



ISSUE № 3.25



# The Grapevine

Banner by Ryan Isnor, 9  
Winner of the Clayground Colouring Contest

May 13 - 27, 2010

• COMMUNITY • AWARENESS • INVOLVEMENT • Our Readership is now approx. 2600!

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KNOW HER?  
Find out on page 11

## Furry Feature

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### LOCAL HISTORY:

#### CELEBRATING 250 YEARS OF THE NEW ENGLAND PLANTERS

2010 is a very special year in local and Canadian history. It marks the 250th anniversary of the arrival of the New England Planters – one of the first large scale settlements of English-speaking colonists in Canada. The Planters relocated from New England to the Maritimes between 1759 and 1774 bringing with them a new culture that greatly influenced the development of Nova Scotian society. Sir Robert Borden, William Chipman and Charles Morris are only a few of the many Planters and their descendents who have influenced Canadian politics, invention and literature. Several Planters became farmers and business owners whose descendents still have land holdings in the Annapolis Valley today.



Gwen Davies from the University of New Brunswick. June 18<sup>th</sup> and 19<sup>th</sup> will feature a wide range of Planter-related lectures by local and international historians, genealogists and archivists. June 20<sup>th</sup> the conference will close with a tour of local Planter historic sites.

The Planter Studies Center is also working with the Atlantic Living Heritage Foundation to present an historical re-enactment of eighteenth century civilian life in a Nova Scotia. The encampment is open to the public and free of charge. Also on-site for the duration of the conference: an

exhibit of Planter-related archival materials, community-related historical booths and an Ancestor Registry for locals wishing to learn more about their personal Planter lineage and heritage.

If you would like to attend the conference, please go to the Planter Studies website at: <http://libguides.acadiau.ca/planter>. This site contains links for online registration, costs, scheduling and access to Planter-related information, sources and websites. Or contact the Acadia box office directly at [box.office@acadiau.ca](mailto:box.office@acadiau.ca) or by phone 1-800-542-8425 (toll free) or 542-5500 (local). If you require more information feel free to contact Sarah at [plantersgirl@gmail.com](mailto:plantersgirl@gmail.com) or leave a message at the Planter Studies Center at (902) 585-1433.

To find out more about other local Planter-related events go to <http://www.planter2010.com>. Everyone is welcome. Don't miss this wonderful opportunity to have fun and learn more about local history!



**ABIGAIL** She is at least 10 years old and found wandering the hallway of an apartment building in Windsor. Her family moved and didn't think to include her in their new life. She's very agreeable for a kitty that's been abandoned. If you would enjoy a sedate and loving cat, she is the one for you.

Wolfville Animal Hospital  
Dr. Peter Bligh  
P - 902 542 3422  
F - 902 542 3352



**UPDATE:**  
Last issue's HUNTER has been adopted!



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## 2 FOR 1 MEAL DEAL!\*

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## HELP US DISCOVER THE BIODIVERSITY IN WOLFFVILLE'S BACKYARD

Have you noticed new neighbours living at the corner of Park St and University Avenue? In the past 8 years since the Harriet Irving Botanical Gardens opened, slowly but surely the wildlife is moving back in. Sightings of songbirds, chipmunks, dragonflies, turtles, ducks and pollinators have been steadily increasing over the years. So far, over 18,000 native plants have been introduced to the Gardens providing much needed habitat for wildlife.

As someone who was involved in the planting of the Botanical Gardens, this gradual wildlife increase has been exciting to watch. I'll never forget the first year the spring peepers found their way to our marsh; talk about job satisfaction! I don't want to be selfish and keep all of this joy to

myself, so I invite you to join me in watching our new wildlife residents move in. Join the Blomidon Naturalists Society and Harriet Irving Botanical Gardens on weekly Nature Counts walks and help us observe and record the biodiversity that exists within our backyard. This spring marks the 5<sup>th</sup> year of the Nature Counts program where community members participate in weekly walks to discover and record the biodiversity found within the Gardens and adjacent Woodland Trails.

This idea of recording biodiversity is certainly not a new one. In 1855 Charles Darwin set out to record all the plant life he observed growing in his backyard in Britain. This initiative was one of the first to begin looking at the diversity of our natural world, where it came

from and how it is maintained. Darwin, who was not a botanist, was helped by Joseph Hooker, who later became the first Director of the Royal Botanic Gardens at Kew in London. In a letter to Hooker, Darwin explained the joy that he experienced while discovering and learning to identify the flora surrounding him. "I have just made out my first grass - hurrah, hurrah! I must confess that fortune favours the bold, for as luck would have it, it was the easy *Anthoxanthum odoratum* (sweet or scented vernal grass)."

I encourage you to do like Darwin and find joy in learning to recognize and identify your local plants. Come out to one or all of our Nature Counts walks at the Botanical Gardens this summer. You'll have the opportunity to

learn more about local flora and fauna, chat with neighbours and get fresh air and exercise while making a contribution to our ongoing biodiversity count. All you need to participate is a pencil, a notebook, a pair of comfortable shoes and a keen interest to learn about our natural world.

Nature Counts takes place every Tuesday evening throughout the season from May 4<sup>th</sup> until August 24<sup>th</sup>. Meet at the Main Entrance to the Gardens at 6:30pm. If you can't make it to our weekly walks, visit the Gardens or Woodland Trails on your own. We're open daily and free to the public, take a stroll through to enjoy the biodiversity of our region.

~ Melanie Priesnitz  
Conservation Horticulturist,  
Harriet Irving Botanical Gardens

## ROSS CREEK CENTRE FOR THE ARTS - NEW STRUCTURE DESIGNED BY TED CAVANAGH

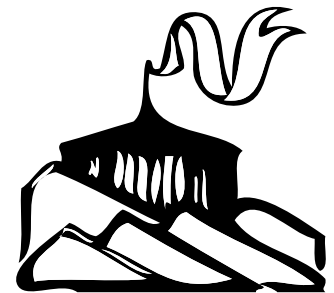
**CANNING** – The Ross Creek Centre for the Arts is thrilled to announce the construction of a Lamella on property. Designed by award-winning architect Ted Cavanagh, the structure will serve as a dining hall for campers, artists and staff at the centre. The Lamella will be doing its final push this week toward completion through the assistance of a variety of partners. The Lamella is one of a handful of projects supported by the Social Sciences and Humanities Research Council under the Research Creation in the Fine Arts grant, with the SSHRC being the primary source of funding for DalTech's contribution to the construction. The Ross Creek portion is funded by ACOA's Strategic Community Investment Fund and a contribution from the Stone Depot. Cavanagh is not only an acclaimed architect and winner of both the

American Architectural Foundation Award and the Royal Architectural Institute of Canada Foundation Award, but has also taught at over 30 universities. His current team consists of his students from the architecture program at Dalhousie University, a group who have been diligently working on creating the Lamella at Ross Creek. With the Dalhousie students laboring away on the structure, the Lamella is expected to be completed by mid-May. Student Matthew Kennedy explains, "You have so many kids coming here to learn about art; they'll see this building and maybe become interested in the art of architecture." Student Sam Lock, agrees, "I hope this will get more people interested in architecture up here. There have already been cross-collaborations between us and the artists in residence; more of an architectural presence at Ross Creek could lead

to some great things." The building not only represents a beautiful and innovative architectural achievement, but is extremely functional and a great blessing to the centre. Executive director of the Centre, Chris O'Neill, explains, "The Lamella will add so much to Ross Creek. It gives our staff, artists, and students a common place to meet and socialize. It gives us a place to hold outdoor events and activities, and it gives us a beautiful example of just how much of an art form architecture can be, and also a monument to some of our Nova Scotian products." She explains that the Stone Depot found out what they were doing and offered Nova Scotia slate for the floor to ensure the vision of the structure was maintained. O'Neill says "We are so grateful to have such great partners in the SSHRC, Ted Cavanagh, the architecture

students of Dalhousie, ACOA and the Stone Depot." For more information, visit [www.artscentre.ca](http://www.artscentre.ca), or contact Chris at 582-3842. Photo opportunities begin this Wednesday, May 5<sup>th</sup>.

**Contact:** Samantha Jessome, [pr@artscentre.ca](mailto:pr@artscentre.ca), 902-582-3842




  
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## TEMPLE OF THE MIND

The Acadia University Art Gallery is very pleased to present, Temple of the Mind. A solo exhibition by Lunenburg-based artist Steven Rhude

Much of Rhude's work explores questions of realism/modernism in the canon of art around the central theme of the social and cultural ethos of coastal communities in Atlantic Canada. For Temple of the Mind Rhude juxtaposes symbols of the region within the modernist construction art and the museum. As Rhude notes, "This exhibition



features paintings which impose regional artifacts upon the urban temple, the modernists' legacy upon the ordinary coastal shed and rural objects of our maritime

collective fishing history. As an imagist, these works are my attempt to respond to subjects both contemplative and at times suggestive of symbolic grandeur." The exhibition will be on display from May 22<sup>nd</sup> – July 11<sup>th</sup>, 2010. Please join us for an opening reception with the artist on May 22<sup>nd</sup> at 2pm. Established in 1978, the Acadia University Art Gallery presents a year-round exhibition program of historical and contemporary art.

For more info: 585-1373 / [artgallery@acadiau.ca](mailto:artgallery@acadiau.ca) / <http://gallery.acadiau.ca>

## VIEWFINDERS BRING MENTAL HEALTH TO THE BIG SCREEN

**CANNING** – The "Mind Matters" mental and neurological health themed month at Ross Creek Centre for the Arts takes a technological turn on May 20<sup>th</sup>.

The ViewFinders, an organization that supports filmmaking in Atlantic Canada, are bringing a collection of short films and animations to the Centre in a 1:30 pm showing for students and a 7 pm showing for the general community. Each screening will run at just under two hours, and admission for each is \$7. The collaborative effort boasts six films created by filmmakers from Nova Scotia to Sweden. Each film focuses on some aspect of mental health, whether it is a bittersweet journey through an elderly woman's

memories or a heart-wrenching tale of a family divided by mental health.

"Norm," a short film created by Teresa McInnes and Kent Nason, tells the story of a man with Down's syndrome being reunited with his sister after many years, only to be diagnosed with Alzheimer's shortly after. Nance Ackerman has created "Fid," a musical journey of a 102 year old woman playing an organ given to her by her departed daughter. Megan Wennber's "Shooting Grannie" explores the life of her beloved grandmother. "My Uncle Loves the Color Yellow" is a Swedish film about Uncle Helmer, young Martin's "special" relative. "Uncle Bon's Hospital Visit," created by JoDee Samuelson, shows

a spry senior man's life change after he is robbed of his independence. The final piece is a collaboration of 20 Nova Scotian youths entitled "Animated Minds." It consists of five animated shorts about teen mental health and wellness. Ross Creek would like to thank ViewFinders and the creators of these poignant short films for their participation in the "Mind Matters" celebrations. All members of the community are welcome and encouraged to attend this unique and powerful screening. For more information, visit [www.artscentre.ca](http://www.artscentre.ca) or book ahead by contacting Pearl Schachter at [programs@artcentre.ca](mailto:programs@artcentre.ca) by email and 582-3842 by phone.

**Contact:** Samantha Jessome, [pr@](mailto:pr@)

## Live Theatre

**The Mouse that Roared** - CentreStage Theatre, Kentville. Friday 14<sup>th</sup> & Saturday 15<sup>th</sup> @ 8pm When facing national bankruptcy, what else to do but declare war on the most powerful nation in the world? Directed by Roger Prentice, a comedy suitable for youth aged 12 and up. Starring Margot Bishop, Gary Corbin, Brian Cottam & many more. **TIX:** \$12 Adults, \$10 Students, \$5 Children **INFO/Reserve:** 678-8040

**Murdered to Death** - A.V.M. Morfee Centre, Greenwood 7:30pm. Thursday - Saturday A delightful mix of comedy and murder all rolled into one evening. Presented by the Greenwood Players Theatre Group. **TIX:** \$8 @ Kingston and Middleton Pharmasaves

**Disney's Aladdin Kids** - Gaspereau Valley Elementary School, May 20<sup>th</sup> & 21<sup>st</sup>, 7-8:15pm. The musical Disney's Aladdin Kids. **TIX:** Free will offering **INFO:** 542-6090

## Exhibits

**Jewelry and Other Metal**  
- Harvest Gallery, Wolfville. Until June 6<sup>th</sup>. Exhibit of works by Peter Lawrence, Dorothee Rosen, Emily Seaboyer. **INFO:** 542-7093 / [www.harvestgallery.ca](http://www.harvestgallery.ca)

**David R. Harper: Atlas**  
- Acadia Art Gallery, Acadia University. Until May 18<sup>th</sup>. Solo exhibition juxtaposing the trailer home against historic illustrations to explore the significant relationship of person and place. **INFO:** 585-1373 / [artgallery@acadiau.ca](mailto:artgallery@acadiau.ca)

**Temple of the Mind** - Acadia Art Gallery, Acadia University. May 22<sup>nd</sup> – July 11<sup>th</sup>. Opening reception May 22<sup>nd</sup> @ 2pm. Solo exhibition by Lunenburg's Steven Rhude. The social & cultural ethos of coastal communities in Atlantic Canada. **INFO:** 585-1373 / [artgallery@acadiau.ca](mailto:artgallery@acadiau.ca)


**Jack's Gallery** - Back lobby, Acadia Cinema, Wolfville. Various local & independent artists. **INFO:** [jacksgallerywolfville@gmail.com](mailto:jacksgallerywolfville@gmail.com)

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**These listings work on a 1st come, 1st served basis. Email [grapevine.wolfville@gmail.com](mailto:grapevine.wolfville@gmail.com) every two weeks for your free placement. Or, reserve your place with a 5-issue minimum commitment at \$10 per issue.**

**Suggested Theme: Spring is here, it's hard not to be happy. How is your business making people smile?**

**SchoonerPixie Promotions & Event Planning** - 698-1604 / [schoonerpixie@hotmail.com](mailto:schoonerpixie@hotmail.com) • SchoonerPixie Promotions is glad that spring has sprung, and is bringing smiles to faces of the valley by offering them the opportunity to see some of today's top East Coast Entertainers.

**Aspinall Pottery** - 9842 Main St. Canning, 582-7028 • Aspinall Pottery makes great graduation and wedding gifts. Smiles all round. Mugs, dip platters, berry bowls and more! Available at Saunders, New Minas, Wolfville Farmers Market and Canning studio (call ahead).

**The Valley Cat Hotel** - 1221 Hwy 341, Upper Canada, 698-3827 / [www.ValleyCatHotel.com](http://www.ValleyCatHotel.com) • At the Valley Cat Hotel our guests spend most of their sunny spring days outside on private and safely fenced patios, lounging and watching the activities in the yard.. It puts a smile on their face that's for sure.

**Sarah Trask Homeopathy** - 116-112 Front St. Wolfville, 542-2317 / [www.homeopathichealing.ca](http://www.homeopathichealing.ca) • Be sure to plant healing herbs in your garden. Gardening is a major stress reliever. Mullein grows incredibly easily and is great for coughs.

**Retro Runway Fashions** - 2 Central Ave. Wolfville, 542-3670 / [www.retrorunway.com](http://www.retrorunway.com) • Celebrating 13 fabulous years In Business! Awesome new items & anniversary sales. Thanks everyone for making that happen!!

**Harvest Gallery** - 462 Main St. Wolfville, 542-7093 / [www.harvest-gallery.ca](http://www.harvest-gallery.ca) • "Three grand essentials to happiness in this life are something to do [go to Harvest Gallery], something to love [love art] and something to hope for [hope for art]." (Joseph Addison). The Harvest Gallery - where there is always something to smile about!

**Apple Valley Driving School Inc.** - 360 Main St. Wolfville 542-4422 • Make other drivers smile by properly yielding the right-of-way. Apple Valley Driving School will show you the way...

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**Inner Sun Yoga Centre** - 112 Front St. Wolfville, 542-YOGA / [www.innersunyoga.ca](http://www.innersunyoga.ca) • Try our New to Yoga class and you will find that through yoga stretching, yogic breathing, mediation and relaxation, your inner sun will bring a smile to your face and heart.

**Pie r Squared** - 697-2502 / [info@pie-r-squared.ca](mailto:info@pie-r-squared.ca) • Tired of brown bagging? Smile on Thursdays by having lunch delivered to your Wolfville workplace. Also we'll cater small gatherings/meetings. See you at the market.

**Happy Day Spa** - 657 Main St. Wolfville, 542-4212 / [www.happydayspa.biz](http://www.happydayspa.biz) • One of my guests Joanne C says Happy Day Spa is "...a small oasis of calm amidst the chaos of busy life. Definitely worth a time out to treat yourself to some happiness!"

**Wolfville Hearing Clinic Ltd.** - 542-0024 & **Babble and Beyond Speech-Language Services** 698-2669 - Both at 414 Main St., Wolfville, [lfiske@ns.sympatico.ca](mailto:lfiske@ns.sympatico.ca) • May is Speech & Hearing Month. You will smile when you hear the birds and peepers again!

**Teresa's Closet Consignment** - Warehouse Mall, Wolfville, 542-1237 / [teresascloset@eastlink.ca](mailto:teresascloset@eastlink.ca) • Bargains! That puts a smile on everyone's face. Drop by today for your previously loved summer wardrobe!

**Founders Insurance Group** - 260 Main St. Wolfville & 28 Aberdeen St. Kentville, 542-7625 / [www.foundersgroup.ca](http://www.foundersgroup.ca) • Sunshine and warm breezes ...are you getting your "summer" car out of storage or opening up your cottage for the season? Make sure all your insurance needs are up-to-date!

**The Trail Shop** - 465 Main St. Wolfville, 697-3115 / [www.trailshop.com](http://www.trailshop.com) • It's time for the trails, it's time for a hike. It's time for a paddle, a swim or a bike. It's time to come in, gear up, and get outside. Happy sunny seasons greetings from The Trail Shop!"

**Joe's Food Emporium** - 434 Main St. Wolfville, 542-3033 / <http://joesfoodemporium.ca/> • Come watch NHL playoffs in High Definition on our 5 BIG SCREEN TV's

**Wolfville Walking Tours** - 692-8546 / [novasczech@hotmail.com](mailto:novasczech@hotmail.com) • Put many smiles on many faces this summer. Inquire about acting in this upcoming ghost walk season.



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# Weekly Events

Send your event listings to [grapevine.wolfville@gmail.com](mailto:grapevine.wolfville@gmail.com) to get in the list. Free!

## THURSDAYS:

**In the Round Knitting Group** - Gaspereau Valley Fibres. 1-4pm. INFO: 542-2656

**Corkage Free Thursdays** - Tempest Restaurant, Wolfville. Purchase a main dish and bring your own wine bottle for no charge. INFO: 542-0588

## FRIDAYS:

**Parent & Tot** - Ocean Spirit Studio, Canning 9-11am. Introducing cooperative play, creative arts, encouraging a love for books, networking for all involved. INFO: 582-3089

**Teen Movie Night** - Wolfville Memorial Library 6pm. Movie Titles & INFO: 542-5760

**Jam Sessions** - Wolfville Legion 7:30-

10pm. Bring an instrument and play along. \$2 drop-in charge

## SATURDAYS:

**Wolfville Farmers' Market** - Student Union Building, Acadia University 8:30am-1pm. **May 15th** Sampling Spinach Recipes Music Guest: Ashley Condon. **May 22nd** MOVE OUT-DOORS! Music Guest: The Hupman Brothers. INFO: [www.wolfvillefarmers-market.com](http://www.wolfvillefarmers-market.com)

**Peace Vigil** - Post Office, Wolfville. 12-1pm

## MONDAYS:

**Family Playgroups** - Valley Cloth

Diaper Company, 945 Church St, Port Williams 10:30am-noon. Chat, snack, relax & play. INFO: 542-8624

## TUESDAYS:

**Preschool Storytime "Spring"** - Wolfville Memorial Library 10-11am. Stories, songs & activities for ages 3-5 and their caregivers. INFO: 542-5760

**Chess Club** - Wolfville Memorial Library 3:30pm. INFO: 542-5760

**Blomidon Naturalist Society Garden Walk** - Main Gates, Harriet Irving Botanical Gardens 6:30-8pm. A 5th-year project. Look for and record flora and fauna, get connected to our local biodiversity. Everyone welcome. INFO: [melanie.priesnitz@acadiau.ca](mailto:melanie.priesnitz@acadiau.ca) / [www.blomidonnaturalists.ca](http://www.blomidonnaturalists.ca)

**Scottish Country Dancing** - Wolfville Legion, 7:30-9:30pm. Mixed levels. \$70 - 14 weeks, \$40 - 7 weeks, \$7 drop-in. INFO: Maggie 542-5320

## WEDNESDAYS:

**Parents' Morning Out** - Baptist Church, Wolfville 9:30-11:30pm. Guest speakers & discussions away from the little ones. TIX: \$5 suggested for babysitting INFO: Cathy 542-7565

**Wolfville Community Chorus** - Home of Susan Dworkin (100 Sherwood Dr), Wolfville 5:30-7pm. Until June. TIX: Cost: \$3 INFO: [susan\\_dworkin@hotmail.com](mailto:susan_dworkin@hotmail.com)

**Jam Sessions** - Recreation & Culture Centre, Black Rock, 5-10pm. All music appreciated, all welcome. TIX: \$2

## THURSDAYS:

**Spitfire Arms (Windsor):** Mike Aube (13<sup>th</sup>), Tony Wood (20<sup>th</sup>) & Glen Campbell (27<sup>th</sup>) 7pm

**Tommy Guns (Windsor):** Trivia & DJ Gizmo (13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>) 7-10pm

**Paddy's Pub (Kentville):** The Hupman Brothers (13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>) 8pm

**Library Pub (Wolfville):** Chris Pierce (13<sup>th</sup>), TBA (27<sup>th</sup>) 8pm

**Mud Creek Grill (Wolfville):** Zack MacMillan (13<sup>th</sup>), TBA (20<sup>th</sup>) 9pm

**Stoneroom Lounge (Kentville):** Open Mic/Melissa Vidito & Bernie Zinck (27<sup>th</sup>) 9pm

**Doolys (New Minas):** Karaoke w/DJ Billy T (13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>) 10pm

# EAT TO THE BEAT

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## FRIDAYS:

**Blomidon Inn (Wolfville):** Jazz Mannequins (14<sup>th</sup> & 21<sup>st</sup>) 6:30-10:00pm

**Spitfire Arms (Windsor):** Stagers & Jaggs (14<sup>th</sup>), Knee Deep (21<sup>st</sup>) 8pm

**Mud Creek Grill (Wolfville):** Marshall Lake (14<sup>th</sup>) 8pm & 10pm

**Union Street Cafe (Berwick):** Open Mic Kitchen Party w/ Dolores Dagenais (14<sup>th</sup>) & Dominik Diamond (21<sup>st</sup>) 8:30pm

**Port Pub (Port Williams):** Park Street Band (14<sup>th</sup>), Marshall Lake (21<sup>st</sup>) 8:30 pm

**Westside Charlies (New Minas):** Ladies Night w/guest bartenders & DJ Loony Tunes (14<sup>th</sup> & 21<sup>st</sup>) 10pm

**Doolys (New Minas):** The Bandits (21<sup>st</sup>) 10pm

## SATURDAYS:

**Library Pub (Wolfville):** TBA (15<sup>th</sup>)

**Spitfire Arms (Windsor):** E.T.C. - 1<sup>st</sup> Patio day of the summer! (15<sup>th</sup>), Darren Arsenault (22<sup>nd</sup>) 7pm

**Mud Creek Grill (Wolfville):** Freddy Mujica (15<sup>th</sup>), Jon Duggan (22<sup>nd</sup>) 7:30pm (Watch for Washer Toss Saturdays)

**Kings Arm Pub (Kentville):** Paul Marshall (15<sup>th</sup>), The Good Feeling Band (22<sup>nd</sup>) 9pm

**Union Street Café (Berwick):** Witchitaw \$15 (15<sup>th</sup>) 9pm

**Paddy's Pub (Kentville):** Hard Days Knights (22<sup>nd</sup>) 9pm

**Tommy Guns (Windsor):** Karaoke DJ Dance Show w/ Kraze Kraig (15<sup>th</sup>) Johnny Leopold turns 50! (22<sup>nd</sup>) 9:30pm

**Dooly's (New Minas):** Karaoke w/DJ Billy T (15<sup>th</sup> & 22<sup>nd</sup>) 10pm

**Westside Charlies (New Minas):** Natural Talent (15<sup>th</sup>), Park Street Band (22<sup>nd</sup>) 10pm

## SUNDAYS:

**Library Pub (Wolfville):** Tony Wood (16<sup>th</sup>) 7-10pm

**Paddy's Pub (Wolfville):** Celtic Music Sessions (16<sup>th</sup> & 23<sup>rd</sup>) 8pm

## MONDAYS:

**Paddy's Pub (Wolfville):** Open Mic w/The Hupman Brothers (17<sup>th</sup>), Al King (24<sup>th</sup>) 8pm

## TUESDAYS:

**The Port Pub (Port Williams):** Open Mic w/Ian Brownstien & Steve Lee (18<sup>th</sup> & 25<sup>th</sup>) 7:30pm

## WEDNESDAYS:

**Westside Charlies (New Minas):** Karaoke w/Steve McKarney (19<sup>th</sup> & 26<sup>th</sup>) 9:30pm

## Editor's Desk

A few months ago we were told that a child or an animal on the front page would generate more attention. With that advice, we found a new home for the Furry Feature; it's a great fit.

Personally, I don't have too much experience with pets. I've cat-sat for a year (much love Jake) and I

currently get to play uncle with a dog and two cats in the house I'm living in. I give them love when needed and then pass-off all real responsibilities. With that in mind, I pose a few questions.

I often find myself sharing the dykes and the numerous paths with dogs and their owners. I don't mind if they're off leash, most of them are probably cooped up all day and they need the exercise. However,

what is the best action to take if, as I'm going, the dog starts to run toward me?

If I sternly command the dog to stop, is it my place to say so? If it's about to jump up on me, is it fair to answer with a defensive knee raise? I don't want to be mean and I don't want to hurt anything but is it wrong for me to think they should know better?

To the two ladies who exhibited fantastic control of their dogs as I ran by them the other night, thank you. You've obviously spent much more time with pets than I.

-Jeremy Novak

# What's Happening from May 13 - 27, 2010

Send your event listings to [grapevine.wolfville@gmail.com](mailto:grapevine.wolfville@gmail.com) for publishing in this list

## THURSDAY, 13

**Budget Review Process** - Fire Hall, Wolfville, 6:30-8:30pm. Council Review of 2010/2011 Budget Process. **INFO:** 542-5767

## FRI, 14 – Acadia Grad Weekend

### House Concert: Thom Swift

674 Mines Road, Upper Falmouth 8pm. Originally with Hot Toddy, ECMA winner Thom has proven to be a soulful singer-songwriter and amazing blues guitar player. Limited seating, please RSVP **TIX:** \$20 **INFO:** [mike@mikeaube.com](mailto:mike@mikeaube.com)

## SATURDAY, 15

**Lions Club Breakfast** - Wolfville Lions Hall. 7-10am. All proceeds to Wolfville Lions Community service work **TIX:** \$5 Adults, \$2 Children

### 2<sup>nd</sup> Valley Youth 3K/5K Fun Run

Lockhart Ryan Park, New Minas, 9am Registration, 11am Run. **TIX:** \$5 Registration **INFO:** Contact your local School & Recreation Departments

### Scotian Hiker: Hike to Rocknotch & South Mountain Waterfall

- Meet @ Zellers parking lot at Greenwood Mall, 10am-4pm. Led by Don, this hike has plenty of photo opportunities. Hiking is minimal at 4-6kms. Bring lunch & water, forecast is calling for showers. **TIX:** No charge **INFO:** [www.scotianhiker.com/events](http://www.scotianhiker.com/events)

### Discussion: Food for Thought

Clock Park, Wolfville 10:30am. Biosolids as fertilizer? Preservatives? Food Additives? Growth Hormones? Antibiotic Residues? Genetic Modification? Lack of labelling? 1000's of food miles? Do we need a food revolution? Is there a solution? Let's meet and share ideas and concerns about food safety and food-related illnesses. Bring a noise maker! Make a statement! The child with the most creative sign wins a cash prize. **TIX:** No charge **INFO:** Nancy 697-2184

### Community Autism Workshops

Ross Creek Centre for the Arts, Canning 11am-2pm. Hands-on workshops with registered art therapist Jacqueline Steudler. Ongoing Mind Matters activities all month. **TIX:** \$35 (sliding scale) **INFO:** 582-3842

### Lets Talk! - A Day of Discussion

Clock Park (SUB in case of rain), Wolfville 12pm. Let's Talk! ... About Democracy! National Day of Discussion has events happening across the country. Start a conversation. Participate in a dialogue. Share your ideas. Be part of the local & national community. **TIX:** No charge **INFO:** 678-3748 / [novamaz@gmail.com](mailto:novamaz@gmail.com) / <http://canadaparticipates.ca>

### Gala at Greyhaven - Greyhaven

Mansion, Coldbrook 2-5pm. Enjoy an intimate afternoon of live music in the grand salon of the prestigious Greyhaven Mansion. Voice, clarinet, tenor sax, alto sax, piano. Classical, contemporary, modern, klezmer, jazz. Great music and fabulous food...indulge the senses and invigorate the soul! Limited seating **TIX:** \$45 **INFO:** 542-0649 / [igardener@hotmail.com](mailto:igardener@hotmail.com)

### Spring Planting Day - Northville Farm

Heritage Centre, Northville until 5pm. This annual planting event features Antique Horse and Tractor drawn equipment along with Antique Tractor and Equipment displays. From Centreville following Highway 221, turn north at the Billtown Church to the NFHC, located at 1158 Steadman Road. **TIX:** No charge **INFO:** 582-3549

### Music Fundraiser - Kingsway Assembly

Church, Kentville 7pm. Choir fundraisers for Kentville Area Food Bank New Building. Music by Dukes of Kent, Valley Voices, Annapolis Valley Honour Choir & more. **TIX:** Cash Donations. **INFO:** 678-8865

### Concert: Matt Minglewood - Mermaid

Imperial Performing Arts Centre, Windsor 8pm. A popular performer for many years, Matt Minglewood is an Atlantic Canadian institution. His career and fan base spans decades and this concert will highlight many of his hits. Join Matt for an unforgettable night of music and memories. **TIX:** \$20 general \$18 students/seniors **INFO:** 798-5841 / [puppets@mermaidtheatre.ns.ca](mailto:puppets@mermaidtheatre.ns.ca)

### Concert: Stephen Fearing & Erin

Costello - Al Whittle Theatre, Wolfville 8-11pm. Stephen Fearing mixes powerful lyrics with creative arrangements and brilliant guitar playing. His latest recording "The Man Who Married Music" is a collection of tracks handpicked by Stephen, featuring some of the music released throughout his career as well as two new tracks. **TIX:** \$15 Advance, \$20 Door @ [www.ticketweb.ca](http://www.ticketweb.ca) & Box of Delights **INFO:** [www.stephenfearing.com](http://www.stephenfearing.com)

## SUNDAY, 16

**Relay For Life Flea Market** - Fire Hall, Hantsport 8am-1pm. Benefit for Relay For Life Teams. Luminaries will also be available on this day that may be purchased in honor or in memory of someone diagnosed with Cancer. We are also looking for donations of Yard Sale Items to sell in support of Relay For Life. **TIX:** Free Will Offering, \$10 tables **INFO:** Becky 684-0944 / Tracy 684-1069

### Annapolis Valley Bicycle Poker Run

Starting Point: Lions Hall, Coldbrook 10am-5:30pm. Hip-ebikes and it's partners are inviting you and your friends to help support the Red Cross at the 1st Annual Annapolis Valley Poker Run. See website for Poker Run details. Please pre-register online. **TIX:** \$5 donation to local Red Cross. **INFO:** 698-2648 / [info@hip-ebikes.com](mailto:info@hip-ebikes.com) / [www.hip-ebikes.com](http://www.hip-ebikes.com)

### Scotian Hiker: Rogart Mountain

Meet @ Irving Service Station off Highway 102 Exit 14 in Truro., 10am-6pm. Led by Don, this is a wilderness trail to be a part of the Cape-to-Cape Trail (Chignecto-George). Expect uneven terrain, bring binoculars. Extra stops at Nuttby Mountain Summit (highest point in mainland NS) & Victoria Park in Truro. **TIX:** No charge **INFO:** [www.scotianhiker.com/events](http://www.scotianhiker.com/events)

### 25<sup>th</sup> Anniversary: White Rock

Community Centre - 1542 White Rock Road 2-4pm. Come enjoy the memories of the Community Centre. Invited guest speakers: Romona Jennex, Chris Parker, David Morse & Bruce MacArthur. **TIX:** No charge **INFO:** Dianne 542-3109 / [dianneandjohn@eastlink.ca](mailto:dianneandjohn@eastlink.ca)

### Grad Commencement: Acadia

University - University Hall, 3pm. Faculty of Arts and Theology **INFO:** 585-1083 / [convocation@acadiu.ca](mailto:convocation@acadiu.ca)

### Valley Community Concert Band

Victoria Park Bandstand, Windsor 3-4:30pm. An outdoor concert w/The Valley Community Concert Band, directed by Roger Taylor **TIX:** No charge **INFO:** 902 798 1730

### Concert: Andrea Ramolo - Evergreen

Theatre, Margaretsville 8-10pm. Andrea Ramolo has been praised for her unabashed approach to songwriting, her commitment to storytelling, and the raw, honest, and captivating presence she brings to her live performance. In 2008, Andrea took home 3 Toronto Exclusive Independent Magazine Music Awards for Best Folk Album, Best Female Folk Artist, and Best Blues Song.

# What's Happening from May 13 - 27, 2010

Holding An Event? List it at [www.valleyevents.ca](http://www.valleyevents.ca)



# ValleyEvents.ca

Your Guide to Valley Entertainment

**TIX:** \$17 **INFO:** 825-6834 / [evergreentheatre@gmail.com](mailto:evergreentheatre@gmail.com) / [www.evergreentheatre.ca](http://www.evergreentheatre.ca)

## Fundy Film screens: The MESS-ENGER

*Al Whittle Theatre, Wolfville 4 & 7pm.* Returned Iraq war hero, Will Montgomery (Ben Foster), is partnered with fellow officer Tony Stone (Woody Harrelson) to bear the bad news to the loved ones of fallen soldiers. When Wil is drawn to war widow Olivia (Samantha Morton) complications arise. With tour-de-force performances, and winner of both the Peace Film Award and Silver Berlin Bear. **TIX:** \$8 **INFO:** 542-5157 / [www.fundyfilm.ca](http://www.fundyfilm.ca)

## MONDAY, 17

### Grad Commencement: Acadia University

*University Hall, 10am.* Faculty of Pure & Applied Science. **INFO:** 585-1083 / [convocation@acadiau.ca](mailto:convocation@acadiau.ca)

### Grad Commencement: Acadia University

*University Hall, 2:30pm.* Faculty of Professional Studies. **INFO:** 585-1083 / [convocation@acadiau.ca](mailto:convocation@acadiau.ca)

### Meeting: Red Cross Volunteer Information

*Community Centre, Windsor 7-8:30pm.* Volunteer information and Recruitment session. Red Cross will train you to be a Personal Disaster Assistant as part of a local First Response Team now being planned for the Windsor/West Hants area. Be trained to help if tragedy strikes in our community or around the globe. No experience required. Must be 18 or older. **TIX:** No charge **INFO:** 798-5599 / [igalbraith@town.windsor.ns.ca](mailto:igalbraith@town.windsor.ns.ca)

**Town Council Meeting** - *Wolfville Town Hall, 7:30-10:30pm.* **INFO:** 542-5767

## TUESDAY, 18

### Lecture: Personal Disaster

**Preparedness** - *Memorial Library, Wolfville 7-8pm.* Disasters can strike quickly and without warning. The Personal Disaster Preparedness presentation will provide you with information on how to be prepared to take care of yourself and your family for at least 72 hours when disaster strikes. Included: knowing your local hazards, creating a plan and preparing a disaster kit for your home and car. **TIX:** No charge **INFO:** [derek.allerton@redcross.ca](mailto:derek.allerton@redcross.ca)

**Planning Services Public Advisory Committee** - *Wolfville Town Hall, 7:30-10:00pm.* **INFO:** 542-5767

## WEDNESDAY, 19

**Concert: Don Amero** - *New Hope Wesleyan Church, Kentville 7-10pm.* Award winning Winnipeg musician plays folk/blues inspired music. A great evening of stories and song by this one of a kind act! Nova Scotia's Lisa Francis opens. **TIX:** \$8 Waged or What You Can **INFO:** 678-2222 / [Jackie.vandertuin@dal.ca](mailto:Jackie.vandertuin@dal.ca)

## THURSDAY, 20

### Bursting Forth Wine Appreciation

*Muir Murray Estate Winery, Wolfville 7-9pm.* First Wine Appreciation Evening. Dr. Jonathan and Lesley Murray host and share: winery & property history, a tasting plate, a five-course tasting menu & 'maybe a new release or two'. Register early, seating limited to 40. Camp Brigadoon fundraiser. **TIX:** \$35 + HST **INFO/Reserve:** 542-0343 / [sales@muirmurrayestatewinery.com](mailto:sales@muirmurrayestatewinery.com)

### Scenings: Short Films &

**Animations** - *Ross Creek Centre for the Arts, Canning 1:30pm for students, 7pm for general community.* The ViewFinders support filmmaking in Atlantic Canada. Each screening runs 2 hours, everyone welcome. Ongoing Mind Matters activities all month. **TIX:** \$7 **INFO:** Pearl 582-3842 / [programs@artcentre.ca](mailto:programs@artcentre.ca). See story p 3

## FRIDAY, 21

**Journalling Workshops** - *Ross Creek Centre for the Arts, Canning 9am-3pm.* School groups are invited to learn how to share their stories and unique perspectives in this workshop with Halifax-based writer Anna Quon. **TIX:** \$130 for a group of 20, \$7 extra per student **INFO/Book School Group:** 582-3842 / [mail@artscentre.ca](mailto:mail@artscentre.ca)

## SATURDAY, 22

**Made By Hand Sale & Tea** - *Recreation & Culture Centre, Black Rock 10am-2pm.* Local Crafters & Artisans will be selling & exhibiting their products. This will be an amazing afternoon to attend. **TIX:** \$4 **INFO:** Daphne 538-5566

### Mind Matters Panel, Tea, Workshops, AND MORE!

*Ross Creek Centre for the Arts, Canning 10am-4pm.* Come celebrate exploration of the mind through bread-baking (w/ Catherine Wiebe), writing workshops (w/ Anna Quon), artist talks (w/Laura Burke), a tea and panel, and more! **TIX:** \$60 Entire Day, less amounts for partial sessions **INFO:** 582-3842 / [pr@artscentre.ca](mailto:pr@artscentre.ca)

### Variety Show

*Fundy View Community Centre, Halls Harbour 7-10pm.* A night of country and bluegrass, featuring: Carroll Edwards, Brint and Madelyn Bauchman, Annie Holmes, and Valley Blue Bluegrass Band. **TIX:** \$5 Adults, \$2.50 Children **INFO:** [chawkins@ns.sympatico.ca](mailto:chawkins@ns.sympatico.ca)

### Jack McDonald CD Release

*Al Whittle Theatre, Wolfville 8pm.* Jack McDonald CD release concert featuring special guests: the Hupmans, Caleb Miles, Alex Porter, t@b and more. **TIX:** \$10 @ Box of Delights & Long & McQuade, CDs \$10 with ticket **INFO:** 542-9482 / [jakmak61@yahoo.ca](mailto:jakmak61@yahoo.ca)

## SUNDAY, 23

### Fundy Film screens: Crazy Heart

*Al Whittle Theatre, Wolfville 4&7pm.* Oscar winner Jeff Bridges stars as the richly comic, semi-tragic romantic anti-hero Bad Blake, a broken-down, hard-living country music singer who's had way too many marriages, far too many years on the road and one too many drinks way too many times. With the help of Jean (Maggie Gyllenhaal), a journalist, Bad reaches for salvation and learns the hard way just how tough life can be on one man's crazy heart. See ad page 11. **TIX:** \$8 **INFO:** 542-5157 / [www.fundyfilm.ca](http://www.fundyfilm.ca)

## WEDNESDAY, 26

### Fundy Film screens: In The FootSteps of Marco Polo

*Al Whittle Theatre, Wolfville 4&7pm.* Extraordinary record of an extraordinary (and a bit crazy) initiative and travel experience.... Denis Belliveau and Francis O'Donnell set out to demonstrate that Marco Polo actually spent 25 years in Asia and reported first-hand about all the wonders he had seen. See ad page 11. **TIX:** \$8 **INFO:** 542-5157 / [www.fundyfilm.ca](http://www.fundyfilm.ca)

Thanks to the Trail Shop, The Grapevine is pleased to offer

# The free Classifieds

Like the Free Business Listings, this page works on a first come, first served basis (limit 1 listing per person). Or, to reserve a placement, pay \$5 per issue (3-issue minimum commitment). Please keep listings to 35 words or less.

## ACCOMMODATIONS:

**2 Bedrooms & 1 Basement for Rent:** Basement room \$325/month, 2 upstairs rooms at \$395/month each. 58 Highland Ave, Wolfville. Practically on campus. Includes: heat, electricity, hot water, wireless internet. 2 full baths, shared kitchen with 3 others. Available May 1<sup>st</sup> on a 1yr lease. **INFO:** Doug 670-2025

## CLASSES:

**ZUMBA Fitness Classes:** A fuse of hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Wednesdays @ 7pm & Fridays @ 6pm @ St. John Parish Hall April 7<sup>th</sup>-June 30<sup>th</sup>. First class FREE **INFO:** Celine 542-4212 / [www.happydayspa.biz](http://www.happydayspa.biz)

**THE VOCAL ZONE:** Master classes, workshops and private tuition for singers. **INFO:** [www.thevocalzone.ca](http://www.thevocalzone.ca) Contact: 680-6170, [info@thevocalzone.ca](mailto:info@thevocalzone.ca)

**Yoga Classes w/Heather Pierce:** All Levels Restorative & Ashtanga Vinyasa Yoga. Al Whittle's Studio Z. Wednesdays at 5:30pm, \$12 Drop-in. **INFO:** [Heatherpierce33@hotmail.com](mailto:Heatherpierce33@hotmail.com)

## CONCERTS:

**Rose Cousins:** Presented by the Muir Murray Estate Winery & SchoonerPixie Promotions. May 29<sup>th</sup> @ 8pm, \$20+HST, only 100 tickets available at the winery. **INFO:** 542-0343 [www.schoonerpixie.ca](http://www.schoonerpixie.ca)

**Jimmy Rankin & Christina Martin:** Live at the Michelin Sports & Social Club (all are welcome), Waterville. June 18<sup>th</sup> @ 8pm, \$40. Presented by SchoonerPixie Promotions & Event Planning **INFO:** 538-9267 [www.schoonerpixie.ca](http://www.schoonerpixie.ca)

## SALES:

**Plant Sale:** Buy local native plants at the Friends of the Acadian Forest Region Society's Native Plant Sale. Saturday June 5<sup>th</sup> from 9am to 12pm in the Walled Garden and Conservatory at the Harriet Irving Botanical Gardens, Wolfville. **INFO:** 585-1917 / <http://botanicalgardens.acadiac.ca>

**Wooden Urn Boxes:** Hand crafted in Wolfville. Prices around \$150 depending on the style. **INFO:** Eddie 542-3387

**Moving Garage Sale:** Sat-

urday, May 22<sup>nd</sup> (rain day Monday May 24<sup>th</sup>), 9am-5pm. 12 Iona Road, Wolfville. Solid Wood Furniture: High boy dresser/Hoosier kitchen hutch/4 harp back chairs and many other pieces, BBQ/Air conditioner/gardening tools and many other small and large items. **INFO:** Sharon 542-7448

## ANNOUNCEMENTS:

**Calling all Young Artists:** Kentville's CentreStage is asking kids to submit art work (8.5x11 paper) depicting any part of the story of Cinderella. Include: name, age and phone number on the back. Deadline: Monday May 31<sup>st</sup>. All artists will have their name entered into a draw to win 2 free tickets to see *Cinderella!* **INFO:** [lauracd@ns.sympatico.ca](mailto:lauracd@ns.sympatico.ca) / [www.centrestage-theatre.ca](http://www.centrestage-theatre.ca)

**ART Contest:** Submit colourful paintings or drawings that combine elements of music and a greener environment. All pictures displayed at Moe's Place Music Sales Windsor. Two chosen pieces will receive a Ukulele. Ages 5-8 & 9-12. Use standard 8 1/2 X 11 paper, include your name, age & phone # on back. Deadline: June 1<sup>st</sup> @ 4pm **INFO:** [info@moesplace.ca](mailto:info@moesplace.ca)

**Teen Art Bursaries:** Strange Adventures and Ross Creek have created one full scholarship to the Graphic Novels Teen Academy. Students must submit a one-page synopsis of a storyline along with a one page, six panel example of his or her work. Deadline May 15<sup>th</sup> **INFO:** 582-3842 / [www.artscentre.ca](http://www.artscentre.ca)

**The "My Mind Matters" contest:** Students are to create a submission pertaining to fiction, non-fiction, poetry or graphic novels. Deadline May 14<sup>th</sup>. \$450 partial scholarship **INFO:** 582-3842 / [www.artscentre.ca](http://www.artscentre.ca)

**Blue Nose Marathon Support:** On May 23<sup>rd</sup>, Leif Vernest of Burlington is running 21km in the Blue Nose Marathon in support of North Mountain Animal Sanctuary (a newly registered charity providing care for abused and neglected farm animals). **INFO/Pledge Support:** <http://northmountainanimalsanctuary.yolasite.com> / [nmanimal-sanctuary@hotmail.com](mailto:nmanimal-sanctuary@hotmail.com)

**Car-Share Program:** If you are interested in investigating a Car Share for Wolfville and area, please email: [wolfville.carshare@gmail.com](mailto:wolfville.carshare@gmail.com)

## TO THE FRIENDS OF THE GASPEREAU VALLEY TRAILS...

We all love the signs of spring, the rise of the mercury and the heaving of wool sweaters and fleece blankets back into the storage closet.

The way I, as well as many others, like to enjoy the fresh scene spring brings is by going out for a hike. Because I also like to scramble up and down rocks and to eat lunch beside running water, it made perfect sense to go and trot along the Gaspereau River.

With spring comes rain and with rain there's

mud. We weren't a hundred yards into our hike when we came across our first patches of shoe-sucking, soaker-inducing sludge puddles. No worries though, we were there to hike, not walk down the catwalk. We diligently pressed on. I was prepared to deal with mud trudging for the duration of the hike, but shortly after coming to this resolve I was confronted with a rather nice surprise.

As the trail weaved deeper into the woods, fresh stones had recently been laid out on the path saving any passers by from excessive mud

trudging. Further down the line, new bridges had been laid across the more intimidating flats of drenched earth, making our cross as comfortable as possible. All along the trail, fresh signs of TLC were glaringly obvious. I love hikers.

So this is to whoever those hard working friends of the Gaspereau Valley Trail may be, thank you. My feet still got soaked and muddy, but hey, that's hiking right?

-Brian Conoley

Do you have a non-profit organization that could benefit from this banner space? Contact the Trail Shop at 697-3115

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## WEARING PEARLS IN THE KITCHEN

It's FIDDLEHEAD season! To me, this ranks right up there with Christmas or winning the lottery. Ok, a slight exaggeration, but I love fiddleheads. It means spring is really here, not the "almost" with which March and April tease. I won't lie to you; fiddleheads are an acquired taste for many. But, my philosophy is "try everything three times before you really decide if you like/dislike something." These nutritious little ferns are delicious sautéed and drizzled with cheese sauce or Hollandaise (not quite so nutritious, but who cares?), but my favourite preparation is a stir fry. ~Victoria Comeau

### INGREDIENTS:

- 2 cups fresh fiddleheads (frozen works as well)
- 1 cup snow peas, trimmed
- 1 cup diced carrots (rounds)
- 1 cup fresh bean sprouts
- 1/2 cup sliced button mushrooms
- 1/2 cup cashews (make sure you don't get super salt coated ones)
- 1 Tbsp butter or oil (butter is richer and tastes better, but more fattening)
- 1 tsp fresh ground ginger root
- Minced garlic & Tamari (Japanese, gluten-free) soy sauce to taste

## Fiddlehead Cashew Stir-fry

Wash and prepare the fiddleheads by removing the fuzzy fronds and cutting off any dry ends. Prepare other vegetables and ginger. Preheat butter or oil in wok or sauté pan, medium heat. Stir-fry the fiddleheads for 10-12 minutes (longer for frozen) until the fiddleheads take on a vibrant green shade and are soft (fully cooked, not crunchy!). Cook longer if there's any crunch left to them. Raw fiddleheads are just plain bitter. Yuck.

Add carrots, peas, mushrooms, cashews, ginger, garlic and soy sauce. Add bean sprouts last, as they take the least amount of time to cook. Cook another 1-2 minutes until all veggies are cooked but not too soft. Serve with rice or rice noodles and classical music.



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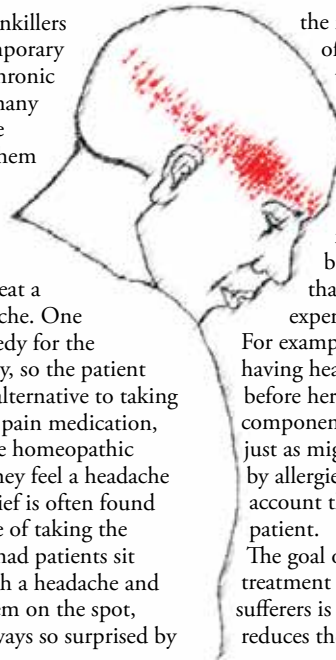
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## HOMEOPATHIC TREATMENT OF HEADACHES AND MIGRAINES

Many people suffer with headaches and migraines and are not aware that homeopathic treatment can relieve them without the risk of side effects or becoming addicted to the remedy. There are so many types of headaches/migraines and such a huge variety of triggers. For example, someone with a headache on the left side of the head that is throbbing would receive a different remedy than someone with a headache across the forehead after straining the eyes, and a different remedy than a headache brought on by the heat of the sun. Conventional medicine offers the same meds to most headache sufferers without addressing the 'type' of headache, and doesn't take into account the individual's health, triggers of the headache, things that make it worse or better, etc.

In addition, painkillers are used for temporary relief to more chronic problems and many patients become dependent on them for years. There are two ways homeopathic medicine can treat a migraine/headache. One is to find a remedy for the headache acutely, so the patient has a healthier alternative to taking pharmaceutical pain medication, and can take the homeopathic remedy when they feel a headache coming on. Relief is often found within a minute of taking the remedy. I have had patients sit in my office with a headache and have treated them on the spot, and they are always so surprised by



the immediate response of their body to the treatment. The second path to headache treatment is to treat constitutionally, meaning finding a remedy that matches not only the headache, but the other symptoms that the person may be experiencing in their body. For example, a woman who is having headaches each month before her period, the hormonal component would be important, just as migraines being triggered by allergies would take into account the sensitivity of the patient. The goal of homeopathic treatment of headache/migraine sufferers is to find a remedy that reduces their susceptibility to the

headaches, thus making the person's entire body stronger, so they have less headaches, at less intensity. Eventually the headaches are a distant memory, and the patient is able to come out stronger and less susceptible to them in the future.

-Sarah Trask, HD (RHom), DSHM (Hons)

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## DEEP ROOTS MUSIC COOP CALLS FOR SUBMISSIONS FOR EMERGING ARTISTS 'UNEARTHED' PROGRAM

Deep Roots Music Cooperative invites submissions for Emerging Artists 'UNEARTHED'. Open to musicians aged 14 to 25, 'UNEARTHED' offers 3 days of workshops with industry professionals, a performance at Festival Theatre in Wolfville as part of Mud Creek Days and a chance to perform on-stage at the 2010 Deep Roots Music Festival.

Deep Roots Music Cooperative is excited to launch their program as part of Wolfville's birthday celebrations at the end of July otherwise known as Mud Creek Days. Peter Mowat, Chair of the Board says, 'We are excited to be partnering with the Town as part of their week of celebrations and we are looking forward to showcasing the shortlisted artists at Festival Theatre and then seeing four acts appear at the Deep Roots Music Festival program during the last weekend of September'.

Submissions will be shortlisted to eight acts and all of the participants will receive a pass to the Festival as well as an opportunity to be a part of the line-up. They will also have the opportunity to take part in workshops with industry

professional which will take place on July 28 - 30 culminating in a show at Festival Theatre. Of the eight acts, four will be selected to perform a show at the Al Whittle Theatre in either August or September and then Deep Roots Music Festival.

Some of the workshops that have been arranged include how to get radio play, applying for funding, marketing and social media, composing songs, vocal technique and improving sound technique.

### HOW TO APPLY

#### Applicants must submit the following:

- The completed application form (available from [www.deeprootsmusic.ca](http://www.deeprootsmusic.ca))
- A sample of your work - A three song recording which must include at least one original composition. This can be submitted as an MP3, website or MySpace link or by CD.
- A 1/2 page bio - Describe your musical style, influences and what inspires you to play music.

The application deadline is May 15th, 2010. Applications can be mailed to: PO Box 2360, Wolfville, Nova Scotia, B4P 2G9 or emailed to: [emergingartists@deeprootsmusic.ca](mailto:emergingartists@deeprootsmusic.ca) For more information email [emergingartists@deeprootsmusic.ca](mailto:emergingartists@deeprootsmusic.ca)



DEEP ROOTS  
MUSIC COOPERATIVE

## Stardrop - by Mark Oakley: [www.iboxpublishing.com](http://www.iboxpublishing.com)



## WHO'S WHO: ANGIE JENKINS *by Laura MacDonald*

She arrived in the Valley with nothing but fifty dollars and an assortment of face creams, body butters, and salt scrubs filling her car, known as "the Belly-mobile." From these meagre beginnings, Angie Jenkins (or Oriana, her stage name) has grown to become quite the successful businesswoman as Wolfville's resident belly dancing and herbalism expert.

Surrounded by the jars of sandalwood, witch hazel, and myrrh lining her shelves, Angie tells me all about the life she has made for herself since moving here in September. Both being newcomers, we connect over our mutual love of Wolfville as we sip tea she's made using rose petals, bergamot, anise hyssop, and apple mint.

Angie runs her own body care line, Sister Lotus, and makes all the products right in her home. She harvests the plants from her garden, dries them, and processes them with the help of other belly dancing women. Her business strives to

encompass all elements of what she calls the "juicy female exotic world." She makes creams, salves, and ointments to soothe the body and soul, and has recently started making her own line of soap.

Her interest in belly dancing started in the most unexotic of places: a campground in New Brunswick. As a little girl there, she once watched a dancing woman flip a coin using only her belly muscles, and never forgot it. She became more immersed in belly dancing when she moved out west, but never thought her hobby would become



something she could do for a living. Now she performs at parties and many kinds of events, and teaches classes all over the Valley.

Aside from the income and opportunities she's gained from Sister Lotus, Angie's work has provided many other benefits. She's developed incredible friendships with her students, creating a support system based on music, dance, and sisterhood. Belly

dancing is an art form that allows women to develop confidence in their bodies and to explore their own sensuality. "It's a lot more than just a sexy dance," she says. It's a fertility dance, a spiritual

dance (she describes it as "dancing sacred prayers"), and a physical activity meant to strengthen your core. Dancers move their hips in the shape of a figure eight, the symbol of infinity, and through the undulations become more connected to the moon, an emblem of femininity.

Angie attributes much of her success to the Law of Attraction, a combination of meditational and spiritual practices aimed at the visualization of your desires. It certainly seems to be working for her. She sells her products in many health and natural food stores in the area, and on her website ([www.sisterlotus.com](http://www.sisterlotus.com)). Her next belly dance class starts May 31<sup>st</sup> at Ocean Spirit studio in Canning. She teaches herb classes at the Irving Botanical Gardens and is available for various other talks and workshops in the area. You can also find her selling Sister Lotus products at the Wolfville Farmer's Market every Saturday, on the second floor.

## THE GASPEREAU ARTESIAN WELL, PART 2 \*CON'T FROM LAST ISSUE

Late last year, Patrick Bazinet briefly reported the results of a bacteria test of water collected from the artesian well on Greenfield Road in Gaspereau after local residents expressed concern about the well's water quality. In this issue, I will expand on the bacteriological results obtained by Patrick, and discuss what other water quality assessment initiatives are underway.

Water collected from the well in late August of 2009 was examined at the Valley Regional Hospital laboratory to determine whether potentially hazardous bacteria were present. Two measurements were made, one for total coliform bacteria, and one for fecal coliform bacteria (notably *Escherichia coli*, or *E. coli*, some strains of which can cause significant health problems). Coliform bacteria are common in surface water, soils and on vegetation, whereas fecal coliform bacteria occur principally in mammal and bird feces (including human feces). The presence of these bacteria in water indicates that there may be pollution and/or sanitary water quality concerns. Total coliform bacteria are not likely to cause illness, but their presence

indicates that the water has the potential to be contaminated by more harmful micro-organisms. Moreover, although fecal coliform bacteria may cause gastroenteritis (the swelling of the gastro-intestinal tract), their presence indicates that more harmful disease-causing pathogens, such as other bacteria, viruses, and parasites, are likely to be present. The bacterial counts obtained by Patrick from the Valley Regional Hospital laboratory revealed that the Gaspereau well water has zero counts of both total coliform bacteria and zero counts of fecal coliform bacteria. As a result, this water meets the Canadian drinking water quality guideline for potable water, and thus is safe to drink from a bacteriological perspective.

Unfortunately, this is not to say that the well water will remain safe to drink, as activities associated with the nearby street (e.g., an accidental road salt spill on Greenfield Road), changes in the local farming practices in the Gaspereau area (e.g., changes to crops requiring more intense fertilization or pesticide/herbicide applications, such as grapes), or

changes to land use uphill from the well (e.g., logging) could impact the groundwater accessed by the well. All of these activities could undermine the well's water quality. The very close proximity of Greenfield Road to the well is of particular concern from a water quality security perspective.

Environment Canada guidelines suggest that private domestic drinking water sources undergo bacteriological testing every six months. Given the large number of Kings County residents who collect and use water from this well, testing of the Gaspereau artesian well water at the regular intervals suggested by Environment Canada is probably appropriate.

*To be continued in the next issue...*

*Or, for the full, 4 part article, visit The Grapevine online at:*

[www.grapevine.wolfville.org](http://www.grapevine.wolfville.org)

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## MERMAID THEATRE

(Windsor, NS) Mermaid Theatre of Nova Scotia will be prominently featured in Montréal, QC from May 19th through June 6th, when the company presents 28 performances of the French-language adaptation of its signature production, *THE VERY HUNGRY CATERPILLAR AND OTHER ERIC CARLE FAVOURITES* at the prestigious Maison Théâtre.

Under the title of *LA CHENILLE QUI FAIT DES TROUS ET AUTRES PETITS CONTES*,

the show will visit four Acadian communities in Nova Scotia from May 10th through 14th before travelling to Montréal. Under the auspices of the Conseil des Arts de Chéticamp, performances will be offered at Ecole Beau-Port in Arichat, Ecole NDA Chéticamp, Ecole acadienne de Pomquet, and presented for the students of Centre Scolaire Etoile de l'Acadie at the Savoy Theatre in Sydney.

On the road continuously since 1999, Mermaid's compilations of five Eric Carle stories have

generated remarkable statistics and earned considerable praise from audiences on several continents. To date close to 2000 performances in six different languages have been seen by more than 1,400,000 spectators in eleven countries. Encompassing more than 200 performances, the current tour began in New Bedford, MA on October 18th, 2009 and will conclude with a homecoming show at MIPAC (The Mermaid Imperial Performing Arts Centre) in Windsor, NS on Saturday afternoon, June 12th, 2010.

Touring company members include John Allan MacLean, Rebecca Russell, and Patti Neice. Jim Morrow served as Director and Production Designer, while Steven Naylor composed the soundscape. Taped narration for the French-language version is the work of prominent Québec artist, Jean-François Casabonne.

## CELEBRATE, PARTICIPATE, NOMINATE FOR 2010

An outdoor children's theatre designed to withstand the winds of northern Cape Breton, a unique multimedia presentation, a book of poetry that fired the imaginations of readers across the country, a unique wood carving that required the creator to first build the mechanism on which to create it; they have all won the Lieutenant Governor of Nova Scotia's Masterworks Arts Award. Nominations are now open for the 2010 competition.

Ronald Bourgeois, Chair of the Nova Scotia Masterworks Awards Foundation, which administers the prize, encouraged all supporters of contemporary art, in all its forms,

to nominate a work. He said, "At \$25,000 for the winner and \$2000 for each of the other four finalists, the Award is the largest presented by the province annually."

This is the fifth year for the multidisciplinary award, which honours all forms of contemporary art including design, theatre, landscape art, dance, visual arts, literature, film, music, new media. The list is extensive. The main criteria are that the work has had its first public presentation within the past five years, and that it has a strong connection to Nova Scotia. The finalists and the winner are selected by an arm's length jury of artists over the summer presentation

of the award in the fall.

Her Honour the Honourable Mayann E. Francis, ONS, DHumL, Lieutenant Governor of Nova Scotia, noted "The arts make up such an important part of who we are as Nova Scotians and the Lieutenant Governor of Nova Scotia's Masterworks Arts Award is significant in promoting home grown talent and honouring a wide variety of artistic endeavour with a strong connection to our province. I am delighted that my office plays a role in recognizing outstanding artistic achievement."

The nomination form for the 2010 prize, complete with

detailed guidelines on criteria and other helpful information, is available from the website at [www.nsmasterworks.ca](http://www.nsmasterworks.ca). Submissions must be postmarked on or before June 4, 2010.

The Lieutenant Governor of Nova Scotia Arts Award is made possible by major funding from the Province of Nova Scotia. The Nova Scotia Masterwork Awards Foundation also gratefully acknowledges the support of The Craig Foundation and Scotiabank.

Chrystine Chambers, Strategic Arts Management, 902-830-6619  
E-mail: [admin@nsmasterworks.ca](mailto:admin@nsmasterworks.ca)

## AWARD WINNING WINE MAKER JOINS LUCKETT VINEYARDS

*Annapolis Valley, Nova Scotia* – Pete Lockett owner of Lockett Vineyards is thrilled to announce that **Dominic Rivard** has joined Lockett Vineyards as winemaker for his new and expanding winery venture.

With over 15 years in the wine-making industry, Mr. Rivard is an experienced and award winning winemaker, author and founding director of the Fruit Wines of Canada Association.

Born in Quebec, Mr. Rivard comes from a rich heritage of farmers and entrepreneurs. After becoming a qualified sommelier, he studied winemaking and oenology at UC Davis in California, undertook and passed the Wine and Spirit Education Trust (WSET) Diploma with distinctions and is now studying towards the prestigious Master of Wine accreditation. Awards include best dessert wine in

Canada in 2007 and best wine in BC in 2008.

Over the last decade, he has been busy running numerous wine production and exportation projects for wineries in Canada, USA, Italy, Spain, Chile, Taiwan, Korea, Japan as well as China. He specializes in fruit wine, dessert wine and ice wine production and is known in wine industry circles as an authority in fruit wine making.

"Nova Scotia is my chosen home", states Mr. Rivard. "The opportunity to make a positive impact in the burgeoning Nova Scotia wine industry and working with Pete Lockett and his team to make that happen is an honour for me. Having made wines in regions still trying to prove themselves on the world stage, I can fully appreciate the absolute need to put quality first and express the terroir creatively. This is what I intend to do at

Lockett Vineyards".

Vineyard owner, Pete Lockett emphasizes the focus is on producing only the highest quality wines. "We are delighted to attract someone of Dominic's calibre and we are confident that under his leadership our wines will continue to improve."

Lockett Vineyards is located in the Gaspereau Valley, NS - A 100 acre farm with an established vineyard of 10 acres expanding to 25 acres over the next few years. Grape varieties are several hybrids with potential to grow vinifera on some of the farm's micro zones.

For more information CONTACT  
Pete Lockett, Owner  
PH 902 497-5821  
[pete@luckettvineyards.com](mailto:pete@luckettvineyards.com)





ROB BREZNSKY'S  
**Freewill**  
ASTROLOGY

**Horoscopes for week of May 13, 2010** © Copyright 2010 Rob Breznsky

**Aries (March 21-April 19):** What happens when someone “sells out”? Typically, it refers to a person who overrides her highest artistic standards or her soul’s mandates in order to make a bundle of money.

But I want to enlarge the definition to encompass any behavior that seeks popular appeal at the expense of authenticity, or any action that sacrifices integrity for the sake of gaining power. I think you have to be especially on guard against this lapse in the coming days, Aries -- not only in yourself but also in those you’re close to.

**Taurus (April 20-May 20):** “I can’t live the button-down life,” says cartoon character Homer Simpson. “I want it all: the terrifying lows, the dizzying highs, the creamy middles.” Born May 10, Homer is unusual for a Taurus. Many of your tribe love the creamy middles but are quite content to live without the terrifying lows, even if that means being deprived of your fair share of dizzying highs. While that may sometimes seem like a boring limitation, I don’t expect it to be any time soon. The creamy middles that are looming for you are the lushest, plushiest creamy middles I’ve seen in a long time. Terrifying lows and dizzying highs will be irrelevant.

**Gemini (May 21-June 20):** Spanish painter Francisco Goya created an etching entitled “El Sueno de la Razon Produce Monstruos.” Its two possible translations have very different meanings: “The sleep of reason produces monsters” or “The dream of reason produces monsters.” The first version suggests that when our reasoning faculties go dormant, we’re susceptible to doing dumb and crazy things. The second version implies that if we rely excessively on our reasoning faculty, it acquires a lunatic hubris that devalues our emotions and distorts our imagination. You’re more susceptible to the former than the latter right now, Gemini, but it’s crucial that you avoid both. A way out of your pain is available if you use your reason just right -- neither too little nor too much.

**Cancer (June 21-July 22):** Some of your illusions seeped into you before you learned to talk. Others sneaked into you later, while you were busy figuring out how to become yourself. Eventually, you even made conscious choices to adopt certain illusions because they provided you with comfort and consolation. There’s no need to be ashamed of this. It’s a natural part of being a human being. Having said that, I’m happy to announce that you’re entering a phase when you will have the power to shed at least some of your illusions -- especially the ones you consciously chose -- in ways that don’t hurt you. To begin the process, declare this intention: “I have the courage to see life as it really is.”

**Leo (July 23-August 22):** According to a statute in the state of Indiana, you may not use your bare hands to catch a fish from a lake. In Fairbanks, Alaska, you’re breaking the law if you let a moose slurp an alcoholic drink. In Flowery Branch, Georgia, you may be arrested if you shout out “Snake!” Arizona doesn’t permit you to let a donkey sleep in your bathtub. And yet I’ve got to say that you Leos could probably get away with all of these acts and more in the coming weeks. The omens suggest that your levels of freedom are extremely high, as is your amount of slack. You’ll have clearance to do many things you wouldn’t normally be able to do.

**Virgo (August 23-September 22):** I didn’t think it was possible, but paranoid visions of doom and gloom have become even more popular in the past few years than ever before. Apocalypse-watching is no longer a fringe hobby reserved for conspiracy fetishists; it has gone mainstream. And yet here I am in the midst of the supposed mayhem, babbling my eccentric ideas about how we are living in the single most wonderful time in the history of civilization. So let me ask you a crucial question, especially if you’re one of the millions of normal people who believes that cynicism is a supreme sign of intelligence: Do you really want to be getting your fortune told by a rebel optimist like me? You should know that all my horoscopes are rooted in the hypothesis that expecting the best makes you happier, safer, kinder, wilder, stronger, and smarter. What happens in the coming weeks will, in my opinion, be dramatic proof of that.

**MIKE UNCORKED - The King is in the Building**

Words cannot begin to describe the excitement I have for this issue’s Uncorked. Have you seen the posters? Have you suddenly felt your upper lip curl and your hips gyrate? For as long as I can remember I’ve been an Elvis Presley fan: His movies, his music, and especially his sequined Las Vegas jumpsuits. I have lived my life knowing I would never see him perform live but last year I had the privilege and pleasure of seeing the closest thing to Elvis I’ll ever have... and he’s coming back to Wolfville for an encore performance!!!

Moncton born Elvis tribute artist Thane Dunn and his seven piece band, the Cadillac Kings return to the Festival Theater in Wolfville on May 14<sup>th</sup> for what I know will be a spectacular show filled with humor, heart and great Elvis music. Let me tell you everyone that Thane is not

an impersonator so much as he’s an embodiment of the King himself: the mannerisms, the costumes, the stage presence and especially the voice will blow you away with it’s authentic and genuine feel. I was mesmerized watching Thane do what he does and the audience was fully engulfed in his show. I have seen a lot of concerts, live music shows and musical theatre presentations; everyone from Tina Turner to Dr. Hook, but few



performances and performers, for that matter, have ever left me speechless... Thane Dunn did it!! Need more proof that he’s good? Well Thane was the Grand Champion winner of the Collingwood Elvis Festival, the largest Elvis Festival in the world, judged by Priscilla Presley herself!

Thane says: “I’ve been impersonating Elvis ever since I was a little boy, he was my hero, and I loved his records. I never cared

for Elvis impersonators, always thought they were a mockery to a great man. If you don’t resemble and sound like the man then I don’t think you are doing his memory justice. So I made up my mind that I was going to try to give people a more accurate portrayal of what actually seeing him in action would have been like.” Accurate is an understatement, Thane- you Rock!!! And opening for Thane is John Lennon tribute artist Jessy Collins: Imagine that!

Don’t miss this unique experience on Friday May 14<sup>th</sup> - 7:30 (doors open at 6:30).

Tickets available at the Festival Theater Box office. (902) 454-5500 or Toll free: (800) 542-8424

- Mike Butler

**Libra (September 23-October 22):**The bad news is that climate change is really underway. That's why Purbasha Island in the Bay of Bengal has sunk beneath the waves, swallowed up by rising sea levels and shifts in monsoon patterns. The good news is that its disappearance has ended a dispute between India and Bangladesh, both of which claimed it as their own. There's nothing left to fight over. I foresee a metaphorically comparable scenario coming to your life, Libra: an act of nature that will render a conflict irrelevant.

**Scorpio (October 23-November 21):**Some experts say methamphetamine is more addictive than any other drug. Here's one reason why, according to "Mothers Against Methamphetamines" founder Dr. Mary Holley: "The effect of an IV hit of methamphetamine is the equivalent of 10 orgasms all on top of each other lasting for 30 minutes to an hour, with a feeling of arousal that lasts for another day and a half." At least that's what it's like in the early stages of using the drug. After a while, hell sets in and the body is no longer happy. Luckily, you Scorpios won't be tempted to fall victim to meth splurges any time soon. Without relying on anything more than your natural powers, your capacity for experiencing erotic pleasure will be substantial.

**Sagittarius (November 22-December 21):**Your eyes can discriminate between about 500 various shades of gray. Let's hope your moral compass is as precise in its power to distinguish subtle differences. Why? Because there will be no easy black-versus-white decisions to make in the near future; no simple, foolproof way to determine the distinctions between good and bad. I recommend that for now you give up hope of achieving utter certainty, and instead celebrate the refined pleasures of nuanced, complicated truth.

**Capricorn (December 22-January 19):**These days you have an extraordinary capacity to perform magic. And when I use that word "magic," I mean it in a very specific sense: causing practical changes to occur in accordance with your most noble and beautiful

desires. I'm not talking about the kind of "magic" that helps you gratify mediocre wishes or tawdry fantasies. I'm not saying you should go on an acquisitive binge as you gather up booty and bragging points. Rather I'm letting you know that you have the power to create inspiring transformations in the way your life works.

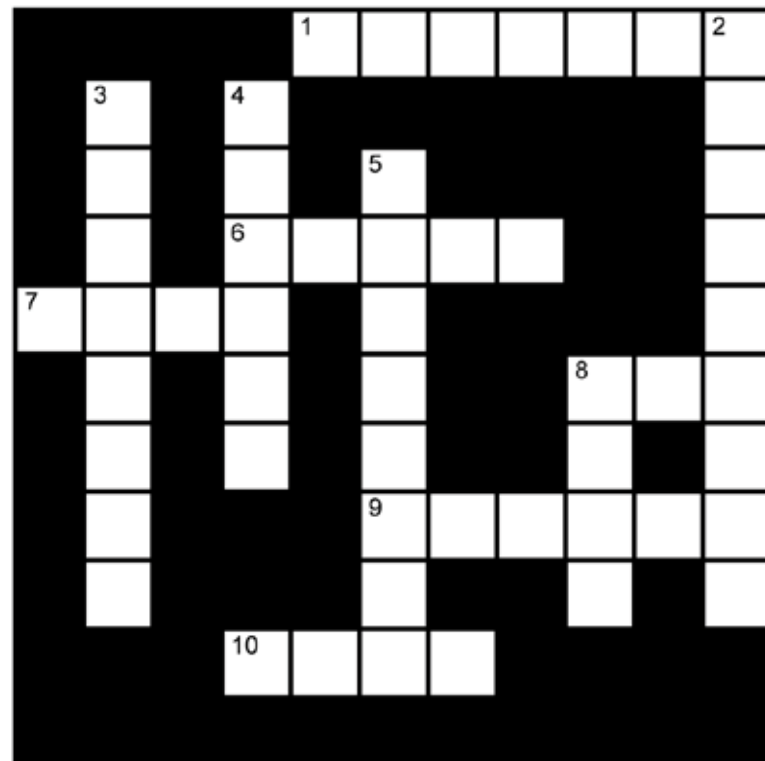
**Aquarius (January 20- February 18):**Do you want to know where all the power lies for you right now? It's nowhere. Do you want to know what the nature of that power is? It's nothing. But before you jump to conclusions about the meaning of what I just said, read this passage from Lao Tzu's *Tao Te Ching*, translated by Stephen Mitchell: "We join spokes together in a wheel, but it is the center hole that makes the wagon move. We shape clay into a pot, but it is the emptiness inside that holds whatever we want. We hammer wood for a house, but it is the inner space that makes it livable."

**Pisces (February 19-March 20):**A Pisces woman I know was harried by ant swarms invading her kitchen. She could have run out to the drug store and brought home loads of poisonous little ant hotels. Instead, she gave her imagination the go-ahead to brainstorm. Soon she'd come up with a solution. She scooped up a host of ants and threw them in a blender with the other ingredients of her smoothie, then drank it all down. The next day, all the ants had departed, as if scared off by the Great Devourer. I suggest you learn from her example, both in the sense of being open to outlandish possibilities and in the sense of finding alternate ways to deal with adversaries.



As the Grapevine is a bi-weekly paper, you will have to get next week's horoscopes at <http://www.freewillastrology.com/horoscopes>

CROSSWORD



Theme: Amp Festival Participants

Across:

- 1 Includes: Jesse Potter, Andy Kavanagh & Ben Taylor (7)
- 6 Sarah, "It's About Time" (5)
- 7 Caleb Miles' 'Memory \_\_\_' (4)
- 8 Chris Robison makes \_\_\_ songs (3)
- 9 The Dungaree Brothers exclaimed this...Baby (6)
- 10 Heather Kelday hitched to one of these (4)

Down:

- 2 Heather Cameron's 'squeezebox' (9)
- 3 "Cluster Folk" artist (2 wrds) (8)
- 4 t@b is looking at'em fruits (6)
- 5 The Hupman Brothers 'Counting \_\_\_' (8)
- 8 Formally known as Cougar Bait...in the Headlights (4)

Want to help create the crossword?  
Send ideas to [grapevine.wolfville@gmail.com](mailto:grapevine.wolfville@gmail.com)

Solutions:

Down: 2 Accordion, 3 MikeAube, 4 Apples, 5 Quarters, 8 Beer.  
Across: 1 Zentima, 6 Pound, 7 Well, 8 Bad, 9 Eureka, 10 Post.