following her passion – helping people create beautiful, functional, harmonious homes for themselves and their families.

Look at this first picture: Well, don't I look all smooth, wrinkle-free, and peachy – great way to start the day! Slept well, coffee in hand, showered, and facing the mirror for morning make up. OK, compare that to the next one: Rough night, ran out of coffee, just stubbed my toe on the... hold on! This is actually two minutes later. All that's changed is the lighting! We better take a closer look at this lighting situation...

There are many ways to achieve great task lighting in front of your mirror. Task lighting for grooming needs three major elements to be flattering and effective:

Position: The centre of the light source needs to be 2-3" above your eye level and placed on both sides, each at about 12-18" from the centre of the mirror. If your only junction box is overhead? Diffuse. Diffuse. Diffuse!

Diffusion: No matter what the situation, when it comes to looking good, diffusion is



our friend. This can be achieved in many ways. For starters, install 8" x 4" or larger white opaque glass fixtures, add in the tallest, widest mirror you can manage, and paint white or light neutral walls. You'll be looking good! Quality: Looking purple? Green? Ghostly? Those lightbulbs have got to go! Remember Tammy Faye Bakker? She probably had an old 40 watt incandescent burning in her bathroom. A few dollars spent on top quality LED bulbs in the 3000K-4500K colour temperature range will be an investment in your self-confidence.

A lighted magnifying mirror is handy at any age and for those of us over 40, it's a must. As we age, we don't see the little details quite so well. Good task lighting around your bathroom vanity means that you'll be ready to go forth with the confidence in knowing that if you look good in front of your mirror, you'll look spot-on wherever your day takes you!

deborahnicholson.ca



MIKE UNCORKED: MEXICO, MORRIE, & THE MEANING OF LIFE

Mike Butler

A journey, by definition, is the act or instance of traveling from one place to another. This "place" can be of a spiritual, mental, or physical nature but regardless, it's a journey if you find yourself changed or translated having visited this new place. In the last 40 days I have been on a handful of journeys and I want to tell you about them.

It had been six years since I had taken a vacation of any great length to a destination outside of Canada, but after months of planning, I hopped on a plane with my partner and flew to Mexico for a seven-day retreat at one of the most heavenly resorts I've ever seen. We planted ourselves (his parents were already there) on the beach and, after a very chaotic year of switching jobs, three family members passing, and many plays, and writing assignments, I RELAXED in what felt like the first time in a decade. I took a journey with the love of my life (our first time traveling together) and within seconds, I was at peace with a tranquil mindset in glorious heat which lifted my spirits and allowed me to escape.

During my time in Mexico I tried some new things. Snorkelling was an incredible journey into the world of sea turtles, schools of fish, salt water grit, and coral reefs and it was extraordinary. The resort also offered a variety of yoga classes so I took part in an introductory class. With the sounds of the water and Mexican birds around me, and to counteract that tranquility, I also took part in some poolside Zumba classes (I was really much better at the Zumba than the Yoga). Both experiences were invigorating to my system and a challenge, which was nice, even being on vacation.

The act of vacationing does not mean you have to sloth your way through the week. Yes, I laid in the sun a lot, read four novels, and had sufficient quantities of Mexican coffee, umbrella drinks, and enough guacamole to fill an Olympic sized swimming pool, but, I also had the chance to get active and have fun, and take my body and mind on a journey to the unknown. I'd be crazy not too.

On one of my final days, I journeyed to Tulum, the site of a pre-Columbian Maya walled city serving as a major port for Coba. The ruins are situated along the east coast of the Yucatan Peninsula and was one of the last cities built and inhabited by the Maya. The ruins were stunning and in-between travelling the paths, gulping at the gorgeous view, and spotting the gazillion iguanas sunning themselves, I took photos and learned a lot of history. I'm a history buff so I couldn't travel to a far away land without receiving a little local education.

If you're planning a trip this summer either with family, friends, or by yourself (those are

some of the best journeys!), then I strongly suggest planning ahead. Maybe there's a theatre performance, an intimate concert, some shopping destinations, historical properties, or special excursions that make that place unique. Or, do the opposite if that's how you want to play it out. Don't plan very much and then, when you arrive, put on some comfortable shoes and just go walking through the town, stop for coffee at the little coffee shop on the corner, chat with some locals, and breathe in your surroundings!

So that was Mexico and I'm already booked for another trip there next year! But I had an equally magnificent journey here at home before I left and it continued when I returned. I bookended my vacation with a new theatrical journey — a play called *Tuesdays With Morrie!*

Tuesdays with Morrie is the autobiographical story of Mitch Albom, an accomplished journalist driven solely by his career, and Morrie Schwartz, Mitch's former college professor. Sixteen years after graduation, Mitch happens to catch Morrie's appearance on a television news program and learns that his old professor is battling Lou Gehrig's disease. Mitch is reunited with Morrie, and what starts as a simple visit, turns into a weekly pilgrimage and a last class in the meaning of life.

I had read the bestselling book many years ago and was deeply moved, and transformed by its words, so to be a part of the play, turning myself into Mitch Albom, and living the Morrie experience with my co-star Bryen Stoddard, has been one of the most rewarding experiences of my life. We've shared laughs, a lot of tears, and many life memories while building new ones in the creation of this story. For anyone who's loved and lost someone, fought a battle, helped a friend, lived through every emotion life has thrown at them: this theatrical experience unlike anything else, this is the play to see.

Tuesdays with Morrie is playing June 3, 4, 10, 11, 17, and 18 at 7:30pm with a matinee performance on Sunday, June 12 at 2pm. All performances will be presented in the Upper Performance Centre at CentreStage Theatre in Kentville. Tickets are \$10 for this one-act play and, following the run of the show, a donation will be made to the ALS Society of Nova Scotia in their efforts to combat this disease, and to support those who must live with it. It is recommended to call 902-678-8040 for reservations as seating is limited. Come see the play and stay after to chat with us over coffee or tea.

Take time for yourself, enjoy life, love those around you, and make them a priority. Take a journey... it's worth it!

FOOD & DRINK



BACKYARD AND KITCHEN ADVENTURES

Avery Peters

You see them everywhere but you either view them as pesky or you just walk across them without another thought. On the contrary, you may be the type who makes flower crowns and rolls in the grass. I've been playing in the grass a lot more often now thanks to my 1-year-old, Llewyn, and it has me seeing things differently, dandelions being one of those things. So I decided to bring dandelion flowers into the kitchen too. Many already eat dandelion greens, but I have to admit I'm not totally into the greens yet. So I decided to start cooking with the "pretty" part of dandelions to change my view.

I went over to another neighbour's house (see a trend here? — last time it was for forsythia), as my backyard is definitely not dog-free and I didn't want to risk any unwanted ingredients. My neighbour was happy to oblige: "You can come over to pick the weeds anytime!" Llewyn and I spent the afternoon on a beautiful warm day in the sunny backyard with the bees.

Back in the kitchen I prepared the flowers, removing the green base and stem. With my pollen stained fingertips I inhaled the sweet honey smell and was immediately transported back to childhood afternoons in the backyard, rolling in the grass. It makes me want to take up making flower crowns — somehow I never did when I was young.

When you're picking dandelions, make sure you get the younger flowers since they're sweeter and honey-like. The mature flowers can be bitter (as with the greens). Make sure you get your dandelions from a clean and low traffic area, and do not wash them to preserve the flavour. There are many ways to use dandelion flowers — in dandelion wine, jam, and salads, but I decided to try out dandelion flower fritters.

Fritters are basically a muffin batter without the butter. They're a great vehicle for all sorts of feature ingredients, including flowers. You can make the batter with milk, stock, or even beer. For this recipe, I kept things simple and used water with a hint of lemon juice to let the dandelion flavour come through.

Dandelion Flower Fritters and Shallot Aioli

For the Aioli

- ½ a shallot
- 2 garlic cloves
- 1 large egg yolk
- 3 tsp fresh lemon juice
- ½ tsp Dijon mustard
- ¼ cup extra virgin olive oil
- 3 tbsp vegetable oil

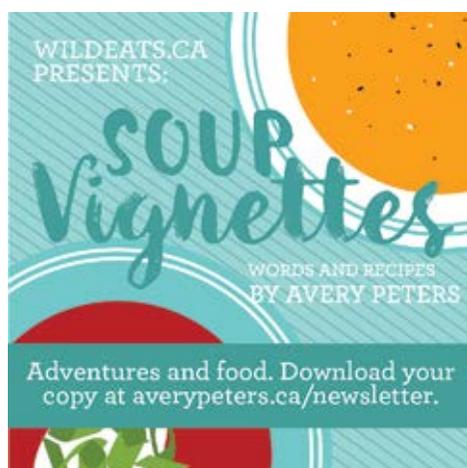
Finely mince the shallot. Place in bowl with a teaspoon of lemon juice to macerate. Finely mince the garlic with a pinch of salt and let sit until you get the rest of the ingredients together. Whisk together egg yolk, the remaining 2 teaspoons of lemon juice, and mustard. Combine the two oils in a separate bowl. Slowly add the oil to the egg yolk mixture, whisking as you do to emulsify the ingredients. If they separate, stop and whisk a bit more and continue. Stir in the minced shallots and store in the fridge until you are ready with your fritters.

For the fritters

- ¾ cup prepared dandelion flowers
- ¾ cup all-purpose flour
- ½ tsp salt
- 1 tsp baking powder
- ½ cup water
- ½ the juice of one lemon
- 1 large egg
- 1 tbsp of finely chopped chives

Prepare the dandelion flowers by removing the green flower base and stem. You may shred up the flower a bit, but don't worry about this. They're going to get mixed in the batter anyway. Mix flour, salt, and baking powder in a bowl. In another bowl, whisk together water, lemon juice, egg, and the chives. Combine the wet and the dry ingredients and then fold in the dandelion flowers. Preheat a frying pan with a thin layer of oil to cover it. Place tablespoons full of batter in dollops in the pan. Fry on each side until they are a nice golden brown. Serve with the Aioli on the side for dipping.

For more wild recipes and adventures visit Avery at her blog: wildeats.ca.





July 23, 2016
Foundry Field

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2016 HEADLINER



Matt Minglewood



Kevin Fletcher Band
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Darren Arsenaault Trio

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Terry Whalen Band



No Name Blues Band



John Campbell

RULES

Cash Only Event • No Off-Site Food, Drink or Alcohol • No Drugs or Smoking • No Pets Except Service Animals on Leashes • Folding Chairs Encouraged • Security will Check All Bags • Limited Handicap Parking - First Come, First Serve • Respect Each Other • On-site Concessions Available

NOT-FOR-PROFIT

Hantsport Music Festival is a Not-For-Profit Organization made up of volunteers. All Proceeds are returned to the Community.

Website
<http://www.hhmf.ca>
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Rob Brezny's
FREE WILL ASTROLOGY

ARIES (March 21-April 19): The voices in our heads are our constant companions. They fill our inner sanctuary with streams of manic commentary. Often we're not fully cognizant of the bedlam, since the outer world dominates our focus. But as soon as we close our eyes and turn our attention inward, we're immersed in the jabbering babble. That's the bad news, Aries. Now here's the good news. In the coming weeks you will have far more power than usual to ignore, dodge, or even tamp down the jabbering babble. As a result, you may get a chance to spend unprecedented amounts of quality time with the still, small voice at your core — the wise guide that is often drowned out by all the noise.

TAURUS (April 20-May 20): We are inclined to believe that the best way to see the whole picture or the complete story is from above. The eagle that soars overhead can survey a vast terrain in one long gaze. The mountaintop perspective affords a sweeping look at a vast landscape. But sometimes this perspective isn't perfectly useful. What we most need to see may be right next to us, or nearby, and it's only visible if our vision is narrowly focused. Here's how poet Charles Bernstein expresses it: "What's missing from the bird's eye view is plain to see on the ground." Use this clue in the coming weeks.

GEMINI (May 21-June 20): I foresee fertile chaos in your immediate future, Gemini. I predict lucky accidents and smoldering lucidity and disciplined spontaneity. Do you catch the spirit of what I'm suggesting? Your experiences will not be describable by tidy theories. Your intentions will not fit into neat categories. You will be a vivid embodiment of sweet paradoxes and crazy wisdom and confusing clarity. Simple souls may try to tone you down, but I hope you will evade their pressure as you explore the elegant contradictions you encounter. Love your life exactly as it is! Methodical improvisations will be your specialty. Giving gifts that are both selfish and unselfish will be one of your best tricks. "Healing extremes" will be your code phrase of power.

CANCER (June 21-July 22): According to many sources on the Internet, "werifesteria" is an obscure word from Old English. But my research suggests it was in fact dreamed up within the last few years by a playful hoaxster.

Regardless of its origins, I think it's an apt prescription to fix what's bugging you. Here's the definition: "to wander longingly through the forest in search of mystery and adventure." If you are not currently seeking out at least a metaphorical version of that state, I think you should be. Now is an excellent time to reap the catalytic benefits of being willingly lost in a wild, idyllic, relaxing setting.

LEO (July 23-Aug. 22): I'm debating about which of your astrological houses will be your featured hotspot in the coming days. I'm guessing it will come down to two options: your House of Valid Greed and your House of Obligatory Sharing. The House of Valid Greed has a good chance to predominate, with its lush feasts and its expansive moods. But the House of Obligatory Sharing has an austere beauty that makes it a strong possibility, as well. Now here's the trick ending, Leo: I'd like to see if you can emphasize both houses equally; I hope you'll try to inhabit them both at the same time. Together they will grant you a power that neither could bestow alone.

VIRGO (Aug. 23-Sept. 22): Between now and July 25, there's a chance you will reach the peak of a seemingly unclimbable mountain. You could win a privilege that neither you nor anyone else ever dreamed was within your reach. It's possible you'll achieve a milestone you've been secretly preparing for since childhood. Think I'm exaggerating, Virgo? I'm not. You could break a record for the biggest or best or fastest, or you might finally sneak past an obstacle that has cast a shadow over your self-image for years. And even if none of these exact events comes to pass, the odds are excellent that you will accomplish another unlikely or monumental feat. Congratulations in advance!

LIBRA (Sept. 23-Oct. 22): "My mother gave birth to me once, yeah yeah yeah," writes author Sara Levine. "But I've redone myself a million times." I'm sure she is not demeaning her mom's hard work, but rather celebrating her own. When's the last time you gave birth to a fresh version of yourself? From where I stand, it looks like the next 12 to 15 months will be one of those fertile phases of reinvention. And right now is an excellent time to get a lightning-flash glimpse of what the New You might look like.

SCORPIO (Oct. 23-Nov. 21): Author Rebecca Solnit offers some tough advice that I think you could use. "Pain serves a purpose," she says. "Without it you are in danger. What you cannot feel you cannot take care of." With that in mind, Scorpio, I urge you to take full advantage of the suffering you're experiencing. Treat it as a gift that will motivate you to transform the situation that's causing you to hurt. Honor it as a blessing you can use to rise above the mediocre or abusive circumstances you have been tolerating.

SAGITTARIUS (Nov. 22-Dec. 21): Aphorist James Guida contemplates the good results that can come from not imposing expectations on the raw reality that's on its way. "Not to count chickens before they're hatched," he muses, "or eggs before they're laid, chickens who from afar might be confused with chickens." I recommend this strategy for you in the coming weeks, Sagittarius. Experiment with the pleasure of being wide open to surprises. Cultivate a mood of welcoming one-of-a-kind people, things, and events. Be so empty you have ample room to accommodate an influx of new dispensations. As James Guida concludes: "Not to count or think of chickens."

CAPRICORN (Dec. 22-Jan. 19): "No gift is ever exactly right for me," mourns Capricorn poet James Richardson. Don't you dare be like him in the coming days. Do whatever you must to ensure that you receive at least one gift that's exactly right for you. Two gifts would be better; three sublime. Here's another thought from Richardson: "Success repeats itself until it is a failure." Don't you dare illustrate that theory. Either instigate changes in the way you've been achieving success, or else initiate an entirely new way. Here's one more tip from Richardson: "Those who demand consideration for their sacrifices were making investments, not sacrifices." Don't you dare be guilty of that sin. Make sacrifices, not investments. If you do, your sacrifices will ultimately turn out to be good investments.

AQUARIUS (Jan. 20-Feb. 18): Life will invite you to explore the archetype of the Ethical Interloper in the coming days. The archetype of the Helpful Transgressor may tempt you, as well, and even the Congenial Meddler or the Compassionate Trickster might

look appealing. I urge you to consider experimenting with all of these. It will probably be both fun and productive to break taboos in friendly ways. You could reconnoiter forbidden areas without freaking anyone out or causing a troublesome ruckus. If you're sufficiently polite and kind in expressing your subversive intentions, you might leave a trail of good deeds in your wake.

PISCES (Feb. 19-March 20): Your theme comes from the title of a poem by Fortesa Latifi: "I Am Still Learning How to Do the Easy Things." During the next phase of your astrological cycle, I invite you to specialize in this study. You may imagine that you are already a master of the simple, obvious arts of life, but here's the news: Few of us are. And the coming weeks will be a favorable time for you to refine your practice. Here's a good place to start: Eat when you're hungry, sleep when you're tired, and give love when you're lonely.

Homework: Psychologists say that a good way to eliminate a bad habit is to replace it with a good one. How will you do that? Freewillastrology.com

TIDE PREDICTIONS
at Cape Blomidon

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

JUNE	High	Low
02	10:54am	5:03pm
03	11:49am	5:57pm
04	12:41pm	6:48pm
05	* 1:32pm	7:38pm
06	2:22pm	8:07am
07	3:12pm	8:56am
08	4:02pm	9:45am
09	4:53pm	10:35am
10	5:45pm	11:26am
11	6:39pm	12:18pm
12	7:34pm	1:13pm
13	7:58am	2:08pm
14	8:54am	3:02pm
15	** 9:47am	3:54pm
16	10:37am	4:42pm

there are normally
two high and low tides a day
* Highest High: 44.0 feet ** Lowest High: 35.1 feet

ACTIVE AND HEALTHY LIVING: SERVICE DOG ETIQUETTE

Lee-Ann Cudmore, Registered Acupuncturist

Call/text: 902-300-5100, valleyacu.ca

I have recently had the opportunity to have Chandler Bing come into my office for a short visit. He hung out, enjoyed the relaxing music and was a lovely and quiet presence in the treatment room. Chandler Bing is a service dog in training, a golden-doodle, named for the goofy and loveable character from the 90's tv show, Friends. I know right? Best name ever – for a dog. And it totally suits him. He is just about the most adorable dog you will ever see.

He was wearing his yellow training vest and sitting in my waiting room beside his handler. This is not the first service dog that has been in the office, and so I knew, despite my excitement to see this beautiful goofy guy, that he is “on the job”. And so I am writing to you today about service dog etiquette – a how to guide, for when you see a service dog.

Service dogs require a year or more of training, and each dog is trained to the unique needs of its handler. “The dogs can learn 80-100 task commands, such as opening doors, turning off lights putting clothes in the washer and dryer, putting dishes in the dishwasher, picking up dropped items, helping to put on clothes or take clothes off, helping to transfer from a transfer board to a wheelchair, bed etc.” Explains Rhonda Langile of Therapeutic Medical Alert Service Dogs, located in Tatamagouche, Nova Scotia.

A service dog can help increase a person's independence, mobility, and positively impact physical and mental wellbeing.

A service dog will be wearing a vest with identification. This dog is doing the most important job of keeping its handler safe and secure, so despite your great urge, refrain from your normal dog interactions. Think of the dog as a medical device, and a physical aid.

1. Do not interact with the dog – If you distract the dog in any way, you are potentially placing the handler in an unsafe situation. This means no whistling, calling for the dog, trying to feed the dog or petting it. If the handler deems that he or she is safe and comfortable for you to do so, they will give the dog a command. In Chandler's case the command was “visit” and then we had a short love fest, before he returned back to work.

2. Wait for permission and don't be offended if you are denied - Again think of the dog as a medical device. You would not want a stranger handling your prescription medication, your hearing aid, your walking device, or your wheelchair. So keep this in mind.

3. Don't ask the handler why they have the service dog or other personal questions – We as humans sometimes get so excited we lose all good sense and manners. Some handlers have service dogs to help with stress and anxiety, autism or PTSD (Post Traumatic Stress Disorder), and they may not want the attention. Remember that the handler is just out in the community doing their groceries, having a coffee, or waiting for an appointment and they may not want to be interacting with strangers as they try to go about their daily activities.

4. Speak with the handler not the dog – Yes you may like animals more than people, but I will repeat, do not distract the dog.

5. Do not ask for demonstrations of what the dog can do – Yes, it would be cool to see this dog put away dishes or change the laundry, especially if they came over to your place and did it, but don't ask. Just know that when you see a service dog, that it is generally the smartest animal you will encounter, and may be more helpful than some humans you may know.

7. Be respectful of the working dog when you approach with your dog or animal – No matter how curious you or your dog may be, in the vast majority of cases it may be best if you give lots of space between the animals. And respect the safety of the handler.

“When an individual is partnered with a Service Dog and a working union is formed, the dog can be supportive and help an individual to become stronger in their abilities.” Rhonda Langile www.tmaservicedogs.ca

If you are a first responder in Nova Scotia living with PTSD who is interested in being matched, please reach out to servicedogs@mentalhealthns.ca

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THE GALA AT “GREYHAVEN”, A FEAST OF FOOD AND MUSIC

Thomas Clahane

A gala is a glamorous, festive social event or party, often with dancing or performances. Well, there wasn't any room for dancing at the 11th annual Gala at Greyhaven on May 24, because the hall was full to capacity. However, there was glamour as Susan Dworkin opened the first half of the performance in a full length sequined red gown accented with what appeared to be diamond earrings, necklace, and bracelet.

The Gala is held annually at the Kimball residence, “Greyhaven”, overlooking a gorgeous vista of the Annapolis Valley. The program was divided into two distinct sets, and the “meet and greet” intermission featured a full Mediterranean buffet prepared by Susan's mother, Irene. This was only one aspect of the “family affair” nature of the afternoon, as her son Isaac MacInnis also participated, performing an original guitar composition in the second set. Susan's soprano voice was supported by a number of talented musicians throughout the performance.

The first set was classically themed, and other than two guitar pieces featuring Ken Davidson, was tastefully accompanied by Andrea Mathis on piano. A number of pieces featured Susan as a solo, and there were also duets where Rosanne McClare (mezzo Soprano) joined her, as she often has in past years. The chemistry between them, and the

joy they take from singing together, was obvious. The pieces selected ranged from reasonably familiar to obscure. Susan obviously enjoys hosting and interlaced the music with comments and explanations. For example, she chose the ‘Six Nocturnes’

by Blangini (rhymes with zucchini) precisely because they were obscure, but beautiful, lilting, Italian, and lovelorn. She explained the French pieces by Henri Duparc before singing them by offering a translation, read as opiate-influenced poetry, and sounding like Arthur Rimbaud. This certainly added a different perspective to the understanding of the audience. “Of course, no recital is complete without some Mozart,” she said, in a serious but jesting tone. For this performance she selected “Mi Tradi”, Donna Elvira's aria from



Don Giovanni — a massive shift in tone from the French romances which Susan navigated with ease. Shifting tone again, Rosanne joined Susan for the familiar “Sous la dome epais” duet by Delibe, one of the most moving pieces of the performance. Susan finished the half with the somber “Trees

on the Mountains” which in Floyd's song were grey and bare, but which outside Greyhaven were in the first green blush of summer.

The audience then retired at intermission for wine, and a Mediterranean buffet of over twenty dishes including dishes of stuffed celery with smoked salmon, stuffed vine leaves, and roasted eggplant salad.

Susan appeared for the second half of the gala dressed in black with a loosely fitted tie, and

the focus shifted from classical to a collection of standards from the American songbook. The accompaniment consisted primarily of Doug van Hemessen laying down a strong backbone of bass, with Kenneth Davidson and Ben Robertson sharing rhythm and lead guitar duties. The music was arranged in, what Susan referred to as, “Gypsy Jazz”, much in the style of Django Reinhardt. I grew up listening to many of these pieces but performed by singers like Cass Elliot, Janis Joplin, or Nat King Cole. However, I had never heard them arranged or played in this way, and it proved a wonderful platform for Susan to explore how a professionally trained, deep and rich voice can bring new lustre to old classics.

A particular highlight was her rendition of Billie Holiday's “Why Don't You Do Right” which maintained much of the smoky flavour of the original while creating a unique interpretation in its own right. The selections provided ample opportunity for the guitarists to shine but perhaps were a bit shy of giving Doug the full opportunity to solo on bass, given his work on the few openings they did present. The concert closed with Andrea and Isaac rejoining the group for the Gershwin classic, “Summertime”, before doing a second take on “Bye, Bye Blues” as the audience demanded an encore before leaving, satiated and satisfied. Thus successfully concluded the 11th Gala at Greyhaven with anticipation of the next.

PLEASE NOTE: Event information may change without notice.

THURSDAYS

Open Studio – The Bread Gallery, Brooklyn 10am–2pm. Also Tuesdays. • Weekly drop-in session open to artists and crafters working in all mediums. *TIX:* no charge *INFO:* 902-757-3377 / managerbreadgallery@gmail.com

Gab and Grub Social – CMHA Kings County Branch, Kentville 1–3pm. Social time for adults who independently live with mental illness, including anxiety and depression. *FEE:* no charge *INFO:* 902-670-4103 / club@cmhakings.ns.ca

The Hantsport Seniors & Elders Club "Drop-in" – St. Andrews Church Hall, Hantsport 1–4pm. Play an assortment of games with a tea-break at 3pm. All ages! *INFO:* 902-352-2085 / davidold@eastlink.ca

In the Round Knitting Group – Gaspereau Valley Fibres 1–4:30pm. Also Tuesdays 6–9pm. Bring your knitting, rug hooking, spinning, or felting. *INFO:* 902-542-2656 / gaspereauvalleyfibres.ca

Open Studio – Avon River Heritage Museum, Newport Landing 2–5pm. Also Wednesdays • Hosted by the Hants County Arts Council. Arrive with a project and join in the conversation! *TIX:* no charge *INFO:* 902-757-1718 / infoavonriver@gmail.com

Meditation – Healer's Emporium, 49 Water St., Windsor 6pm. All levels welcome. *FEE:* donation *INFO:* Mary, 902-306-0385

Taekwondo – Baptist Church, North Alton 6:30–7:30pm (kids), 7:30–8:30pm (adult). Also Tuesdays • Exercise, self defense, respect, listening skills, focus, self discipline and tremendous confidence. Instructor is a 4th degree black belt. *TIX:* no charge to try a class *INFO:* 902-670-8714 / devin@ennissecurity.ca

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

NonDuality Meetup – Manning Memorial Chapel, Wolfville 7pm–9pm. Every other Thursday (Next: June 9). A non-denominational group of people, who get together to discuss life and our place in the scheme of things. 19+ *FEE:* no charge *INFO:* 902-365-5235 / johnotvos@hotmail.com

Tremont Board Game Café – Tremont Hall, 738 Tremont Mountain Rd., 7–9:30pm, every 1st and 3rd Thursday (Next: May 19, June 2). Many of the newest and coolest games in a friendly and relaxed environment. *FEE:* no charge *INFO:* 902-765-4326

Music Jam – Community Center, Cambridge 7–10pm. 50/50 tickets. Refreshment donations appreciated. Proceeds for hall upkeep. *TIX:* \$2 minimum entry *INFO:* 902-538-9957 / gands@xcountry.tv

Jam Session – Community Centre, Wilmot 7–10pm • Jam session with snack *TIX:* \$2 *INFO:* 902-825-3125

FRIDAYS

Avon Spirit Coffeehouse – Avon River Heritage Museum, Newport Landing 7–10pm • All are welcome to attend. Sign-up for Open Mic. *TIX:* no charge *INFO:* 902-757-1718 / infoavonriver@gmail.com

Art for Wellness – Canadian Mental Health Association, New Minas 1–4pm. An arts and crafts program for adults who live independently with mental illness, including depression and anxiety. All materials provided. *TIX:* 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

Chase the Ace – Curling Club, Middleton 6:30–8pm • Winning ticket is for 30% of the evening ticket sales plus the chance to pull the Ace of Hearts for the Jackpot. Draw at 8pm. Enjoy playing cribbage, Crokinole, Yahtzee in the dining hall. *TIX:* 3 tickets for

\$5. *INFO:* 902-825-2695 / bemorine@hotmail.com

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

Friday Night Jam – Royal Canadian Legion, Wolfville, 7–10pm. *INFO:* 902-542-5869 / wolfvillelegion@gmail.com

SATURDAYS

Hantsport Pop Up Market – Hantsport Visitor Centre, 8:30am–12pm. Until Sept. 3. Fresh fruits & veggies, jams, jellies crafts & more. *INFO:* susancareycoaching@gmail.com

Wolfville Farmers' Market – DeWolfe Building, Elm Ave., Wolfville 8:30am–1pm *June 4 Music:* Kings of Delusion *Theme:* Fizz – A Culture Convergence *June 11 Music:* George Symonds *INFO:* wolfvillefarmersmarket.ca

Farmers' Market – Waterfront, Windsor 9am–1pm, until December. *TIX:* no charge *INFO:* windsorfarmersmarket@gmail.com / windsorfarmersmarkets.weebly.com

North Mountain Market – United Church, Harbourville 9am–1pm. Until Oct. 15. A wide variety of fresh, locally-grown produce, products, arts and crafts. Coffee Shop and Artisan Cooperative remain open until 7pm. *INFO:* 902-538-7923 / northmountainmarket.com

Peace Vigil – Post Office, Wolfville 12–1pm

Drop in and Drum! – Baptist Church, Wolfville 1–2:30pm. W/Bruno Allard. Learn to play the djembe with rhythms & songs from West Africa. Everyone welcome, drums provided. *FEE:* \$5–10 *INFO:* brunoallard7@gmail.com / facebook: Djembes and Duns Wolfville

Chase the Ace – Legion, Kingston 1–3pm. Tickets are 3 for \$5. Draw will take place by 3:30pm. Must be 19+ to play. *INFO:* 902-765-4428 / legion98sect@eastlink.ca

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

SUNDAYS

Port Williams Flea Market – Square Professional Centre, 8am–1pm. Lots of vendors and bargains! We accept donations for the local food bank. *INFO:* donlilaporter@yahoo.ca

MONDAYS

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, 902-542-4448

Women on Wheels – Rec Centre, Kentville 6pm • A weekly cycling skills development and fitness program for women. Rides are at a relaxed pace, usually on the rail trail. Bring your bicycle, a helmet, and join us! *FEE:* no charge *INFO:* 902-679-2539 / recreation@kentville.ca

Windsor Game Night – Library, Windsor 6pm. Board game group. New players welcome! *FEE:* no charge *INFO:* meetup.com/valleygames / turpin56@gmail.com

The Berwick Makery – Berwick District School "Hive" (former Family Studies Room) 6–8pm. Hang out, work on projects, learn new skills, and teach each other! *June 6:* Stuffie Rescue *June 13:* Learn to Crochet *INFO:* 902-538-4019 / theberwickmakery.wordpress.com/classes

Toastmasters – 2nd Floor, Irving Centre, Acadia 6:30–8pm. *INFO:* Chris, 902-691-3550 / vppr.wolfville.tm@gmail.com

Kings Community Concert Band – Bishop's Hall, Greenwich 7:15pm. Music with a little challenge. New

members (all band instruments) welcome. *INFO:* Andrea Lynn, 902-542-4158 / eyelyn@eastlink.ca

Insight (Vipassana) Meditation – Manning Memorial Chapel, Acadia, 7:30–8:30pm. Weekly meditation sitting group. Drop ins welcome. 45 minute meditation followed by a short discussion. *FEE:* free-will offering. *INFO:* 902-365-2409

TUESDAYS

Friends in Bereavement – 1st & 3rd Tues. each month (Next: June 21), in Kentville and Berwick. BERWICK: Western Kings Mem. Health Centre, 10am–12pm, Sponsored by VON. KENTVILLE: United Baptist Church, Kentville 2–4pm, sponsored by Careforce. *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

Woodville Farmers Market – Community Centre, 342 Bligh Rd., Woodville 4–7pm. Until Oct. 11. Local producers & artisans. *INFO:* 902-993-0040 / hfrankers@hotmail.com

Toastmasters Club – Birchall Training Centre, Greenwood 6:30pm. *TIX:* no charge *INFO:* Christine, 902-825-1061 / CFernie.CA@gmail.com

Learn Irish Music – Paddy's Pub (upstairs), Kentville 7–8pm. *FEE:* no charge *INFO:* 902-697-2148 / slowsession@outlook.com

Valley Voices – Kentville Baptist Church CE Centre, 7–9:30pm. Until end of May. Valley Voices is a female a cappella show chorus. *INFO:* valleyvoices.org / 902-448-2414 / valleyvoices@harmonyarea1.ca

Sign Language Classes – Community Hall, Millville 7–9pm. Learn sign language or build on what you already know. Cost is to cover hall rental. *FEE:* \$3 *INFO:* Shirley, 902-847-1736 (call or text)

Board Game Night – Paddy's Pub, Wolfville 8pm–12am *TIX:* no charge *INFO:* 902-542-0059 /

judy@paddys.ca

Cardio Kickboxing – Baptist Church, North Alton 8:30–9:30pm. Adult-only class to improve coordination, strength building, cardiovascular improvements, self defence, stress reduction, and weight reduction, taught by a 3rd degree black belt in Taekwondo. *TIX:* no charge for 1st week of classes *INFO:* 902-365-5660 / devin@ennissecurity.ca

WEDNESDAYS

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

Kentville Farmers' Market – Lion's Club, 78 River St., Kentville 10am–2pm. Open year-round. *INFO:* marketmanager@kentville.ca / kentvillefarmersmarket.ca

Insight (Vipassana) Meditation – Vaughan Memorial Library (Quiet Reading Room), Acadia 12:15–12:45pm. Door opens 12pm. Weekly meditation sitting group. Free will offering. *INFO:* 902-365-2409 / laurabourassa@msn.com

Wolfville Farmers' Market – DeWolfe Building, Elm Ave., Wolfville 4–7pm *June 8 Music:* Rod & Ron *June 15 Music:* John Tetrault *INFO:* wolfvillefarmersmarket.ca

Valley Youth Project – Louis Millett Community Complex, Rm 128, New Minas, 6:30–8:30pm. First and third Wed. of each month, September to June (Next: June 15). All LGBTQ+ and MOGI individuals 25 years and under are welcome. You can bring your friends too. *FEE:* no charge *INFO:* valleyyouthproject@gmail.com / valleyyouthproject.wordpress.com

New Horizons Band – Festival Theatre, Wolfville 7pm. Fun, informal community band under the direction of Brian Johnston. New members welcome! *FEE:* \$100 *INFO:* Donna, 902-542-7557 / macdonaldwilson@accesswave.ca

@ THE LIBRARY

For complete list of library events: valleylibrary.ca. All events are no charge/ no registration unless otherwise stated.

THURSDAY, 2, 9, 16

Fun & Fables – Library, Windsor June 2, 9, 10:30–11:30am • Stories, songs, rhymes and craft time for preschoolers (ages 2–5) and their caregivers. Registration required. *INFO:* 902-798-5424

Third Thursday Social – Library, Windsor June 16, 2–4pm • Easy listening entertainment provided by local musicians while you read, browse, do the puzzle, or just relax. *INFO:* 902-798-5424

FRIDAY, 3, 10

Fibre Ops – Library, Windsor June 3, 10, 10am–12pm • For knitters, crocheters, hookers, spinners, and weavers. Bring your own project. Everyone welcome. *INFO:* 902-798-5424

Bookworms Preschool Storytime – Murdoch C. Smith Memorial Library, Port Williams June 3, 10, 10:30–11:30am • Wriggle on in! We'll read, sing and play and have tons of fun. Ages 3–5 *INFO:* 902-542-3005

BusyBabies – Murdoch C. Smith Memorial Library, Port Williams June 3, 10, 11:30am–12:30pm • So many books, songs and rhymes – so little time! These babies are busy! For ages 0–2 and caregivers. *INFO:* 902-542-3005

The Hangout: Get Your Game On – Rosa M. Harvey Middleton & Area Library, Middleton June 3, 6:30–8pm • Calling all young adults who love to play games! Spend your Friday night hanging out with your friends, listening to music and munching

on snacks. For ages 10–14. *TIX:* no charge, but please register. *INFO:* 902-825-4835

TUESDAY, 7, 14

Fun & Fables – Library, Windsor June 7, 10:30–11:30am • Stories, songs, rhymes and craft time for preschoolers (ages 2–5) and their caregivers. Registration required. *INFO:* 902-798-5424

Library Lab – Isabel & Roy Jodrey Memorial Library, Hantsport June 7, 3–4:30pm • Explore a variety of different crafting techniques, art materials and science related activities. Snacks included! For ages 10–14. Registration required. *INFO:* 902-684-0103

Teen Buddies – Library, Kentville June 7, 6:30–7:30pm • Teen volunteers will be on hand to read, colour, draw, build and play with kids aged 3–8. Parents/caregivers must remain in the library. *INFO:* 902-679-2544

WEDNESDAY, 8, 15

Talk Sing Read! Storytime – Library, Berwick June 8, 15, 9:45–10:15am • Enjoy rhymes, songs, and books with other children and caretakers. Join in at anytime! Geared towards ages 0–5, but all ages welcome! *INFO:* 902-538-4030

Babies & Books – Library, Windsor June 8, 10:30–11am • One-on-one time for babies (0–24 months) and caregivers with stories, songs, rhymes & social time. *INFO:* 902-798-5424

Fibre Craft – Isabel & Roy Jodrey Memorial Library, Hantsport June 8, 15, 1–3pm • For anyone who enjoys the fibre craft arts. An opportunity to share stitches & time. Bring your own project. *INFO:* 902-684-0103



THE GRAPEVINE FESTIVAL guide





AVON RIVER HERITAGE SOCIETY'S

Artisans in Action

June 5th Wood & Leather

James Brown
Steadybrook Saddlery

James has been working leather since the hippy days of the 1970's; building sandals, belts, vests, hats, case goods, guitar straps and other custom goods. Things changed over time and in the late 1990's he went west and studied saddle making in Alberta. Eventually he returned back to Nova Scotia where he built and opened a Saddle Shop / Studio. Here he makes western saddles, tack and everything horse and rider related, from chaps to spur straps and everything in between, doing lots of repairs along the way.

Andrew Harvie

While you may recognize Andrew as the fellow behind the harp at Hants County Arts Council events, he also takes a turn at woodworking. His preference is for working with hand tools for the very simple reason that they don't scare the cats.

Working with traditional tools does take longer than with power tools, but if the goal is to relax while producing an object of simple beauty, then they're just the thing.

Melinda Robb
2Dog Leather

It was in her work as a professional prop builder that Melinda discovered she had a passion for the ancient craft of leather working. The idea that these handmade creations could be around for many many years, even lifetimes, is what inspires her to create leather goods and accessories that are functional, beautiful, with a unique and modern aesthetic. All 2Dog Leather products are completely handmade including cutting the leather, dying, stitching and finishing. She works out of her home based studio in Cole Harbour.

Live Demonstrations & Sale, featuring local Artists & Artisans
The first Sunday of the month, June - October, noon - 4pm
hantscountyartscouncil.com avonriverheritage.com
Avon River Heritage Society Museum, 17 Belmont Rd, Newport Landing, Hants Co.

JUNE 5

ARTISANS IN ACTION:



WOOD & LEATHER

Avon River Heritage Society Museum,
Newport Landing
hantscountyartscouncil.com
& avonriverheritage.com

JUNE 9-12

ROOTS TO BOOTS FESTIVAL

Louisbourg & Chéticamp, NS

festivalracinesetbotines.ca
rootstoboostfestival.ca

JUNE 10-11

PORT WILLIAMS DAYS AND 17TH ANNUAL VILLAGE WIDE YARD SALE

Port Williams, NS
portwilliams.com

JUNE 17-19

FULL CIRCLE FESTIVAL

Newport Landing, NS
fullcirclefestival.ca



JULY 2

CANAAN COUNTRY MUSIC FESTIVAL
Canaan, Kings County, NS
CanaanCountryMusicFest.com



JULY 7-17

PEGGY'S COVE AREA FESTIVAL OF THE ARTS
South Shore of NS
peggyscoveareafestivalofthearts.com

JULY 8-9

KINGSTON STEER BBQ

Kingston, NS
kingstonnovascotia.ca/steerbbq.htm

JULY 8-10

ANTIGONISH HIGHLAND GAMES

Antigonish, NS
antigonishhighlandgames.ca

JULY 8-17

SCOTIA DAYS FESTIVAL

Mulgrave, NS
heather.brennan@townofmulgrave.ca

JULY 14-17

ACOUSTIC MARITIME MUSIC FESTIVAL

Kempt Shore, NS
kemptshorefestivals.com

JULY 15-17

FESTIVAL MASQUE ET MER

Saint-Joseph-du-Moine & Grand Étang, NS
micareme.ca

JULY 15-17

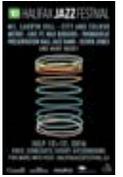
HEART OF THE VALLEY FESTIVAL

Middleton, NS
hotvf.ca

JULY 12-17

HALIFAX JAZZ FESTIVAL

Halifax, NS
halifaxjazzfestival.ca



JULY 21-24

45TH ANNUAL NOVA SCOTIA BLUEGRASS & OLD-TIME MUSIC FESTIVAL

Bible Hill, NS
nsbluegrass.com



JULY 22-23

MARITIME METAL & HARD ROCK FESTIVAL

Windsor, NS
maritimemetalfest.com

JULY 23

8TH ANNUAL ARTFESTIVAL WOLFVILLE

Wolfville, NS
902 607 2009



JULY 23

HANTSPORT MUSIC FESTIVAL

Hantsport, NS
HHMF.ca



JULY 23-24

SEA TO SHORE SEA GLASS FESTIVAL

Halls Harbour, NS
novascotia.com/events/festivals-and-events/sea-to-shore-seaglass-festival/-1002

JULY 29-30

SMOKIN BLUES FEST

Windsor, NS
smokinbluesfest.ca



JULY 29-31

SAPPYFEST

Sackville, NB
sappyfest.com



HOT COUNTRY 103.5 FM

CANAAN COUNTRY MUSIC FEST

DOWN EAST COUNTRY

Get Tickets at: CanaanCountryMusicFest.com **superstore** New Minas and 20 Select Locations

Saturday, July 2nd | Canaan Mountain Road (Just minutes from New Minas) | **Show starts at 1:00PM**

Also Featuring:

Jess Moskaluke Wes Mack Jason Benoit
...and the Valley's own Kevin Davison!

Hosted by Canadian Country Super Star

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SONG CITY
Nova Scotia's
Mainstream Country Festival

JULY 2 2016

"If it's COUNTRY, It's got to be GOOD!"

JULY 30-31
STUDIO RALLY WEEKEND
 Across NS
studiorally.ca

JULY 31
28TH NOVA SCOTIA FOLK ART FESTIVAL
 Lunenburg, NS
nsfolkartfestival.com



AUGUST 3-7
FESTIVAL DE L'ESCAOETTE
 Chéticamp, NS
cheticamp.ca

AUGUST 4-7
DIGBY SCALLOP DAYS FESTIVAL
 Digby, NS
digbyscallopdays.ca

AUGUST 15-20
ANNAPOLIS VALLEY EXHIBITION
 Lawrencetown, NS
annapolisvalleyexhibition.com

AUGUST 19-21
KEMPT SHORE MUSIC GALA CAMPOUT & DANCE
 Kempt Shore Music Gala Campout & DANCE
 Kempt Shore, NS
kemptshorefestivals.com

AUGUST 20-21
PAINT THE TOWN
 Annapolis Royal, NS
arcac-artsplace.weebly.com/paint-the-TOWN-en-plein-air.html



AUGUST 31-SEPTEMBER 4
WHARF RAT RALLY
 Digby, NS
wharftrally.com



SEPTEMBER 1-5
BERWICK GALA DAYS
 Berwick, NS
berwickgaladays.ca

SEPTEMBER 15-18
4TH ANNUAL HALIFAX CELTIC FESTIVAL
 Halifax, NS
halifaxcelticfest.com

ATLANTIC FILM FESTIVAL

SEPTEMBER 15-SEPTEMBER 22
36TH ANNUAL ATLANTIC FILM FESTIVAL
 Halifax, NS
atlanticfilm.com

SEPTEMBER 16-25
HANTS COUNTY EXHIBITION
 Windsor, NS
hantscountyex.com

SEPTEMBER 22-25
LUNENBURG DOC FEST
 Lunenburg, NS
LunenburgDocFest.com

SEPTEMBER 22-25
DEEP ROOTS MUSIC FESTIVAL
 Wolfville, NS
deeprootsmusic.ca



SEPTEMBER 30-OCTOBER 1
HALIFAX OYSTER FESTIVAL
 Halifax, NS
oysterfest.ca



SEPTEMBER 30-OCTOBER 2
SHAG HARBOUR INCIDENT SOCIETY UFO FESTIVAL
 Shag Harbour, NS
shagharbour@gmail.com



OCTOBER 13-15
NOCTURNE
 Halifax, NS
nocturnehalifax.ca



OCTOBER 21-22
ANTIGONISH INTERNATIONAL FILM FESTIVAL
 Antigonish NS
antigonishfilmfest.org

DEVOUR!
 THE FOOD FILM FEST

NOVEMBER 2-6
DEVOUR! THE FOOD FILM FESTIVAL
 Wolfville, NS & Kings County, NS
devourfest.com

28th ANNUAL NOVA SCOTIA FOLK ART FESTIVAL



"Waiting for the weather"

Wood Carving by Joe Winters (1942-2016)

Sunday, July 31, 2016, 12 noon to 4 pm
LUNENBURG WAR MEMORIAL ARENA

OVER FIFTY PARTICIPATING FOLK ARTISTS • 1,500 ARTWORKS FOR SALE
 AUCTION • MUSIC • DOOR PRIZES • A GREAT COUNTRY ATMOSPHERE!



www.nsfolkartfestival.com



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ANNAPOLIS ROYAL, NS

AUGUST 20 & 21

OUTDOOR PAINTING FEST

80 ARTISTS : PROFESSIONAL, EMERGING, AMATEUR

BUY ART ON BOTH DAYS : NEW AUCTION EACH DAY!

AUCTION VENUE: THE ACADEMY, 590 ST. GEORGE STREET, ANNAPOLIS ROYAL, 10 AM - 6 PM

FOR MORE INFO VISIT www.arcac.ca

PAINT THE TOWN EN PLEIN AIR
FB PAINTTHETOWNANNAPOLIS

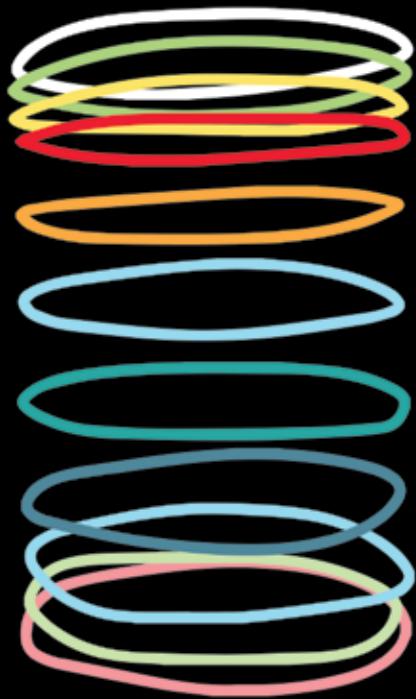
ORGANISED BY
ARCAC
ANNAPOLIS REGION COMMUNITY ARTS COUNCIL

ARTSPACE GALLERY & ARTIST-RUN CENTRE
 396 ST. GEORGE STREET, ANNAPOLIS ROYAL, NS, B0S 1A0
 902-532-7069 • ARCAC@NS.ALIANTZINC.CA • WWW.ARCAC.CA



TD HALIFAX JAZZ FESTIVAL

MS. LAURYN HILL - CITY AND COLOUR
 METRIC - CHIC FT. NILE RODGERS - THUNDERCAT
 PRESERVATION HALL JAZZ BAND - OLIVER JONES
 AND MANY MORE!



JULY 12-17, 2016
FREE CONCERTS EVERY AFTERNOON!
 FOR MORE INFO VISIT: HALIFAXJAZZFESTIVAL.CA

Canada

NOVA SCOTIA

HALIFAX

Waterfront Development



PEGGY'S COVE AREA FESTIVAL OF THE ARTS

JULY 7TH - 17TH, 2016

ENGAGE WITH ARTISTS. EXPERIENCE THE ARTS.

Already a highly anticipated event locally, it has put the area on art-lover's maps and is a "must-do" for many visitors to our area. Between July 7th and 17th, you will find something to delight you in this exceptional place that inspires so many artists.

OPENING NIGHT GALA

July 7, 7pm-9:30pm
 Silent auction and live musical entertainment.

STUDIO TOUR

July 15-17, 10am-5pm
 Art exhibits and sale with 36 locations showcasing 60 artists

PAINT PEGGY'S COVE

July 9-11, 10am-5pm
 Plein air painting event and children's art tent offering free creative activities.

ARTS FAIR

July 15-17, 12pm-8pm
 Performers, exhibits, free workshops, face painting, and tasty treats.

VISIT PARTICIPATING STUDIOS AND GALLERIES AND ENTER TO WIN A \$500 COUPON TO PURCHASE ARTWORK.

Present this coupon at any participating Studio Tour studio or gallery between July 15-17, 2016 to be automatically entered into the draw. Limited to one entry per person. For additional entries, ask for a Studio Tour Passport at any studio or gallery on the tour and collect signatures from five separate locations, or make a purchase of art valued at over \$50 from any participating studio or gallery.

COUPON FROM: THE GRAPEVINE

peggyscoveareafestivalofthearts.com

PRESENTED BY
 THE DOWNEAST BLUEGRASS & OLDTIME MUSIC SOCIETY

45TH ANNUAL NOVA SCOTIA
BLUEGRASS
 & **OLDTIME**
 MUSIC FESTIVAL

THURSDAY - SUNDAY

July 21-24th

NS PROVINCIAL EXHIBITION GROUNDS
 BIBLE HILL, NOVA SCOTIA

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ZINK AND COMPANY
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 RYAN DILLMAN & SHADOW RIVER
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Call Toll-Free: 1-844-44-BANJO | Buy Tickets at: nsbluegrass.com

the UNION STREET

UPCOMING CONCERTS

JUNE 18	THOM SWIFT CD RELEASE TOUR
JUNE 24	DYLAN MENZIE
JUNE 25	STEPHEN FEARING
JULY 2	YUK YUK'S ON TOUR
JULY 21	GORDIE SAMPSON
JULY 30	DARK FOR DARK

FOR TICKETS,
 CALL OR VISIT WEBSITE
UnionStreetCafe.ca | 538-7787
 183 Commercial St. Berwick

CATERING ALL TYPES OF EVENTS!

IN REVIEW: RECENT NEWS, HAPPENINGS, AND EVENTS

Emily Leeson

On April 13, the **Valley Women's Business Network (VWBN) bursary awards were presented to three recipients.** Lynette Morris and Laura Fisher from the NSCC Kingstec business program, and Julia Pyke, a graduate from Acadia's Business Administration program, each received a graduating bursary of \$500. The VWBN's mandate is to support, educate, and promote women in business in the Annapolis Valley, as it has been doing for more than 15 years. Monthly meetings host speakers on business and personal development, as well as providing a forum for networking with other women in business, exchanging ideas and promoting one another's businesses in a relaxed and welcoming atmosphere. For more information, visit vwbn.ca



Earth Day was celebrated on April 22 and it looks like *The Grapevine Newspaper* played a pretty special role over at Wolfville School. **Ms. Hatton's grade two class** used the newspaper to make recycled Earth Day pictures. According to Kaija, a member of the class, the process is relatively simple, "Take one piece of newspaper, and make a heart and then a circle around the heart. Draw some squiggles to look like land and add the border. Use a pastel for all of this. Write Love and Earth. Paint it with food

colouring and water." She's quick to add one tip that sounds like it may have been learned as the project progressed, "You should not paint it on the desk because it is really hard to get off. We painted on the floor."



Lucas Hum, a Grade 12 student at Central Kings Rural High School**, recently took home the gold medal at the Nova Scotia Skills Competition held on April 7 and 8. Hum has grown up working in all aspects of the restaurant industry from a young age at his Family's Restaurant, Kai-Wing Restaurant in Coldbrook. Last year he was trained by, and worked with, Chef Jason Lynch of LeCaveau, Domaine de Grand Pre, and he's been recently working at Lockett Vineyards as Line Cook. Hum is now training with Chef Peter Dewar preparing for Skills Canada Nationals which is being held in Moncton, NB June 5-8. In terms of getting ready for the upcoming competition, Hum's got his plans all set, "I have to prepare Mussels Provençal and five different cuts of vegetables on my first day, and for my second day, I have to present a fish chowder for my appetizer; and bacon-wrapped pork

tenderloin, dauphinoise potatoes, sauteed spinach, carrot batonette, and a peppercorn sauce for my entree. For dessert, I have a carrot cake with cream cheese frosting, candied walnuts, and a pineapple coulis. These recipes are subject to be changed, though, because this was what I made for provincials. So to up the ante, I may be developing more complex recipes."



If you saw a green monster hanging around Kentville in late April, do not be alarmed. The NSCC Kingstec Children's Book Fair happened in Kentville on April 23 and several local authors, illustrators, publishers, and book-sellers were on hand for the event, including Coldbrook resident Sandra Lightburn. Sandra was exhibiting a plush doll that she created based on a character from *Frankenstink! Garbage Gone Bad* by Ron Lightburn. The book, published by Tundra Books, just recently won the **Lillian Shepherd Memorial Award for Excellence in Illustration**. According to Ron, the book is "a cautionary Earth Day fable disguised as the ultimate monster-under-the-bed story."

It was a packed house on May 14 for the **Valley Regional Hospital Foundations's 2016**

Gala 'A Night at the Marquee'. The event was sold out, but those lucky enough to grab tickets while they could, enjoyed a fabulous evening. The night featured comedians Mike MacDonald and Marc Sauvé along with a four-course dinner prepared by Jason Lynch of LeCaveau, Joseph Crocker of Peasants Pantry, and Dennis Johnson of Fid, complete with local wine pairings. "The response this year has been amazing," says Katie MacArthur, Fundraising Coordinator for the Foundation. "It goes to show the support we receive from the local business community and the public, that tickets went so quickly". The event raised \$70,000.00 in support of the Foundations current campaign "The Sight and Sound of Healing". The goal for this campaign is to raise funds for two surgical microscopes, one for ear, nose and throat (ENT) and the other for ophthalmology. These microscopes will help to improve quality of life for patients of all ages both at Valley Regional Hospital in Kentville and Soldiers Memorial Hospital in Middleton.



HERBED DIPPING SAUCE

Provided by Dairy Farmers of Canada

Natalie Savoie, registered dietitian from Dairy Farmers of Canada

"Nutrients found in milk products can play an important role in the fight against hypertension", says Nathalie Savoie, Registered Dietitian and Assistant Director, Nutrition from Dairy Farmers of Canada. "Yogurt contains 12 essential nutrients, including calcium, magnesium, and potassium which have been shown to have a positive impact on managing high blood pressure when consumed as part of a healthy diet. Yogurt's versatility lends itself to a range of recipes that can be enjoyed any time of the day, like this herbed dipping sauce."

Prep time: 10 minutes | Refrigeration time: 1 hour | Yield: 250 mL/1 cup | Servings: 16
Make this tasty side dish or appetizer by serving with grilled vegetables.

- 250ml (1 cup) 1% plain yogurt
- 30ml (2 tbsp) fresh rosemary, finely chopped
- 1 garlic clove, minced
- 2ml (1/2 tsp) ground cumin
- Pepper to taste

DIRECTIONS

Combine all the ingredients. Refrigerate at least one hour to let flavours blend. Serve with grilled vegetables.

Nutritional information per serving

Calories: 10

Protein: 1g

Fat: 0g

Carbohydrates: 1g

For more recipes recommended by Dairy Farmers of Canada's Registered Dietitians, visit getenough.ca/recipes



The
Greenwood Players
Theatre Company
Established 1956
Proudly Celebrating our 60th Year!

presents

'THE HOUND OF THE BASKERVILLES'

Sherlock Holmes at his deductive best!

DIRECTED BY - JADEN BRANIFF

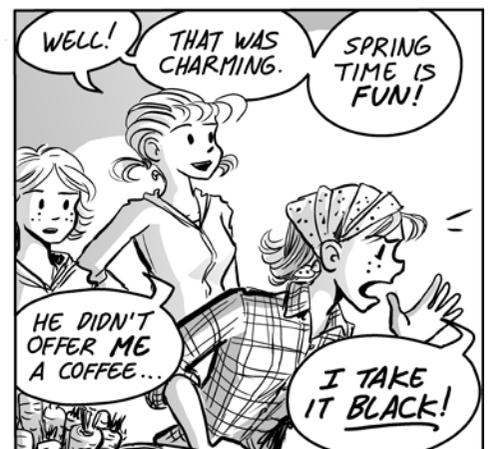
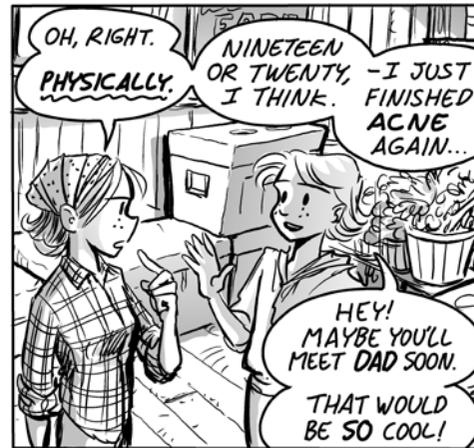
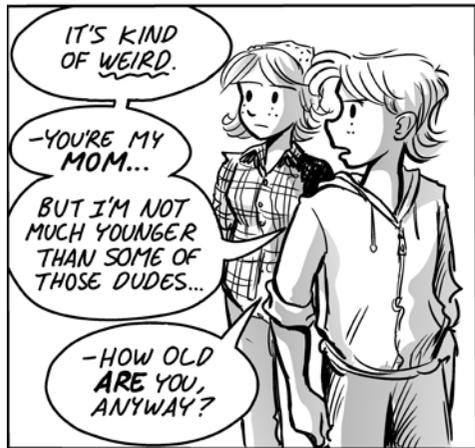
WHERE: AVM Morfee Centre
School Road, Greenwood.

WHEN: Tuesday June 14th to
Saturday June 18th 2016

CURTAIN UP 7.30 P.M.

TICKETS: \$8
Available at:
Middleton & Kingston Pharmasave
or at the door.

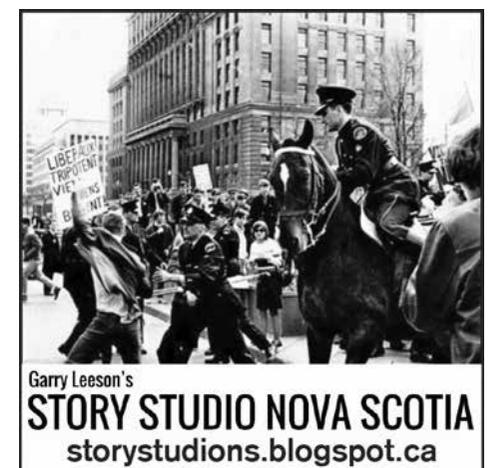
RESERVATIONS & SPECIAL NEEDS
902-804-0735
Call: 902-840-3853



WORD OF THE ISSUE
Margaret Drummond

Collywobbles
Noun
A feeling of strong apprehension.

"Even the hint of closing this window into the city's rich history gives museumgoers the collywobbles."



THE DOME CHRONICLES: THE TROUBLE WITH TREES

Garry Leeson

In 1972, a boxcar from Toronto containing a menagerie of farm animals and an eager young couple pulled into the station platform in Kingston, Nova Scotia. They were bound for a deserted hundred-acre farm on the South Mountain, determined to preserve the foundations of farmsteads past while constructing a geodesic dome. They were pioneers of the future, armed with respect for tradition and an irrepressible sense of humour. They didn't call themselves farmers. They were back-to-the-landers. Farming was industry and their calling was sustainability. Over the next forty years, through flood and fire, triumph and catastrophe, they persevered, unwittingly sowing the seeds for the modern small-farm movement.

Because I was born on the bald Saskatchewan prairie and spent much of my young life living in the asphalt jungle of downtown Toronto, I guess it's understandable that, until we moved to the backwoods of Nova Scotia, I didn't know a lot about trees. To our surprise, after we settled in, we discovered that the property Andrea and I had purchased had hundreds of acres of valuable old-growth timber on it. We had happened on a bonanza. All I had to do was nip into the woods, cut down the suitable trees, and whisk the logs off to our local mill. Not! My first few days in the woods attempting to fell trees using a dull inadequate chain saw, and to then somehow drag them out with my old mare were enough to convince me that I was no Paul Bunyan.

Bruised and discouraged, I realized I was doing more damage to myself than I was to the trees. I made up my mind to leave the fate of our forest to Mother Nature. I probably would have continued in this mindset if the government, in the person of a Forestry Technician named Ralph Williams, hadn't landed on our doorstep a couple of years later. He was proposing an offer we couldn't refuse: a subsidized private lands silviculture program. It seemed almost too good to be true. If we signed on, I would be able to hire a crew to work in our woods; guys who actually knew what they were doing. I was a little hesitant to apply because I knew that the experts who were managing the program would be instantly aware that I couldn't tell a Birch from a Beech, but as it turned out, that didn't seem to matter. In a few short weeks I was incorporated as Kings County Forestry Contractors, and was busy managing sustainable and marginally profitable forestry practices on our woodlot and other private properties.

It gets worse. As soon as my company name became known to the powers that be, I was invited to join the Forestry Committee of the Annapolis Valley Affiliated Boards of Trade. I didn't see how I could graciously decline, so I decided to attend at least one meeting and then plead some debilitating illness to get out of the rest of them. As it turned out by sitting silently and nodding knowingly when any of the technical stuff was being discussed I was able to bluff it out. It was a daunting experience; there were, as my father would have put it, more degrees seated around that table than

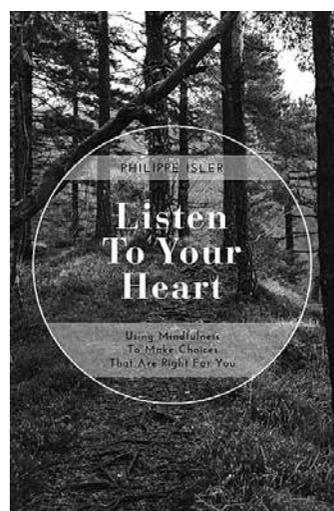
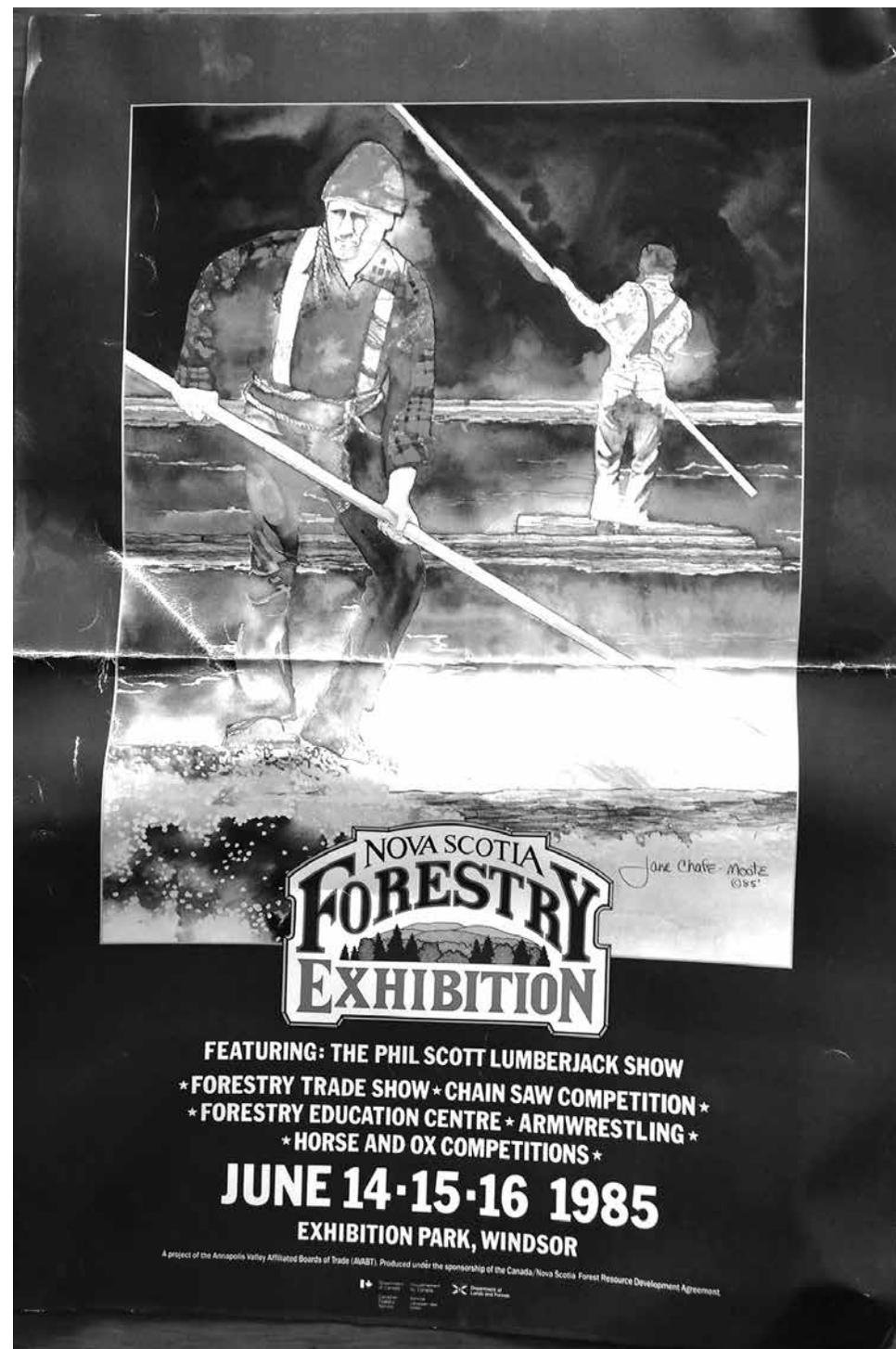
you would find on thermometer. The theme of the meeting was, "How to promote good forestry practices to the general public".

After listening to a few bad ideas being bandied about, I was struck with an inspiration that I felt I had to share so I broke my silence and blurted out, "What about a Forestry Exhibition?" There was a general hush and all heads turned in my direction. As I explained what I had in mind there were a couple of nay-sayers but I stood my ground. I didn't know anything about trees, but show business? That was a different matter.

I outlined what I had in mind and two months later I found myself retained, on government funds I might add, as Manager/Coordinator of Nova Scotia's first Forestry Exhibition. Part of the job required me to tour the province with the, then, Minister of Lands and Forests, Ken Streach, promoting the upcoming Exhibition and addressing the pressing issues concerning the forest industry. They could not have found a less qualified representative than me. I bluffed my way around the rubber chicken circuit by identifying in advance, who were the real experts at the table. Then, when a question was directed to me, I would pause reflectively and then respond, "I have an opinion on the matter but I feel that I should defer to my learned friend so and so." At that, whomever I had selected would get to his feet and expound at great length, saving my face.

As time went on I kept them fooled. The Exhibition did well financially. In addition to the trade show, there were lots of other activities to entertain the public. The lumberjacks from the South Shore with their log-rolling, axe-throwing, and tree-climbing antics were always a big hit. People were responding in droves to the beautiful government-subsidized posters that were distributed throughout the Maritimes.

At the end of my three-year term with the Exhibition, to my surprise, I found that while playing the role of the great imposter, I had inadvertently absorbed much of the knowledge swirling around me. The things I learned while I shamelessly played my role, are now those that sustain Andrea and myself as we do our best to manage the gift of nature we have been given.



LOCAL AUTHOR PHILIPPE ISLER LAUNCHES HIS NEW BOOK JUNE 23

Join Philippe Isler will be at The Box of Delights Bookshop in Wolfville on Thursday, June 23 at 7pm to celebrate the launch of his first book, *Listen To Your Heart: Using Mindfulness to Make Choices That Are Right For You*.

Philippe Isler is a Counselling Psychologist with a private practice in both Kentville and Halifax. In his work he has found that many people struggle with making certain decisions, with wondering what is "the right thing", or "the best thing" to do, and doubting or regretting choices they have made.

There are many books written on decision-making, but they tend to focus on cognitive or

"values" approaches, on organizing thoughts and priorities, and do not provide people with effective tools to deal with the stressful cognitive and emotional conflicts that can arise. *Listen to Your Heart* helps the reader to develop insight into his or her habitual patterns of decision-making, and teaches a mindfulness-based approach that helps people reconnect with their accurate intuition, an innate sense that clearly and consistently indicates the choices that are congruent with a person's well-being and circumstances.

This book is a blend of psychology, stress management, self-help, and personal growth. It is both inspirational and applicable. Breathing exercises, focusing exercises, and guided imagery are all used

to be fully present in the moment, in mind and body, and open to intuition. It is greatly empowering to know and trust what you feel is right. The skills learned through *Listen to Your Heart* go beyond making life simpler and less stressful; they help readers develop a sense of confidence, empowerment, and accurate intuition.

Philippe will speak about the book, the process by which he has developed these ideas, and techniques, as well as the larger purpose in which this and future books are situated. He will also be happy to answer any and all questions.

More information about this event can be found at boxofdelightsbooks.com/events.



This page is brought to you
by Kentville Farmers Market



RECIPE: SAUSAGE, DANDELION GREENS, AND RICOTTA PIZZA

Jenny Osburn, *The Union Street Cafe Cookbook*

Spring in Nova Scotia is confusing. There could be snow, and lots of it, all through April. Things are pretty rough-looking, bedraggled, and brown after it finally melts away, and it feels a little hopeless right up until the beginning of May. Then, all in a matter of days, fields turn green, the maple trees bloom with their shocking red flowers, and your neighbour announces they've got their garden in. It's all kind of rude in its abruptness, but in the best possible way.

This is the time for dandelion greens, a lovely little harvest just waiting on your lawn. It's best to snip leaves from clumps that haven't yet flowered. A large kitchen bowlful will give you all you need for this recipe. Dandelion greens are a little bitter in a way that lets you know that they are very good for you. The best way to tame this is with gentle cooking and generous amounts of olive oil, garlic, and salt.

The greens are a great little side dish. But I like my spring tonic in the form of pizza so here goes:

SAUSAGE, DANDELION GREENS, AND RICOTTA PIZZA serves 4-6

For the Dough:

- 1 cup All-Purpose Flour
- 3/4 cup Whole Wheat Flour (Longspell Point Farms is delicious)
- 2 teaspoons Yeast
- 1/2 teaspoon Salt
- 2/3 cup Water

Place the flours, yeast, and salt in the bowl of the food processor. Turn on the food processor and add the water all at once. Let the machine run about 30 seconds, then remove the dough and knead briefly until smooth. Place in an oiled bowl and cover with a plate. Allow to rise for about two hours.

For the Dandelion Greens:

- 1/4 cup Olive Oil
- 4 cloves Garlic, thinly sliced
- A bowlful of Dandelion Greens, picked through and washed, water still clinging to its leaves
- 1/2 teaspoon Salt

Warm the olive oil in a large frying pan over medium-low heat. Lay the garlic slices in and let sizzle a minute, then add the dandelion greens. Sprinkle with the salt, give it a good stir, then cover. Let cook, covered, for ten minutes or so, until the greens are tender. Uncover and continue a few minutes longer to cook off any excess water. Remove from the heat and set aside.

For Pizza Assembly:

- 2 tablespoons Olive Oil plus extra for brushing
- 1/2 pound Ricotta (I love Holmestead's with its crumbly dry texture, but grocery store ricotta will definitely do)
- 1 pound Sausages, cooked and sliced thinly or crumbled (Meadowbrook's Sweet Italian is ideal)
- 2 cups shredded Mozzarella

Heat the oven to 450°. Pour the olive oil onto the centre of a large cookie sheet. Rub a little of the olive oil onto your fingertips, then scoop the dough from the bowl onto the centre of the pan. Use your fingertips to gently press out the dough, taking breaks if necessary to let the dough relax. Brush the dough with olive oil.

Evenly distribute the greens on top of the dough. Crumble or spoon on the ricotta. Top with the sausage, then sprinkle with mozzarella. Bake for 10-12 minutes, or until the mozzarella begins to brown. Let cool a minute before cutting into large squares.

Jenny Osburn now lives the simple life on the North Mountain after fifteen years of co-owning and running the Union Street Cafe in Berwick. She is the author of The Union Street Cafe Cookbook, available at fine retailers across Nova Scotia. Find her cookbook, recipes, and more at jennyosburn.com!

WORLD EATING DISORDER ACTION DAY AT THE WOLFVILLE FARMERS' MARKET

On Saturday, June 4, a local Eating Disorder Peer Support Group are holding an awareness-raising event at the Wolfville Farmers' Market in honour of World Eating Disorders Action Day. The event is being held in hopes of making treatment and support accessible to all who struggle (with eating disorders) by highlighting and discussing barriers to accessing care.

Brigitte Daniels, co-founder and co-facilitator of the local group that supports the caregivers, families, and friends of people with eating disorders in the Annapolis Valley, has firsthand knowledge and experience of the devastating impact these illnesses have. "We launched our group just over a year ago as there was, and still is, very little support locally for those struggling with an eating disorder or for those who care for them." Daniels says, "Our membership has grown steadily which points to the increasing number of (young) people developing and struggling with these serious mental illnesses. We are also aware that there are quite a number of adults locally who have been living with an eating disorder for a significant amount of time."

Eating disorders are serious, complex, and potentially life-threatening mental illnesses with a mortality rate of 20%. This is the highest mortality rate of any mental health illness because they carry an increased risk for both suicide and medical complications.

"Our event will be about the people who have had eating disorders enter their lives" says Daniels. "We want to encourage anyone who is concerned about a loved one, or about themselves, to reach out and ask for help. We want to show them that they are not alone."

A special event is in store for the day and market-goers are encouraged to aim to stop by at around 10:30am.



SHOP LOCAL, EAT LOCAL

Every Wednesday, 10am - 2pm
Centre Square, Kentville

EVENTS

SATURDAY, JUNE 4, 8:30am-1pm
Fizz

Wolfville Farmers' Market
24 Elm Ave, Wolfville

Fizz - the inaugural culture convergence of brewed and fermented beverages and fizzy fermented foods. Ferments can include beer, wine, cider, and probiotic drinks such as kombucha, kefir, and Jun tea as well as kimchi, sauerkraut, sourdough, and more. For your opportunity to try local ferments and culinary delights, our vendors will feature ferments on their menus, and artisans are creating vessels to help you with your own concoctions. Stop by the community exchange table where you can try local live-culture foods, and ask the fermentation experts questions. Be sure to bring your extra scobys or kefir grains to share at the community exchange table.

THE LOCAVORE LINGO

Certified Organic

No synthetic fertilizers, pesticides, herbicides, sewage sludge, irradiation to preserve food, genetically modified organisms, or genetically engineered seed/stock can be used in the production of certified organic foods. Certified organic livestock are not subjected to intensive feedlots, antibiotics, medicated feed, or added growth hormones. 'Certified Organic' assures the consumer that production has met regulated standards, a yearly inspection has been passed, and an audit trail has been kept.

Source: A Short Guide to Food and Farming Terms, Farmers' Markets of Nova Scotia, farmersmarketsnovascotia.com

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SEEDLINGS / YOUNG READERS



KIDS ART SPOT

"Cattails and Blomidon": An oil pastel by Sophie Dalton, age 7 (drawn outside with a clipboard while taking in this view).

If you'd like to see your art here, contact editor@grapevinepublishing.ca

AMUSE-BOUCHE FRENCH FOR KIDS

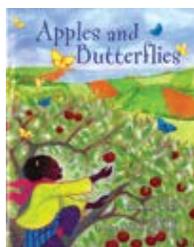
Sarah Anderson

Dommage

Dommage means "too bad" in French. If you forgot your lunch at home, your friends might simply say, "Dommage". Too bad for you!

KAELYN'S BOOK CLUB

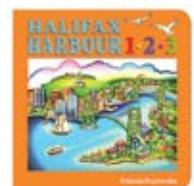
Regan Alford



WEE ONES: *Halifax Harbour 1 2 3*, Illustrated by Yolanda Poplawska (Nimbus, recommended reading age 0-3) Halifax's busy and beautiful harbour is on display in this new counting book. Young readers can search out one lighthouse, two bridges, three ferries — all the way up to ten! With tugboats, container ships, starfish, and dolphins on display.

LITTLE ONES: *Apples and Butterflies* by Shauntay Grant & Tamara Thiébaux-Heikalo (Nimbus, recommended reading age 4-8) From patchwork-quilt farmland to the winding red roads, from sandy beaches to the endless stars at night, *Apples and Butterflies* shows Prince Edward Island shining in the bright blue and gold light of fall.

kaelynsbookclub.wordpress.com



FAMILY FUN AT FESTIVALS

Laura Churchill Duke

From now until the end of summer, you can pretty much guarantee that there will be a community festival happening every weekend in the Valley!

These are great events to attend, as most of them have free activities for kids, and it gets you out exploring towns and villages that you might not have visited before!

At community festivals you might get horse and ox pulls, fireworks, community suppers (a cheap and yummy way to feed the family while supporting a good cause), and parades.

Here are a few tips if you are planning on attending a community festival this summer.

Check Valley Family Fun: There events are listed on the calendar of events at Valley Family Fun. Often there is a link to the festival's events. Mark the dates off on your calendar of where you'd like to go this summer. The calendar is constantly being updated.

Check the schedule: Once you check the schedule, you will see what events are most appropriate for your children. Build your day around these. If the kids are happily entertained, it will make life easier for everyone.

Pick a Meeting Spot: Although most of the festivals aren't overly crowded, sometimes there can be a lot of people. Distracted kids can wander off or not keep up. Pick a spot where you will meet if you get separated.

Support charities: Most of these festivals are run by charity groups and are raising money for community projects or groups. Try to support them by purchasing food or tickets for activities. It's how we keep our communities vibrant!

Learn more at valleyfamilyfun.ca

The INQUISITIVE CORNER

facebook.com/inquisitivetoys
360 Main Street, Wolfville, NS

Just add colour

BAREBACK RIDER

SADIE, KID REPORTER PRESENTS: HELP YOUR COMMUNITY!

This week I've been thinking about things kids can do to help out around town (I thought of this when I was washing the dishes from my experiment with perfume):

Start a cleaning group!

A cleaning group is a group of people who go around and help other people do chores. Offer

to run errands for people who are busy and need to get somewhere before it closes.

Pick up garbage in your neighbourhood, like the Clean-A-Thon at Wolfville School. Every year Wolfville School students collect more than twelve big bags of garbage! A lot more. Maybe one hundred!



WHAT'S HAPPENING FROM JUNE 2 – 16, 2016

SEND YOUR EVENTS TO INFO@GRAPEVINEPUBLISHING.CA

Please note: Events are subject to change.

THURSDAY, 2

Disney Dinner – West Hants Middle School, Brooklyn 6–7:30pm. Also June 3 • A lovely evening of Disney music, spaghetti and ice cream sundaes! **TIX:** \$7 adult, \$5 student. Contact Emily for tickets. A small number will be available at the door. **INFO:** Emily, egbrossoit@gnsps.ca

FRIDAY, 3

International Café – County of Kings Municipal Complex, Kentville 9:30–11am • Hola!, Salut!, お早うございます, Halo!, 안녕하세요, Ciao!, Shalom! 您好, مرحبا Hello! **TIX:** no charge **INFO:** 902-678-1398 / info@kingsvolunteerresourcecentre.ca

Coffee Party – Fire Hall, Kingston 9:30–11:30am • Kingston and District Hospital Auxiliary will be holding a Coffee Party. There will be a quilt display from the talented VON. Please come out to help support our community... proceeds will be for VON. **TIX:** donation **INFO:** kingstonnovascotia.ca/fire

Spring Fling – Aldershot Elementary, Kentville 6–8pm • Games, bouncy castles, silent and ticket auctions, BBQ, plant sale, bake sale. **TIX:** no charge **INFO:** 902-690-3820

Coffee House – Middleton Regional High School, Middleton 7pm • An evening full of fun and entertainment put on by the MRHS bands! Drinks and snacks available for purchase. **TIX:** donation **INFO:** tscotia@yahoo.ca

Bluegrass Jam Session – Royal Canadian Legion, Berwick 7:30pm • Last one until fall! Cash bar. 19+ **TIX:** no charge **INFO:** 902-538-7397 / mom8sk@hotmail.com

SATURDAY, 4

Lions Breakfast – St Andrew's Anglican Church Hall, Hantsport 7–10am • Pancakes, eggs, bacon, beans, hash browns, toast, juice, tea/coffee. Sponsored by the Hantsport & District Lions Club. **TIX:** \$7 adult, \$3.50 age 6–12, no charge under age 5 **INFO:** themackenzies@ns.sympatico.ca

Breakfast – United Baptist Church, Canning 7:30–10:30am • Pancakes, sausage, bacon, hash browns, scrambled eggs and toast. (Gluten free pancakes/toast available). **TIX:** donation **INFO:** 902-582-3827 / tapgap@xcountry.tv

Community Yard Sale & BBQ – Fire Hall, Nictaux 8am–1pm • Rain or shine. To book tables or donate items please call. **TIX:** no charge **INFO:** Holly, 902-765-3927 / Teri, 902-825-2264

Canucopia Food Drive – Sobey's, New Minas 8am • Orchard Valley United Church will be holding their 4th Canucopia Food Drive. Perishables and monetary donations are split between the Fundy Food Bank (Kentville/New Minas), the Canning Food Bank, and the Wolfville Area Food Bank. No donation is too small! **TIX:** donation **INFO:** 902-681-0366 / orchardvalleyunited.ca

Yard Sale – Baptist Church, Woodville 8am–1pm • Multi family yard sale. Sales space available for \$10. Refreshments: coffee/tea, muffins, cookies, hot dogs **TIX:** no charge **INFO:** 902-678-9838 / debbieparrott1@gmail.com

Yard Sale – United Baptist Church, Centreville 8am–1pm • In support of the gym. **TIX:** no charge **INFO:** 902-678-1946 / cvillebaptist@eastlink.ca

Yard Sale, Barbeque & Canteen – Baptist Church, Avonport 8am–1pm • Yard sale, bake table, plants table, BBQ. Kitchen open for tea/coffee and goodies.

Always a fun day. Call to rent a table. **TIX:** various prices. **INFO:** 902-542-0996 / bcorbin1@eastlink.ca

Yard Sale – Baptist Church, Cambridge 8am–1pm • Yard sale, bake sale, breakfast and BBQ. **TIX:** no charge **INFO:** 902-538-8610 / dpministry2000@gmail.com

Plant Sale – Valley Search & Rescue, Kentville 8am–2pm • **TIX:** no charge **INFO:** 902-385-2012 / dsawrie@hotmail.ca

Kings Kikima Grannies Yard Sale – Lions Club, Wolfville 8am–2pm • Funds raised used to support children orphaned by AIDS in Africa, being raised by their Grandmothers in Kikima, Kenya. Donations may be made on Fri. June 3rd, 9am–6pm. **TIX:** donation **INFO:** 902-542-7591 / bacain33@gmail.com

Bake Sale – Christian Family Centre, Nictaux 9am–12pm • Money will be donated for the Alberta Fires Appeal through the Canadian Red Cross. **TIX:** no charge **INFO:** 902-825-6720 / nictauxbaptistchurch.com

'Moms In Motion' Yard Sale – Rec Centre, Kentville 9am–1pm • To donate items contact Erica. **TIX:** no charge **INFO:** 902-670-5851

Ticket Auction – Fire Hall, Berwick 10am–2pm • "Flea Market", "Straw Draw" and yummy cafe. Safe Haven Animal Rescue takes in and fosters homeless cats until forever homes can be found. They also have a lower cost spay/neuter program for those who are in need of some assistance. We are sincerely grateful for your support. **TIX:** no charge **INFO:** safehavenanimalrescue.ns@gmail.com

Scotian Hiker: Forest Lakes Country Club – 40 Eagle View Drive, Ardoise 10am–2pm • Moderate terrain, 3 hours. Bring water, sunscreen, bug repellent, hat, typical hiking attire. This event is being organized by and held at the Forest Lakes Country Club. Join us with our special guest, Melanie MacDonald, senior ecologist with McCallum Environmental Ltd. for a toured hike through the many trails at Forest Lakes. **TIX:** no charge. Please RSVP @ info.forestlakes.ca/hike **INFO:** scotianhiker.com

Crib Tournament – Royal Canadian Legion, Kentville 12:30pm • **TIX:** \$ 20 a team **INFO:** 902-678-8935

Grow With Art Children's Workshop – NSCC Kingstec, Kentville 1–3pm • W/Sherry Haynes. Artworks may be returned/exchanged and rented at this time for \$2/framed artwork. Ages 6–14. Arrive at 12:45 to sign in. **TIX:** \$2 per child. **INFO:** 902-542-0234 / growwithart.wordpress.com

Open House – Valley Search & Rescue, Kentville 1–4pm • Celebrating 45 years of service to the County of Kings, and their move into their new building. Displays, demonstrations, tours of their command bus, K9 team, information stations on their history, training and how to become a member. **TIX:** no charge **INFO:** bobncat2@gmail.com

A Dancing Fairytale – Horton High School, Greenwich 1pm & 6:30pm • Cadance Academy presents its spring recital, "A Dancing Fairytale". **TIX:** \$15 adults \$12 seniors/students/children @ Cadance Academy, New Minas. Call for office hours. **INFO:** 902-679-3616 / info@cadanceacademy.ca

A.C.T.S. Celebration – Lockhart and Ryan Memorial Park, New Minas 5:30–8pm • A.C.T.S. - Actively Celebrating, Teaching, and Sharing. Family Picnic, Sharing time, Open mic, live band. Bring something for Potluck. All ages welcome. **TIX:** no charge **INFO:** 902-681-6379 / pastorkarend@eastlink.ca

Split Decision – Lions Club, Berwick 9pm–12:30am • Dance to Split Decision. **TIX:** \$7 per person **INFO:** 902-538-3663 / kmccberwick.ca/lions

Dance – Royal Canadian Legion, Kentville 9pm–

12am • Dance to Big Deal. Bar and kitchen available. 19+ **TIX:** \$7 per person **INFO:** 902-678-8935

Dance – Fire Hall, Aylesford 9pm–1am • DJ Dance, cash bar, 50/50. Proceeds to the Berwick & District Nursery School. **TIX:** donation **INFO:** 902-847-3434

SUNDAY, 5

Breakfast – Windsor & District Lions Club, Hants Community Centre 7:30–9:30am • Scrambled eggs, bacon, bologna, beans, home fries, pancakes, toast, tea/coffee. **TIX:** \$6 **INFO:** 902-798-8143

Fort Mac Fundraiser – Kings Mutual Century Centre, Berwick 9am–3pm • Craft and Vendor show in support of the recovery efforts in Fort Mac. Proceeds from 50/50 draw, raffle basket, table sales, and free will admission at the door will be donated to the Red Cross to help those who have been affected. Canteen on site. **TIX:** donation **INFO:** 902-300-7840 / heidi.scotney@gmail.com

Chipman/Rose Memorial Fun Run/Walk – Acadia Athletic Complex, Wolfville 10am–12pm • A 5K fun run/walk to support the Chipman/Rose Memorial Award. **TIX:** \$30, no charge for children under 13. **INFO:** 902-585-1740 / gary.meister@acadiau.ca

Crib Tournament – Forties Community Centre, New Ross 1pm • Registration 12:30pm, play starts 1pm. Canteen available. **TIX:** \$20 per team **INFO:** 902-689-2147

Kirkin 'O' the Tartan – The Covenanter Church, 1989 Grand Pré' Road, Grand Pré' 2:30pm • This is an historic custom stemming from Scots being forbidden to wear their tartan. Present day Scots now wear or carry their tartan to be blessed. Come and bring your family tartan. **TIX:** no charge **INFO:** gailgord@hotmail.com

Spring Concert – Holy Trinity Church, Middleton 3–4:30pm • Middleton Choral Society, directed by Maureen MacLean, accompanied by Elizabeth Harwood, presents a spring concert. **TIX:** donation **INFO:** 902-665-4520 / jmont@eastlink.ca

Kim Barlow and Veda Hille – Garden Room, K.C. Irving Environmental Science Centre, Wolfville 7–9pm • Strong songs and great energy on stage between long-time friends Kim Barlow (banjo, guitar), and Veda Hille (grand piano). Separate sets, with some shared songs. W/Nicholas Maclean (lap steel, guitar). Hosted by the Acadia University School of Music **TIX:** \$15 suggested donation **INFO:** kimbarlow77@gmail.com

An Evening with Cornerstone Ministries – Baptist Church, Kingston 7pm • Featuring music by "Cornerstone Ministries". **TIX:** no charge **INFO:** brenda@kingstonunitedbaptistchurch.ca

Cardinal Points Musical Evening – Avon United Church, Hantsport 7–9pm • Cardinal Points performs a variety of music – from folk to Broadway to religious. **TIX:** donation **INFO:** jaswinamer@gmail.com

Fundy Cinema screens THE DARK HORSE – Al Whittle Theatre, 8pm • A provocative, emotionally-charged biopic about a former New Zealand speed-chess champion who searches for the courage to lead, despite his own adversities—finding purpose and hope in passing on his gift to those in his community. **TIX:** \$9 **INFO:** 902-542-1050

MONDAY, 6

Men's Breakfast – The Driftwood Restaurant, Berwick 9–10:30am • A splendid time of fellowship and the sharing of ideas through conversations. Christian Ministry Support Group. **TIX:** various prices. **INFO:** 902-538-8214 / earleja@ns.sympatico.ca

Intro to Meditation w/Nicole Druken – Recreation Centre, Kentville 12–1pm • Talk Life Community Presents: Get out of your mind with Nicole Druken. A practical introduction to meditation starting with a discussion of the what, why and how. You will learn what meditation is, the benefits, and what to expect when you first start out. Following will be a gentle yoga class, with built in meditation time. Suitable for students of all levels. Wear comfortable clothing and bring a yoga mat, and a bagged lunch (optional). Drinks provided. **TIX:** \$10 @ the door. **INFO:** Laura, 902-678-1562 / Lia, 902-680-5331 / talklifecommunity@gmail.com

Alton Funtimers 50+ Group – Baptist Church, North Alton 1:30–3pm • "Show & Tell" and games. Bring an interesting item and it's story. Refreshments. Donations for coffee and tea. **TIX:** no charge **INFO:** grmisner@bellaliant.net

Physician Assisted Dying Discussion – Bethany Memorial Baptist Church, Aldershot 7pm • We need to know the facts. Our Government continues to discuss and take steps on this issue. Come and learn more on this topic. W/Dr. Catherine McNally. Refreshments provided. **TIX:** no charge **INFO:** 902-678-6755 / bmbc@ns.aliantzinc.ca

TUESDAY, 7

Public Hearing & Municipal Council – County of Kings Municipal Complex, Kentville 6pm • **TIX:** no charge **INFO:** 888-337-2999

Valley Child Development – Recreation Centre, Kentville 6:30–8pm • Annual General Meeting **TIX:** no charge **INFO:** 902-678-6111 / vcda@valleychilddevelopment.ca

WEDNESDAY, 8

Old Man Luedecke – Union Street Cafe, Berwick 8–11pm • Highly personal songs and infectious old-time banjo and guitar. **TIX:** \$20 (+fees/tax) @ the restaurant or by phone. **INFO:** 902-538-7787 / contactunionstreet@gmail.com

THURSDAY, 9

Plein Air – Community Hall, Margaretsville 10am–1pm • Plein Air Art Annapolis Valley group meets in Margaretsville. A mutually-supportive critique is available for those interested. Open to artists and art lovers of all levels. Bring a picnic lunch if you wish. **TIX:** no charge **INFO:** 902-701-8106 / edwardwedle@gmail.com

David Mossman, author of "Oceans of Rum" – The Box of Delights Bookshop, Wolfville 7pm • Capitalizing on Prohibition in the United States, fishermen in Eastern Canada would frequently smuggle rum and other alcohol to the East Coast. Author David Mossman has chronicled some of the stories of excitement, camaraderie, and drama that accompanied the rum-runners such as the author's Uncle Teddy, Captain Winfred "Spinny" Spindler, and others. Join us as the author reads from and discusses his work. **TIX:** no charge **INFO:** 902-542-9511 / boxofdelightsbooks@gmail.com

FRIDAY, 10

Port Williams Days – Community Centre, Port Williams 9am–5pm • Lions Club Mock Jail (call 902-542-3321 after 8pm for pick-up, \$1 per minute). Community Social with venues (area near wharf) 8–11pm. Fireworks on the Dyke at dusk. Rain date June 11). **TIX:** no charge **INFO:** 902-542-3933 / emhove@ns.sympatico.ca

Rare Breeds Renaissance Conference – Ross Creek Centre for the Arts, Canning June 10–12, 3–10pm



TICKET GIVEAWAY— CHANCE TO WIN 2 TICKETS TO: One Man Two Guvnors. Socially naive Francis Henshall becomes separately employed by two men — one a local gangster, the other an upper class criminal, and must keep the two from meeting! **Al Whittle Theatre, Sat., June 25, 7pm.**
Draw date: Friday, June 17 Enter all draws: valleyevents.ca/win

• Growing our future from our past. Rare Breeds Canada is proud to host conversations on the role and importance of heritage breeds in the future of livestock farming. Join us for sheep shearing and horse ploughing demonstrations, wool classification, a Maritime Ceilidh featuring Katherine Moller and home cooked meals showcasing rare breeds. **TIX:** \$130 + HST, includes Rare Breeds Canada membership. **INFO:** 902-698-2507 / rarebreedrenaissance@gmail.com

Valley Trekkers Volkspport Club – 9 Church St., Annapolis Royal 6pm • Meet at Ye Olde Towne Pub. Registration at 5:30pm. This is a 5/10km, 1B walk. **TIX:** no charge **INFO:** 902-847-1772

Fundraiser Dance – Royal Canadian Legion, Kingston 9pm–1am • Dane to Stagecoach. All proceeds are going to Fort McMurray. 19 and over. **TIX:** donation **INFO:** 902-824-3443

SATURDAY, 11

Community Breakfast – Masonic Hall, Berwick 7:30–10:30am • Wish your neighbour a relaxing and enjoyable summer vacation. Eggs (scrambled or fried), bacon, sausage, pancakes, toast, tea, coffee, and juice. **TIX:** \$7 adult, \$3 children **INFO:** 902-538-8351

Legion Breakfast – Royal Canadian Legion, Kentville 7:30–10am • Enjoy a good breakfast with friends. **TIX:** \$6 adults, \$3 children 12 and under **INFO:** 902-678-8935

Refugee Project Yard Sale – Canard Community Church, Upper Canard 8am–12pm • All donations of yard sale items welcome. Rain or shine! Funds raised will go to the "Bringing and sponsoring a Refugee Family to Canning project". **TIX:** no charge **INFO:** rosewood@nbnet.nb.ca

Yard and Furniture Sale – Lions Club, Kingston 8am–1pm • Lots of hidden gems and retro décor. Furniture, appliances, household items, books, records, etc. Canteen available. All funds raised go back to the community through Lions projects. **TIX:** no charge **INFO:** 902-765-2128

Community Breakfast – Baptist Church, Kingston 8–10am • Traditional breakfast items, and healthy choices such as fruit, yogurt, homemade muffins. **TIX:** free will offering **INFO:** brenda@kingstonunitedbaptistchurch.ca

Port Williams Days – Community Centre, Port Williams 8am–6pm • Village-wide yard sale, flea markets, pantry and book sales, ball hockey tournament, BBQ, children's parade, family fitness fun and games, vineyard and barrel cellar tour, and community supper. **TIX:** no charge **INFO:** 902-542-3933 / emhovell@ns.sympatico.ca

Yard Sale – Baptist Church, North Alton 8am–12pm • Come find some great treasures. **TIX:** no charge **INFO:** 902-678-7168 / valerihope@hotmail.com

Valley Trekkers Volkspport Club – Delaps Cove 10am • Exit 22 off Hwy 101 to Annapolis Royal. Turn right at traffic lights to Tidal Power Plant off Hwy 1. Registration at 9:30am. This is a 12km, 3C walk. **TIX:** no charge **INFO:** 902-847-1772

Michelin Health and Safety Week – Michelin Sports and Social Club, Waterville 10am–2pm • Michelin Waterville Health and Safety Day Events **TIX:** no charge **INFO:** 902-534-3937 / jolene.mackinnon@ca.michelin.com

Open House/Family Day – Annapolis Valley Shooting Sports Club, 377 White Rock Road, Canaan 10am–4pm • Come try the shooting sports for yourself. Members of the AVSSC will be on hand to provide shooting instruction. Only firearms, ammunition, bows and arrows provided by

the AVSSC will be allowed on club property for this event. If you have access to ear and eye protection, please bring it along. We have limited supplies. Team Challenge event will start at 4pm. **TIX:** \$1 per ticket (some stations require more than one ticket). **INFO:** jrobinson@avssc.ca

Tea and Fashion Show – Fire Hall, Greenwich 2–4pm • Fashions by Northern Reflections, sponsored by Greenwich Women's Association **TIX:** \$8 per person **INFO:** cebishop@hotmail.com

Benefit Variety Show – New Beginnings Center, Greenwood 6–10pm • Benefit for Paula Sabeau who is battling cancer. **TIX:** donation **INFO:** 902-526-0285 / doneveret@gmail.com

Benefit Silent Auction & Dance – Royal Canadian Legion, Windsor 6pm–1am • All proceeds to assist Andrew Legere. Auction 6–8pm, dance 9pm–1am. 19+ **TIX:** free will offering **INFO:** 902-790-0204

Benefit Show for Fort McMurray – Elementary School, New Minas 6:30–8pm • A Night of Vocal Harmony to support Fort McMurray - Dukes of Kent, New Minas Elementary Choir, LE Shaw Elementary Choir, and guests Valley Voices. **TIX:** donation **INFO:** president@dukesofkent.ca

Carmel Mikol & Gabrielle Papillon – Evergreen Theatre, Margaretsville 8pm • Carmel Mikol returns to her solo career promoting "Daughter of a Working Man", her third album. Gabrielle Papillon is touring her latest album "Tempest of the Old." Both of these wonderful performers will be backed by a full band. **TIX:** \$25, \$10 students @ evergreentheatre.ca **INFO:** 902-825-6834 / evergreentheatre@gmail.com

Dance – Lions Club, Kentville 9pm–1am • Cash bar and canteen. Music by Matt Millett and Rob Hunt. **TIX:** \$10 couple, \$6 person **INFO:** 902-582-3640 / dshiltz@xcountry.tv

Dance – Royal Canadian Legion, Kentville 9pm–12am • Dance to Rte. 12. Bar and kitchen available. 19+ **TIX:** \$7 per person **INFO:** 902-678-8935

SUNDAY, 12

Wine & Dash – Grand-Pré National Historic Site, Grand Pré 11am • Run or walk a 5k, 10k or 15k route while sampling some of Nova Scotia's best wines along the way! This event will bring the community together to create awareness and raise funds for Brigadoon Village, while enjoying some of the most scenic views and tasty wine the Valley has to offer! **TIX:** \$95 15k route, \$80 10k route, \$60 5k route **INFO:** 902-332-1540 / marly.macneil@brigadoonvillage.org

Scotian Hiker: Duncan's Cove – Duncans Cove Rd, Duncans Cove 11:30am–1:30pm • Deep blue sea meets white granite shoreline; the trail winds along and above the Atlantic, with panoramic views and sometimes crashing surf. If we take our time, 3-4 hours in duration; less than 10km distance. Lots of ups and downs, narrow footpath, ruins of military observation posts. Bring min 1L water, lunch, windbreaker. See online for directions and for possible changes on day of hike. **TIX:** no charge **INFO:** scotianhiker.com

Jammin' in June – Lions Club, Berwick 1:30–3:30pm • Father's Day Fundraiser for the New Berwick & Area Library. Silent auction and musical afternoon! Canteen available. **TIX:** \$10 adult, \$5 children @ Wilson's Pharmasave (Berwick), and at the door. **INFO:** 902-538-3663

Mommy & Me Tea – Community Hall, Weston 1:30–3:30pm • Join us for tea. **TIX:** donation **INFO:** adriennesaunders@hotmail.com

Benefit Show for Brian Stewart – Royal

Canadian Legion, Kentville 1:30–4:30pm •

Come listen to some great country music and help support Brian Stewart who is need of an electric wheelchair. **TIX:** donation **INFO:** 902-678-8013 / kimberly.lunn@ns.sympatico.ca

FSTRA Open House – Rohan Wood Stables, Aylesford 2–4pm • Join the Free Spirit Therapeutic Riding Association for a fun afternoon of demonstrations, door prizes and refreshments. Meet and greet our therapy horses! **TIX:** no charge **INFO:** 902-670-8402 / fstra12@gmail.com

Hymn Sing featuring King's Fiddlers – Baptist Church, Halls Harbour 7–9pm • A hymn sing with alternating congregational hymns and music by special guests. Social time following. **TIX:** donation **INFO:** 902-542-9449 / rmichaels@hotmial.com

Fundy Cinema screens SING STREET – Al Whittle Theatre, 8pm • In this follow-up to Once, writer-director John Carney takes us to 1980s Dublin for a semi-autobiographical tale about a teenager who turns to music to escape his chaotic home life—and, naturally, to impress a girl. **TIX:** \$9 **INFO:** 902-542-1050

MONDAY, 13

Valley Gardeners Club – NSCC Kingstec Campus, Kentville 7:30pm • Guest speaker: Nina Newington. Topic: "The shadier side of life: more than just your usual suspects." Member's plant exchange. New members welcome. **TIX:** no charge **INFO:** 902-681-0049 / renanixon@hotmail.com

TUESDAY, 14

Community Luncheon – Lions Club, Kingston 12–1pm • Full Turkey dinner, coffee and tea with dessert. Order by 10:30 am on the 14th. Call 902-765-2128 **TIX:** \$9, \$9.50 delivered (Kingston/Greenwood area only). Deliveries must be ordered by 10:30am. **INFO:** 902-765-2128

WEDNESDAY, 15

Valley Restorative Justice AGM – Fire Hall, Waterville 7–9pm • Please help us celebrate 30 years of providing services to the Annapolis Valley by attending our AGM and volunteer appreciation event. **TIX:** no charge **INFO:** 902-679-0650 / wendy.robinson@ns.sympatico.ca

THURSDAY, 16

Darren Greer & Alice Burdick BOOK LAUNCH – The Box of Delights Bookshop, Wolfville 6pm • Join us for a very special double-header night with authors Darren Greer and Alice Burdick. We will be celebrating the launch of their respective works "Advocate" (Greer) and "Book of Short Sentences" (Burdick). **TIX:** no charge **INFO:** 902-542-9511 / boxofdelightsbooks@gmail.com

Day Camp & Pool Registration – Rotary Raceway Park, Middleton 6–7:30pm • Registration evening for Town of Middleton Day Camps and Swimming Pool. **TIX:** no charge **INFO:** 902-824-4490 / daycamps@discovermiddleton.ca

Military Wives Choirs Info Session – Military Family Resource Centre, Greenwood 6:30–7:30pm • A new chapter of the Canadian Military Wives Choirs is starting here in Greenwood! Have your questions answered and sign up for future updates. **TIX:** no charge **INFO:** canadianmwc.greenwood@gmail.com

EKM Health Foundation AGM – Fire Hall, Wolfville 7–8:30pm • The public is invited to attend. **TIX:** no charge **INFO:** 902-542-2359 / foundation-ekm@avdha.nshealth.ca

LIVE THEATRE

Shrek The Musical Jr. – Evangeline Middle School, New Minas June 2, 3, 7pm • This comedic tale finds reluctant hero, Shrek the Ogre, on an action packed quest to rescue the beautiful princess Fiona from imprisonment in a dragon guarded tower. **TIX:** \$5 @ the EMS office, or through students/staff **INFO:** 902-681-4910

The Little Mermaid – Fountain Hall Performing Arts Centre, Windsor June 3, 4, 10, 11, 7pm, June 4, 5, 11, 2pm • Ariel wishes to pursue Prince Eric in the world above and bargains with the sea witch, Ursula, to trade her tail for legs. The bargain is not what it seems and Ariel needs the help of her colorful friends to restore order to the sea. **TIX:** \$20 adults, \$16 seniors/students, \$12 children under 12 @ Moe's Place Music Sales (Windsor) or by phone. **INFO:** 902-798-5565 / info@quickasawinktheatre.ca

Tuesdays with Morrie – CentreStage Theatre, Kentville June 3, 4, 10, 11, 17, 18, 7:30pm, June 12, 2pm • The autobiographical story of Mitch Albom, an accomplished, career-driven journalist, and Morrie Schwartz, his former college professor. Sixteen years after graduation, Mitch learns that his old professor is battling Lou Gehrig's disease, and what starts as a visit turns into a weekly pilgrimage and a last class in the meaning of life. **TIX:** \$10 **INFO:** 902-678-8040 / centrestage@centrestagetheatre.ca

The Hound of the Baskervilles – AVM Morfee Center, Greenwood June 14, 15, 16, 17, 18, 7:30pm • Presented by The Greenwood Players. A large bloodthirsty hound is loose on the moors and it's up to the world famous detective, Sherlock Holmes, to either tame or kill the beast. But who is controlling this vicious hound? **TIX:** \$8 @ Pharmasave (Middleton, Kingston) by phone, or at the door. **INFO:** 902-804-0735 / 902-840-3853

EXHIBITS

Artisans in Action – Avon River Heritage Museum, Newport Landing June 5, 12–4pm • Live demonstrations and pop-up sale, showcasing local artisans who work in historical trades, crafts, and art forms (done in both traditional and contemporary manners). **TIX:** no charge **INFO:** 902-757-1718 / infoavonriver@gmail.com

The Very Best Folks I Know – Harvest Gallery, Wolfville. Through June 11 • **INFO:** harvestgallery.ca

In Sequence – Selections from the Permanent Collection – Acadia University Art Gallery, Wolfville. Through June 26 • A selection of works from the permanent collection exploring the way in which artists approach sequence and series in their work. Featuring Cecil Day, Alex Colville, Noboru Sawai, Emmett Williams, and Gwendolyn Hales. **INFO:** gallery.acadiau.ca

Paints and Pots Creative Artists – Captain Hall's Treasure Chest, Hall's Harbour • 11am–6pm **INFO:** elspeth.mackenzie@gmail.com

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.

Judith J. Leidl – Oriel Fine Art, Wolfville • Fine

What's Happening continued on page 22.

WHAT'S HAPPENING JUNE 2 – 16, 2016 (CONT'D)

art: floral paintings, scarves, acrylic paintings, prints, ceramics, and Inuit work from Baffin Island. **INFO:** 902-670-7422 / judithleidart.com

MUSEUMS

The Old Kings Courthouse Museum (Kings County Museum) – 37 Cornwallis St., Kentville.

Open Mon.–Fri., 9am–4pm • “A Brief History of Underwear” and “Sightings – Exploring the Scope of the Canadian Sniper,” the historic role played by Canadian Snipers through artifacts and personal stories. **TIX:** no admission charge, donations welcomed **INFO:** 902-678-6237 / kingscountymuseum.ca / kingscountymuseum.ca/event/a-brief-history-of-underwear

Charles Macdonald Concrete House – 19 Saxon St., Centreville • Unique house built from concrete with artistic and humorous features. Outside the yard is full of concrete sculptures of deer, a mountain lion, a young woman washing her hair, giant mushrooms and other figurines and furniture. Inside is decorated with hooked rugs created by Charles' wife Mabel. Also, see Kevin West's Uncommon Common Art installation at the museum! **TIX:** “We're free, are you?” **INFO:** 902-678-3177 / concretehouse.ca / info@concretehouse.ca

Ross Farm Museum – 4568 Hwy 12, New Ross • Open Wed–Sun, 9:30am–4:30pm. Every visit is unique as the work changes with the seasons. June 4–5: Pumpkin Planting Days – Children can plant a seed and return in the fall for the harvest! **TIX:** \$6 adult, \$5 senior, \$2 child (6-17), no charge age 5 & under. **INFO:** 902-689-2210 / rossfarm.novascotia.ca

Randall House Museum – 259 Main Street, Wolfville • This season's special summer exhibit opens June 25: “Joe Howe Changes Trains in Nova Scotia.” Get ready for a trained-themed summer of events and displays! **INFO:** wolfvillehs.ednet.ns.ca

Prescott House – 1633 Starr's Point Rd. • An elegant Georgian house in the picturesque Annapolis Valley. Here, horticulturalist Charles Prescott cultivated Nova Scotia's apple industry from 1811 to 1859. **TIX:** \$4 adult, \$2.75 child/senior, no charge under 5, \$8.50 family **INFO:** 902-542-3984 / prescotthouse.novascotia.ca / baldwidj@gov.ns.ca

Avon River Heritage Museum & Avon Spirit Shipyard – 15 & 17 Belmont Rd, Newport Landing. Wed. to Sun., 10am–5pm • Set along the scenic shores of the Avon River on the site where New England Planters' sloop The Lydia and The Sally landed in 1760, our museum features exhibits on the New England Planters, Acadian settlers, local house histories, family histories, and Avon River ecology. Also home to the Full Circle Festival, the Hants County Arts Council and their Artists Landing Gallery, the Lydia & Sally Café, and the Planter's Sea Chest Gift Shop, which features products handcrafted by local Nova Scotian artists and artisans. **INFO:** 902-757-1718 / infoavonriver@gmail.com

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

CAMPS

Summer Day Camps – Open House: June 6, 6–8pm to learn more about these amazing camps!

• Acadia University and the Town of Wolfville deliver eight weeks of fun-filled Adventure Camps, tailored towards promoting active lifestyles and artistic creativity. Themes include: Art and Drama; Run, Jump, Throw; Adventures on Bikes; Multisport; Adventure: Geocache and Time Travel; Dance and Creative Movement; Water Warriors; Survivor Camp; and Cooperative Games, Basketball, Football, Soccer, Hockey, and Volleyball. **INFO:** 902-585-1423 / sportcamps@acadiau.ca

Deep Sea Discovery DVBS – Kentville Baptist Church (503 Main St.), July 4–8, at 9am daily.

• One of largest DVBS programs in the Valley. Songs, snacks, games, stories, crafts, activities and more. Kids ages Primary–grade 6. **FEE:** no charge **INFO:** 902-678-3162 / KentvilleBaptist.org

Olympus Gymnastics Academy Summer Camps – July 4–8, and Aug. 1–5 @ 5 Sanford Drive, Windsor. • For ages 5–12. Yoga & Hip Hop Day, Olympic Day, OnTree Day, Waterslides, Bowling, and pizza party! Half-day and Full-day available! **TIX:** \$130–\$215/week **INFO:** 902-499-9151 / windsorgymnasticsclub@gmail.com

Summer Camps at CottonTale! – Mon–Fri, 9am–3pm @ CottonTale Cafe + Play, New Minas. • Lego Week: July 4–8, French week: July 18–22, Disney week: July 25–29. Music time, yoga in the park, outdoor water games, and take home art activities are offered in each camp. A healthy choice of lunch and snacks are included daily as well. **FEE:** \$225 per child **INFO:** 902-680-1691 / cottontale.ca

CLASSES & WORKSHOPS

Voice & Piano Lessons – Private music instruction. All ages and levels. Learn to read music: Group sight-singing classes on demand. **INFO:** 902-300-1001 / Susan_dworkin@hotmail.com

Voice Lessons – Affordable and fun voice lessons that cater to students' wants and needs. Assets include experience working with children and certificate in Performing Arts Preparation. Flexible lesson times and positive attitude guaranteed! **INFO:** Brenna, b.rob22@live.com

Silk Painting Workshop – June 4, 1:30–4:30pm @ Beveridge Arts Centre, Wolfville. • Silk painting workshop by renowned artist, Holly Carr. **TIX:** \$70 general, \$50 for students/unwaged, includes materials. **INFO:** 902-585-1518 / judithleidl@acadiau.ca

Exploring Early Developmental Movement Patterns with the Focus on Reflexes – W/ Occupational Therapist Kathie Brown. June 4, 10am–4:40pm @ Community Hall, Greenwich.

• We will explore the reflexes as a foundation for self-regulation, balance, and ease of movement. Understanding the process of reflex integration will be helpful to anyone working with babies, children, or adults in any capacity. **FEE:** \$50 **INFO:** Kathleen, 902-582-3888 / kp@alexandersociety.org

Taoist Tai Chi – Beginner classes starting Tuesday, June 7, 6pm @ the Middleton Fire Hall. • Check it out and give it a go! Suitable for all ages, male and female alike. **FEE:** first class is FREE **INFO:** Anne, 902-765-6378 / roan_h@hotmail.com

Taoist Tai Chi™ – Classes at: Kentville: Lions Hall 78 River Street, Tuesdays 6–9pm; Thursdays 11:30am–2pm. Berwick Legion, Mondays, 6–7:30pm. **INFO:** Mary Anne, 902-678-4609 / kentville@taoist.org

Wolfville Tennis Club Youth Programs – Youth registrations will be held at the WTC, Friday, June 3 from 4–6pm, and Saturday, June 4, 9am–noon. •

Joel Young is the instructor for ages 16 and under, and private lessons for club members of all ages. **FEE:** \$25 for June, \$75 for either month of July or August, or combined for \$125 **INFO:** wolfville.ca / dkeslang@gmail.com / bjhainstock@gmail.com



VOLUNTEER OPPORTUNITIES

Acadia Community Learning Program – Provide language and life-skills to refugees adjusting to Canadian life! Volunteers needed for preschool, primary school/junior school class assistance, supervision of youth activities, and lunch attendants. Criminal Record check and Vulnerable Sector check required. **INFO:** 902-585-1371 / sharon.churchill@acadiau.ca

Kentville Community Garden Society – Volunteers needed to help with urban edible landscapes, community gardens, and delivering knowledge

about sustainable gardening. The Society meets weekly on Saturdays 9am–1pm at the Salvation Army, Kentville. **INFO:** 902-691-1296 / growhappyfood@gmail.com

Scouts Canada – Looking for Section Leaders for all age groups (Beavers, Cubs, Scouts, Venturers, Rovers) as well as leadership positions in Kings area for an Area Commissioner. Requires 2–3 hours per week, sometimes more when campouts are involved. Criminal Record check and Vulnerable Sector check required. **INFO:** 1-888-726-8876 / nsoffice@scouts.ca

Canadian Breast Cancer Foundation – Volunteers needed to help organize the CIBC Run for the Cure in Wolfville. Positions available are: Run Director; Communications & Promotions; Fundraising Coordinator; Sponsorship Coordinator; Volunteer Coordinator; Survivor Engagement Coordinator. **INFO:** 1-866-273-2223 / cgilfoy@cbcf.org

Fusion Annapolis Valley – Fusion AV engages with young professionals in the Valley, providing opportunities to connect and build their personal and professional network. They are looking for volunteers to sit on their Board of Directors, and people who can help with events and action teams. **INFO:** coby.milne@fusionav.ca

THE FREE CLASSIFIEDS

This section 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.

DONATE:

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

FOR HIRE/PURCHASE:

Acupuncture: Zoe Macdonald RAc is excited to offer Acupuncture, Cupping, Acupressure Massage and Reiki services at her new office location, 461 Main Street, Wolfville. Online booking available for your convenience. **INFO:** text/call, 902-670-0009 / zoemacdonaldacupuncture.com

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

Intuitive Therapy and Readings: Intuitive Therapy combines intuitive readings with therapeutic guidance. Understanding the meaning behind the message and its importance for you, at this time. Receive a therapeutic reading in person, by phone, by email, by text, or Skype. Catherine Skye Knott Intuitive / Intuitive Nature Therapist / Reiki Master / Health Professional **INFO:** lisbonchai@gmail.com

Financial Planning: With a personalized approach to financial planning, I can help your hopes and dreams become reality. Get advice. Contact me today to talk about your financial plan. **INFO:** Cynthia Farris Coane, Consultant. Investors Group Financial Services, Inc., 902-681-1061 x243 / CynthiaFarris.Coane@investorsgroup.com

Travel Planning Professional: Denise MacMillan with The Destination Experts. You have graduated, now is the time to travel! Free, no obligation quotes. Friendly, professional service. Valley based. **INFO:** 902-692-9581

/ dmacmillan@TheDestinationExperts.com / FB/Denise.TravelPlanning

ACCOMMODATIONS:

For Rent: One renovated room in business location downtown Kentville. Own entrance, private bathroom, shared waiting room. Excellent for starting up a business. **FEE:** \$350 plus HST per month, includes heat and utilities **INFO:** 902-678-2771

EMPLOYMENT:

Positions at Ross Creek Centre for the Arts: CHEF (summer student): We are looking for a summer student to have a fabulous summer working in our gardens and kitchens, making wonderful food and preserving our garden bounty! Must be a student who was enrolled in studies last year and returning to school in the fall. Full time work beginning ASAP and going till end of August. BOX OFFICE: We're still looking for the right box office person! Spend your summer making the magic happen with our cast and crew, visiting artists and our audiences. 8 weeks of full time evening work. Doesn't have to be a student. GARDENER: Looking for someone eager to learn about gardening, work outside and enjoying seeing beautiful things grow. Doesn't have to be a student. **INFO:** chris@artscentre.ca with your resume

GENERAL:

Community Walking Challenge: For the month of June, walk from Kentville, NS to Kentville, Australia...or at least the equal distance! Distance: 16,227 km (as the plane flies), Steps: 20,283,750 steps (walking on water), Time: 3380 Hours. Choose a method to track, then log your time/steps online. Join walkaboutns.ca, then find and join the “Kentville-to-Kentville Challenge”. Log on daily to add your steps and see our progress! **INFO:** walkaboutns.ca / Facebook: kentville to kentville walking challenge

At Acadia



Acadia University | 15 University Ave, Wolfville.
902-542-2201 | Staffed Switchboard. 8:30am-4:30pm.
agi@acadiau.ca – General Inquiries

WHAT'S GROWING AT THE HARRIET IRVING BOTANICAL GARDENS – POISON IVY

Melanie Priesnitz, Conservation Horticulturist

June is an amazing month in Nova Scotia for getting outside, whether you're attending an outdoor festival, playing in your neighborhood park, or lounging at the beach. Sadly, our current culture is increasingly bringing people indoors, and there are a myriad of deterrents in the media that make people afraid of the outside world, including ticks and poisonous plants. The fact of the matter is, wherever you go in life, from shopping malls to campgrounds, there are hazards. The best way to not let potential hazards rule your life is to educate yourself.

Poison Ivy is a plant that you may encounter during outdoor adventures this summer so get to know it and teach your family what it looks like to avoid unpleasant skin irritations. There are three plants in the Poison Ivy group that we need to be aware of in Nova Scotia. *Toxicodendron radicans* (Poison Ivy) is the one we see most commonly. It is a climbing vine with groups of three leaflets and can be found creeping along lake shores and wet areas. *Toxicodendron rydbergii* (Western Poison Ivy) looks very similar however it has a more erect shrub-like habit, slightly scalloped leaves, and prefers open sun and drier conditions. The last in the group to look out for is *Toxicodendron vernix* (Poison-sumac). This is a tall shrub that looks similar to elderberry but should not be confused with it as it too can cause a severe skin irritation. Poison-sumac is only known to be in a few lakes in Southwestern Nova Scotia.



To be safe, remember the old rhyme 'Leaflets three, let it be!' If you do accidentally have a Poison Ivy encounter, hunt for a wild patch of *Impatiens capensis* (Jewelweed), break the stem open, and rub it on the infected area, it's a great antidote to the itching and stinging. Wearing long pants with your socks tucked in may not be very fashionable or favourable in the heat of summer but it is a simple way to protect yourself from both ticks and Poison Ivy.

I'm happy to report that there is no Poison Ivy growing at the Botanical Gardens, but we do have Jewelweed growing along our stream. If you don't know what it looks like, you can come and get acquainted so you'll be prepared should you ever need it. (It's also great for insect stings!)

Poisonous plant information: novascotia.ca/museum/poison/

Blacklegged Tick information: novascotia.ca/dhw/cdpc/lyme.asp

Harriet Irving Botanical Gardens
Acadia University
botanicalgardens.acadiau.ca

SUMMER ON-CAMPUS

Samantha Nielsen

The summer has barely started and the Acadia Students' Union executive team has already hit the ground running with a number of projects for the upcoming year. Our first few weeks we had a lot to learn, but the new team is eager and ready to take on whatever the year has to offer. Here's a sneak peek at what we'll be working on all summer!

Samantha Nielsen, VP Communications, has been working on ways to bring the Town of Wolfville and Off-Campus Students relations closer than ever. She is also working on a project that involves taking a look back at the history of the ASU to help in celebrating the upcoming 50th birthday of the union.

Andrew Grant, our VP Finance, has been working on sponsorship packages for Welcome Week and a number of other events that will take place through the year. Andrew will also be attending his first Board of Governors meeting on June 23 following his trip to Toronto for a Campus Trust conference which deals with the student health plan shared between 11 schools throughout Canada.

Brianna Jarvin, our VP Academic, has been assisting students with their dismissal

appeals since the end of term, as well as representing ASU's student voice in a number of conferences for Canadian Alliance of Student Associations (CASA) and Students Nova Scotia (SNS). She has already begun planning a "Get Out the Vote" campaign for the upcoming municipal election in October.

Ted Higa, our VP Programming, has been working on Welcome Week events that are worthy of the 50th year celebration of the ASU. He is also working with our internal organizations which include the Mental Health Society, the Athenaeum, and Axe Radio to continually improve campus events and student life.

Last but not least, our President Sam Sproule has been transitioning with past President Suzanne Gray to increase sexual health awareness on campus with the \$27,000 Innovation Grant the university received from the province. Sam is also working hard to reach out to student groups and find out what she can help improve during her term.

That's it for now! We can't wait for what the upcoming school year has in store and we'll have more information for you as we approach Welcome Week in late August.



HORTON HIGH SCHOOL MENTAL HEALTH INITIATIVE

Jennifer Kerr

What are some ways to stay mentally healthy? Meditation, mindfulness, exercise, sleep. Up at Horton High School some of the students and staff have been working hard on a mental health awareness initiative. The mental health campaign team and myself wanted to raise awareness about mental wellness, especially within the school, as students are some of the most easily stressed people. Learning to handle and maintain stress-related issues is an important lesson for many students — one that can stay with you for life! On May 6 the team of students and staff arranged for some expert presenters to come in to Horton, ensuring that every class in the school participated in a mental health presentation and discussion. Horton's focus was to end the stigma that surrounds mental health. Being called insane, crazy, or hopeless will never pull someone out of a negative state of mind. It is for this reason that Mental Health Week is so important. It shows students that there are a variety of resources within the school, and the community, that can help with stress, and it encourages them to engage and utilize those resources.

This year we had two amazing keynote speakers come and present in the Performance Centre — the first being Bob Heaney, National Coordinator for the Mental Health Commission of Canada's Headstrong Project. Bob's professional focus has always been on

supporting youth who are struggling with mental health problems and illnesses. Bob understands the stigma attached to mental health, and knows that it continues to be the main barrier preventing affected individuals from seeking help. Our second presenter was Cassandra Henske, a 23-year-old student from Montreal, Quebec. She moved to Wolfville three years ago to begin studying Psychology at Acadia University. She spoke to us about her personal journey with mental illness, and shared the story of how she began advocating for mental health through Break the Silence, End the Stigma (the organization that she founded in April 2014). Along with our keynote speakers, we had twelve other smaller presentations for students to attend, as the first step in ending the stigma surrounding mental health is to educate others and ourselves. Throughout the week we held activities at lunch that encouraged mental well-being in all of the students. We had our Yoga teacher run a meditation class; the school screened Disney's *Inside Out* — a movie which positively shows how emotions can change and be affected — and lastly, we had a therapy dog come to the school and interact with small groups of students and teachers. I was shocked at how each and every student responded to the week with such an open mind and community spirit. It was truly an enlightening experience, and I hope that the initiative continues for many more years to come.

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