



Issue N<sup>o</sup> 3.<sup>34</sup>

September 16 - 30, 2010

COMMUNITY • AWARENESS • INVOLVEMENT

This is one of 1300 issues!

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**Find out on p15**

## Furry Feature

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### UPDATE:

The status of Sugar Loaf is unknown at time of press. If she is there, she'd love a little company.

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

**D**ig out your seat cushions, grab your water bottles, and put on your "music" caps cuz Deep Roots is just around the corner and you aren't gonna wanna miss a note of it! Since its inception in 2003, the Canadian Deep Roots Music Festival has become a vital part of the Wolfville scene. Next weekend, dozens of performers and hundreds of music lovers will come here to enjoy or create the blues/jazz/roots/country/folk/etc. sounds that are about to erupt all over town.



Or, check out the Wee Giants at Festival Theatre - Monika Wildman has an amazing array of puppets and costumes that people of all ages will love to try on and wear for the Parade. Oh yeah, *the Parade* - it's so wonderful to laugh and march down the streets of Wolfville wearing a newly crafted fancy hat, and keeping time with a rhythm instrument along side the huge and wondrous Wee Giant puppets. Woo! Magic!!

The Mainstage shows on Friday and Saturday night take place at Acadia University's Convocation Hall (hence the call for seat cushions...no, really...trust me...bring the seat cushion) and are an excellent way of sipping from the Deep Roots cup of awesome musicians. And, most of these performers can be savoured again on Saturday afternoon at Denton Hall, Festival Theatre, the Al Whittle Theatre, or at the Festival Tent in Clock Park. Mmmmm!

One of my favourite parts of Deep Roots is the Saturday morning Take Root workshops. At Clock Park, make a fancy hat or crown and then create your own rhythm instrument out of things like wood blocks and bottle caps! Or if you have little tykes, you might be interested in Marilyn Manzer's Kids Play Music workshop at the BaptistChurch.

There is so much more to see and enjoy! Like the intimate dinner concert with Connie Kaldor & Carmen Mikol on Thursday night - fabulous food and marvellous music at Kentville Paddy's for only \$50 (call 678-3199 to book now)! And I haven't even mentioned the Late Night Parties at Paddy's & the Old 'O' Barn, or the Artists at Acadia on Friday afternoon or the Rise Up Singing show on Sunday morning, or...look, just take it from me, the Deep Roots Music Festival is a blast - don't miss it!

Get Deep Roots tickets at the Box of Delights Bookshop, 466 Main St., Wolfville, NS or find more info at: <http://www.deeprootsmusic.ca>.

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## JENNY MACDONALD SINGS, "Bye Bye, Mr. Bluesman"

ALBUM PREVIEW

**In a room lined with sweaty bodies, noise, and smoke, appears the tiny silhouette of a delicate looking young woman - seemingly no match for the rugged crowd. She opens her mouth; the room goes silent.**

Although new to the Annapolis Valley region, Jenny MacDonald is no stranger to the stage. Releasing her debut album, "Jenny Kissed Me" in 2008, MacDonald has since performed alongside a number of Canada's favorite artists including: Gordie Sampson, Charlie A'Court, Ian Sherwood, Coco Love Alcorn, and Christina Martin, and has become a favorite among CBC listeners.

MacDonald's upcoming release, "Bye Bye, Mr. Bluesman", weaves

through stories of 'hellos', 'goodbyes', frustrations, and butterflies in a unique mix of blues and 20s-inspired swing - with a mix of country and folk sprinkled on top.

Jenny explains that she has been writing these songs since her first release in 2008, and fifteen tracks were chosen out of "probably hundreds" of original compositions. The title track, "Bye Bye, Mr. Bluesman" was written somewhere in the middle of those years, and was chosen as the title to offer the listeners an idea of what they can find on the album, both in genre and content.

"This is the first time I went into



the studio with a very clear idea of what I wanted to come out with - although I had no idea it was actually going to work!" Jenny laughs. "I think of each track as it's own entity, and somehow they just seem to tie together in the end.

I guess I approached it in an 'organized chaos' sort of way - kind of like real life. It's raw and rough in some spots, quirky and funny in parts, and it's gentle and sensitive in others; it's kind of a reflection of myself I suppose!"

The album was recorded by East Coast Music Award recipient Scott Hupman (The Hupman Brothers),

and features a number of the east coast's favorite musicians including: Ian Sherwood, Rob Crowell (The Mellotones), Matt Myer (Gypsophilia), and the valley's own Ryan Hupman (The Hupman Brothers), Ariana Nasr (T@B), Caleb Miles and more.

"I really love working with Scott [Hupman]. He believes in making honest music, which is one of the reasons I wanted to work with him. Music should sound like real people playing real instruments... One of my favorite things when listening to an old, live album is when you hear one of the players yell 'YEAH!' after something really exciting happens. You can put all the notes and words and rhythms together, but it's passion that makes good music and connects people."

Stay tuned for news of the official "Bye Bye, Mr. Bluesman" release. For more information please visit: [www.jennymacdonald.com](http://www.jennymacdonald.com)

## RICHARD HENNIGAR'S HURRICANE REPORT

Richard Hennigar makes some really good, addicting apple cider. His friendly smiles and free samples at the Wolfville Farmers' Market are enough to turn most people into habitual drinkers of the stuff (it's non alcoholic btw). When I heard about the possible destruction of Hurricane Earl, my immediate concerns went out to him and all the other fruit producers in the area.

My roommate Rick, who works

with Richard, mentioned that they had been diligently picking the more at-risk orchards in an attempt to lessen the drops. "The morning it hit I was actually more preoccupied with getting things ready for the Saturday Storm Mini-Market", Richard recalled. "I heard that it made a turn to the East at the last minute and that saved us. We're quite susceptible right now as the weight of the mature apples would have broken a lot of limbs had the storm come right up the Bay of Fundy. We

really dodged a bullet". As far as Richard has heard, Earl essentially did no serious damage.

Richard has lived in Sheffield Mills for most of his life and apples have been in his family for 3 generations (since 1905). He grows 4 major scab resistant varieties which are crossed with crab apples which is conducive to his no spray, no pesticides and no fungicide approach. He also has a unique, extremely cost-effective method to do field grass

maintenance - grass bending. Bend it once in late July and the new grass won't grow high enough to interfere. YouTube search it.

His 25-acre Suprima Farms is striving to become a zero-emission apple operation..until it's time to physically move them out of the orchard. Thanks for the update Richard.

Jeremy Novak

  
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# INNER SUN YOGA CENTRE

Tucked into the eastern corner on the second floor of the gray building at 112 Front Street is Inner Sun Yoga Centre. The space is beautiful. The large, airy studio is quiet, serene and filled with light from windows on three sides. The immaculate, smooth wood floors welcome yoga mats and bare feet. Soft colours on the walls and gentle music create an aura of tranquility as students arrive for class.

Inner Sun exists because of the vision of its owner, Lorraine Bishop, who, like so many yoga practitioners, travelled with her teachers from space to available space. Without the convenience of a studio, yoga teachers rent space wherever it is available. Sometimes a room in a parish hall suffices; at other times space is found in dance halls, curling clubs, or community halls. Lorraine remembers when she felt inspired to create a studio: "As I watched my yoga teacher, Carol, drag a large hockey bag

full of props (mats, blankets, blocks and straps) into a small rented dance studio, I thought how great it would be for her, and her students, if there was a yoga studio already set up for classes on a regular basis. Thus the seed of Inner Sun Yoga Centre was planted. With the support of my family, yoga teachers and friends, plans were made for everyone in our community who wanted to do yoga."

Why yoga? People come to the practice of yoga for many different reasons. Many are looking to improve their health and flexibility. Others seek a way to reduce the toll of stress on the body. And others are looking for personal and spiritual growth. Whatever the reason, yoga is a practice of self-discovery, stretching and strengthening the entire body, while helping to release the chronic tension that dulls energy. The most wonderful aspect of yoga is that it is for everyone – every age, every level

of fitness, -- every body.

The wide variety and various levels of classes offered by experienced, certified teachers at Inner Sun make yoga accessible to everyone, even those who have never stepped on a yoga mat. From beginner to moderate to advanced, from therapeutic classes to power yoga, from pre-natal to Yoga with Babies, as well as a weight and fitness TRX training class, there is, in Lorraine's words, "something for everyone."

And, as she looks forward to the future, she adds: "What a journey this has been! The most rewarding part is when students come into the studio to thank us for creating this beautiful space and tell us how much they love doing yoga here. Come join us and give yoga and fitness a try. We have a class just right for you."

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## AUFA and BoG Reach Agreement

Story also found in the Sept 1<sup>st</sup> issue of the *ATHENAEUM*

After a summer of negotiations, Acadia's Faculty Union (AUFA) and the Board of Governors have ratified a four-year collective agreement, which will cover the period between July 1<sup>st</sup>, 2010 and June 30<sup>th</sup> 2014. Negotiations began on May 3<sup>rd</sup>, 2010.

This four-year contract prevents the possibility of collective action during the incoming class' four years at Acadia. The graduating class of 2011 is also relieved that the possibility of a second strike is null with the new agreement. "After going through a strike during my stay, it is great to see Acadia sailing clearly through these negotiations. This is the kind of stability that Acadia needs for going forward," Amy Buckland-Nicks, a fourth-year student said.

However, some feel the most recent possibility of a strike should never have arisen. "My opinion is that the agreement should have already taken place. I think it should just be

a general rule that there should be a four-year cool-down period for undergraduate schools after a strike where they cannot take collective action again for another four years," Andrew Morton, a fourth-year student said.

In the summer and fall of 2007, AUFA and the Board of Governors were unable to reach an agreement, resulting in a strike that lasted about three weeks - from October 15<sup>th</sup> until November 5<sup>th</sup>. A mediator was called in to help with final negotiations. Although the most recent collective bargaining period was under a media blackout, the negotiations were quick and successful.

In a press release by Acadia University, the chair of Acadia's Board of Governors commended both sides on reaching a speedy consensus. "I want to congratulate members of the negotiating teams for demonstrating their commitment to Acadia by reaching an agreement in advance



of the upcoming school year through determined collective bargaining," Jewer said.

AUFA and the Board of Governors were able to agree on a number of "post 65 benefits." For example, the age to receive benefit coverage has been increased to the age of 76, and long-term disability coverage has been increased until the age of 70. AUFA represents full-time faculty members, librarians and instructors, and part-time faculty members.

Angela Johnston – Editor in Chief

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**Suggested Theme:** The Deep Roots Music Festival will be happening again on Sept 24th - 26th. Being that it's a celebration of music, how is your business finding harmony with the arts & the artists around you?

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[www.pumpkinmoonfarm.com](http://www.pumpkinmoonfarm.com) • Pumpkin Moon Farm celebrates the musicians and organizers of Wolfville's Deep Roots Festival. Thanks for sharing your music, and welcome to our town!

**THE TRAIL SHOP - 465 Main St. Wolfville, 697-3115 / [www.trailshop.com](http://www.trailshop.com)** • Thank you Wolfville and company for an amazing first year of business here in the valley! We hope these seeds we planted grow deep roots!

**BOSO BAMBOO BOUTIQUE - Harbourside Drive (Railtown) Wolfville, 542-7790 / [www.boso.ca](http://www.boso.ca)** • At boso we proudly display and sell the works of local artists and authors. Come browse the new fall lines and get acquainted with "your talented neighbours".

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concert, wedding, etc. Music and dance will add a special sparkle to your event!

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**HAPPY DAY SPA - 657 Main St. Wolfville, 542-4212 / [www.happydayspa.biz/ZUMBA.html](http://www.happydayspa.biz/ZUMBA.html)** • Shake things up in your fitness routine and move to the Zumba beat! The music will move you and the rest will come.

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**ATLANTIC LIGHTING STUDIO - 16 Elm Ave. Wolfville, 542-3431 / [www.atlanticlightingstudio.com](http://www.atlanticlightingstudio.com)** • Celebrate the re-opening of Front

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## THURSDAYS

**SPITFIRE ARMS ALEHOUSE (WINDSOR):** Marshall Lake (16<sup>th</sup>), Darren Arsenault (23<sup>rd</sup>) & Tony Wood & Friends (30<sup>th</sup>) 7pm

**RESERVOIR BISTRO AND LOUNGE (WINDSOR):** Tyler Shea & Gren Ein (16<sup>th</sup>) 7pm

**PADDY'S PUB (KENTVILLE):** The Hupman Brothers (16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>) 8pm

**LIBRARY PUB (WOLFVILLE):** normally every Thursday 9pm-close

**MUD CREEK GRILL (WOLFVILLE):** Jon Duggan (16<sup>th</sup>) 9:30pm

**TOMMY GUN'S (WINDSOR):** DJ Gizmo (30<sup>th</sup>) 10pm

## FRIDAYS

**BLOMIDON INN (WOLFVILLE):** Jazz Mannequins (17<sup>th</sup> & 24<sup>th</sup>) 6:30-10pm

**SPITFIRE ARMS ALEHOUSE (WINDSOR):** Jim Devine -Halfway to St. Paddy's Day Party (17<sup>th</sup>), Hal Bruce (24<sup>th</sup>) 8pm

**THE PORT PUB (PORT WILLIAMS):** Vallie (17<sup>th</sup>), Aube Trio (24<sup>th</sup>) 8pm  
**UNION STREET CAFE (BERWICK):** Open Mic w/Kim Wempe (17<sup>th</sup>), w/Deerfield (24<sup>th</sup>) 8:30pm

**MUD CREEK GRILL (WOLFVILLE):** Karaoke w/Denny Myles (17<sup>th</sup> & 24<sup>th</sup>) 9pm

## SATURDAYS

**SPITFIRE ARMS (WINDSOR):** Moonshine Ramblers (18<sup>th</sup>), TBA (25<sup>th</sup>) 7pm

**RESERVOIR BISTRO AND LOUNGE (WINDSOR):** Ten Mile House (18<sup>th</sup>) & The Mellotones (25<sup>th</sup>) 9pm

**KINGS ARM PUB (KENTVILLE):** Mark Riley and the Players Club (18<sup>th</sup>), Park St. (25<sup>th</sup>) 9pm

**MUD CREEK GRILL (WOLFVILLE):** DJ Supreme Williamson (18<sup>th</sup>) 9pm

**TOMMY GUN'S (WINDSOR):** Sunset Strip (18<sup>th</sup>), Karaoke w/ DJ Krazee Kraig (25<sup>th</sup>) 9:30pm

**WESTSIDE CHARLIES (NEW MINAS):** Straight Out (25<sup>th</sup>) 10pm

## MONDAYS

**PADDY'S PUB (WOLFVILLE):** Open Mic w/The Hupman Brothers (20<sup>th</sup>) w/Paul Marshall (27<sup>th</sup>) 8pm

## TUESDAYS

**THE PORT PUB (PORT WILLIAMS):** Open Mic w/Jazz Mannequins (21<sup>st</sup> & 28<sup>th</sup>) 7:30pm

## WEDNESDAYS

**MUD CREEK GRILL (WOLFVILLE):** Karaoke w/Denny Myles (22<sup>nd</sup> & 29<sup>th</sup>) 9pm

**WESTSIDE CHARLIE'S (NEW MINAS):** Karaoke w/Steve McKarney (22<sup>nd</sup> & 29<sup>th</sup>) 9:30pm

# Weekly Events

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

## THURSDAYS:

**BABIES & BOOKS DROP IN –** Wolfville Memorial Library 10-11am Informal gathering offering the opportunity to meet with other little ones in a comfortable setting. Newborn – 2 years. **INFO:** 542-5760

**IN THE ROUND KNITTING GROUP –** Gaspereau Valley Fibres. 1-4pm **INFO:** 542-2656

**BERWICK FARMERS' MARKET –** Centennial Park, Union Street. 3-7pm. **INFO:** 375-2387

## FRIDAYS

**COMMUNITY PLAY GROUP –** Ocean Spirit Studio, Canning 9:30-11am Parents and their children participate in: cooperative play, creative arts, music, encouraging a love for books & more. Networking and fun for all involved. **INFO:** 582-3089 / atnguyenalisa1@gmail.com

**AFTERNOON TEA & ARTIFACT EXPRESS –** Randall House Museum, Wolfville 2-4pm. A refreshing cup of tea while you are entertained by a 5-minute presentation on a museum artifact. Accompanied by a tea biscuit & locally made jam. **TIX:** \$6 **INFO:** 542-9775

**WINDSOR FARMERS' MARKET –** Coach House on the Waterfront, Windsor 4-8pm, June thru October. **INFO:** [windsorfarmersmarket@gmail.com](mailto:windsorfarmersmarket@gmail.com)

**TEEN MOVIE –** Wolfville Memorial Library 6pm Ages 13+ Come to the C@P Site for a free movie on the big screen. Popcorn included! **INFO:** 542-5760

## SATURDAYS

**WOLFVILLE FARMERS' MARKET –** Robie Tufts Nature Centre, Front St. Wolfville 8:30am-1pm. **Sept 18th Theme:** Valley Vineyard, samples & packages **Music Guest:** Andy & Ariana **Sept 25th Music Guest:** Deep Roots Artists **INFO:** [www.wolfvillefarmersmarket.com](http://www.wolfvillefarmersmarket.com)

**PEACE VIGIL –** Post Office, Wolfville. 12-1pm

## SUNDAYS

**FITNESS FOR GEEKS –** Wolfville Library, 6-7:30pm. Fun exercise including Tai Chi & Self Defense for those "geeks" who spend a lot of time at the computer.

## MONDAYS

**WOLFVILLE TRAIL RUNNERS CLUB –** Meet at the Trail Shop, Main St. Wolfville 7pm sharp. Local runs with leaders running at various speeds. No charge. **INFO:** Facebook Wolfville Trail Runners

**MEETING –** BestWord Writing Group - Just Us! Wolfville 7pm Small creative writing group open to all ages, genres, and writing levels. Every 2nd & 4th Monday (Sep 27th) **TIX:** no charge **INFO:** [jordandickie@bestword.ca](mailto:jordandickie@bestword.ca)

## TUESDAYS

**BOOK IN THE NOOK –** Wolfville Memorial Library 10-10:30am Curl up, relax and enjoy listening to a story in our book nook. Suggested age range: 3-8 **INFO:** 542-5760

**IN THE ROUND KNITTING GROUP –** Gaspereau Valley Fibres. 6-9pm **INFO:** 542-2656

**SCOTTISH COUNTRY DANCING –** Wolfville Legion 7:30-9:30pm All levels welcome. No partner required, reasonable rates. **INFO:** 542-5320

## WEDNESDAYS

**KENTVILLE FARMERS' MARKET –** Center Square, Kentville 10am-2pm. With over 30 vendors, buying local in Kentville has never been so easy. Until Oct 3rd **INFO:** Michelle [kentvillemarket@yahoo.ca](mailto:kentvillemarket@yahoo.ca)

**WOLFVILLE COMMUNITY CHORUS –** Wickwire Place, Wolfville 5:30-7pm. **INFO:** 542-0649

## LIVE THEATRE

### TEMPERANCE IN A TEA CUP

CentreStage Theatre, Kentville. Sept 18<sup>th</sup> & 19<sup>th</sup> @ 2pm. Presented by the CentreStage Theatre. A musical comedy about rum running and the Temperance Society begins. Wearing 1920s fashion encouraged. **TIX:** \$10 **INFO:** 678-8040/ [centrestageatcentrestagetheatre.ca](http://centrestageatcentrestagetheatre.ca)

### GRAVELY GHOST WALK

Clock Park, Wolfville. Thursday, Sept. 23<sup>rd</sup> @ 8:30-10:10pm. Seventh show of the season. A historical production throughout the streets and cemeteries of Wolfville. Join us every second Thursday until Halloween Meet at the Clock Tower 15 minutes prior to showtime. Space is limited, pre-booking preferred. Family friendly. **TIX:** \$12 adult, \$6 student **INFO:** 692-8546 / [www.wolfvillewalkingtours.com](http://www.wolfvillewalkingtours.com) / [Jeremy@wolfvillewalkingtours.com](http://Jeremy@wolfvillewalkingtours.com)

### THE FARNDALE AVENUE HOUSING ESTATE TOWNSWOMEN'S GUILD DRAMATIC SOCIETY MURDER MYSTERY

CentreStage Theatre, Kentville. Fridays & Saturdays @ 8pm until Oct. 23<sup>rd</sup> (Thursday, Sept 16<sup>th</sup> @ 7:15). Every drama group has experienced the horrors of what can go wrong. The scenery collapses, cues are missed and lines forgotten. Described as a hilarious cross between Monty Python and the Carol Burnett Show, it's a comedy farce with just a few murders thrown in. Fast-paced verbal slap-stick comedy = of most interest to children twelve and older. Reservations encouraged. **TIX:** Sept 16<sup>th</sup> - Pay what you can, All other shows - \$12 adults, \$10 student/seniors **INFO:** 678-8040 Wolfville

# WHAT'S HAPPENING FROM SEPT 16 - 30, 2010

SEND YOUR EVENT LISTINGS TO [GRAPEVINE.WOLFFVILLE@GMAIL.COM](mailto:GRAPEVINE.WOLFFVILLE@GMAIL.COM) FOR PUBLISHING IN THIS LIST

## THURSDAY, 16

**FILM: POOR NO MORE** - *Al Whittle Theatre, Wolfville 7-9pm*. A documentary film about poverty and potential solutions for the working poor. The screening will be followed by a panel discussion. Also, information about the Wolfville Community Fund will be available. **TIX:** Free will in support of Wolfville Community Fund **INFO:** [manager@alwhittletheatre.com](mailto:manager@alwhittletheatre.com)

## FRIDAY, 17

**WINDSOR'S 245TH HANTS CO. EXHIBITION** - *Exhibition Park, Wentworth Rd, Windsor Friday 17<sup>th</sup> - Sunday 19<sup>th</sup> & Friday 24<sup>th</sup> - Sunday 26<sup>th</sup>*. The oldest Agricultural fair in North America featuring: vegetables, ox pulls, 4H animal exhibits, rides, games & more. **INFO:** [www.hantscountyex.com](http://www.hantscountyex.com) / Facebook Hants County Ex

**KINGS COUNTY SPCA ANNUAL GOLF TOURNAMENT** - *Paragon Golf Course, Kingston 11am registration, 12 noon shot gun start.. Texas Scramble with complimentary dinner for all participants. Money raised for the operational costs of SPCA. Top prize is an Invisible Fence* **INFO:** Donna 679-0700

**RUN FOR THE CURE TEAM REGISTRATION** - *Acadia Athletic Complex, Wolfville 5-7pm*. Connect with thousands of Canadians on Sunday, October 3, 2010 in the 19th annual Canadian Breast Cancer Foundation CIBC Run for the Cure. Please register! **INFO:** [www.runforthecure.com](http://www.runforthecure.com)

**SEPTEMBER SERENADE** - *Harvey Denton Hall Auditorium, Acadia 8pm*. Enjoy Wendy Nielsen, soprano, and Robert Kortgaard on piano as they go from Mozart to Puccini and Strauss to Sondheim with some Spanish sizzle in between. **TIX:** \$20 adult \$15 seniors/ students **INFO:** Christianne 585-1330

## SATURDAY, 18

**GIANT VEGETABLE GROWERS** - *Shur-gain feeds, Berwick 10:30am-2:30pm*. The Annapolis Valley Giant Vegetable Growers will be having their first weigh off of the year. BBQ, hot

dogs, refreshments & awards to the largest or longest fruit or vegetable in a variety of classes. **TIX:** No charge **INFO:** 538-8901  
**HARVEST FESTIVAL/TRACTOR SKILLS COMP** - *165 Bridge St., Melvern Square Community Hall 1pm*. Giant Pumpkin weigh-ins, decorated pumpkins, tractor skills, pumpkin & apple pie bake sale. **INFO:** sorry, none available

**PERFECT PAIRINGS PROGRESSIVE DINNER AND WINE TOUR** - *Old Orchard Inn, Wolfville 3-7:30pm*. No North Tours presents an evening of pairing NS food and wine while enjoying a private winery and dinner tour with each course at a different winery. Sparkling wines and seafood at L'Acadie Vineyards, Greek main course at Muir Murray Winery and dessert at Gaspereau Vineyards. **TIX:** \$110.50 + hst **INFO:** 365-2552 / [www.gonorthtours.com](http://www.gonorthtours.com)

**FUNDRAISER: PARK IT AT THE PORT - THE SEQUEL** - *The Port Pub, Port Williams 7pm-1am*. Fall's biggest blockbuster returns! For the Port Williams Park. Silent/live auction items, food, door prizes and music with Jon Duggan. **TIX:** \$30 @ Port Pub & boso Bamboo **INFO:** 542-9648 / 542-5555

**CONCERT: JAN LISIECKI** - *Festival Theatre, Wolfville 7:30-9:30pm*. Critics call Jan Lisiecki an "aristocrat of the piano", and an "extraordinary talent". At age 15, Jan is already making a name for himself on the Canadian and international stage and has won a host of major Canadian music titles. A debut Atlantic presentation, sponsored by Michelin **TIX:** \$26 adult, \$20 student **INFO:** 542-5500

**VALLEY ECSTATIC DANCE** - *St. John's Parish Hall, Wolfville 7:30-9:30pm*. Surrender to the rhythms in the hour and a half music flow. Follow and learn to trust your body's innate wisdom to guide your movements in a wonderfully supportive environment. There are no wrong steps, every move is right. Warm up at 7:30pm, doors close at 8pm. No scents please. **TIX:** \$10 or \$7 unwaged/student **INFO:** [valleyecstaticdance@hotmail.com](mailto:valleyecstaticdance@hotmail.com)

**CONCERT: LADIES IN BLUES** - *Al Whittle Theatre, Wolfville 8pm*. Jeri Brown Lela Coles Doris Mason Eileen Joyce Linda Carvery Pam Marsh and Audra Raulyns. **TIX:** \$27 + hst @ Box of Delights **INFO:** 489-3119

## SUNDAY, 19

**SCOTIAN HIKER: CAPE BLOMIDON SHORELINE** - *Meet at Picnic Park at the end of Pereau Road, Blomidon 8am-5pm*. A long, tough hike around Cape Blomidon on the shoreline. Bring lots of water, energy snacks, hat and sunscreen. This hike is hard on the ankles; terrain is consistently rocky and sometimes slippery. Recommended for experienced hikers, no dogs please. Always be sure to check the website day of the hike for cancellations. **TIX:** No charge **INFO:** [www.scotianhiker.com/events.htm](http://www.scotianhiker.com/events.htm)

**TERRY FOX RUN** - *Berwick Town Hall, 1pm registration, 1:30 run*. **INFO:** 538-8616

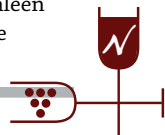
**INTRODUCTION TO RUG HOOKING** - *Prescott House Museum, Port Williams. 1-4pm*. In this beginner's workshop, Margaret Forsey, BFA, will teach you the folk art of rug hooking. By reusing old clothing and coffee bags, you will create and eco-friendly work of art. Materials provided; please enroll early as space is limited. **TIX:** \$45 **INFO:** 542 3984  
**BEAUTIFUL CORPSES WORKSHOP** - *Tangled Gardens, Grand Pre 2-4pm*. Late blooming perennials with lovely seed heads and winter structure. **TIX:** \$40 **INFO:** Nina 542-9811

**MEET YOUR MLA BARBECUE** - *1681 Lower Sunken Lake Road (Levy-Purdy's), Black River 3-6pm*. Meet MLA Ramona Jennex. Barbecue, lemonade, cake, potluck salads, dessert, lawn games, bring your musical instruments. **TIX:** No charge **INFO:** 542-2603

**FUNDY FILM SCREENS: I AM LOVE** - *Al Whittle Theatre, Wolfville 4pm only (Also Mon 20, 7pm)*. A ravishingly beautiful film about a wealthy Milanese family undergoing sweeping change. Tilda Swinton is a triumph as Emma, wife and mother, and Russian immigrant who has adopted the culture of Milan and is at the heart of this complex story. See page 15 **TIX:** \$8 **INFO:** 542 5157

## MONDAY, 20

**FUNDY FILM SCREENS: I AM LOVE** - *Al Whittle Theatre, Wolfville 7pm only (Also Sun 19, 4pm)*. **TIX:** \$8 **INFO:** 542 5157  
**MAKING ART MONDAYS** - *Art Education Room, Acadia 7:30-9:30pm*. Alliance of Kings Artists presents: *All Fibered Up*. Knit graffiti, yarn bombing, thread storming w/Kathleen Hull. Materials provided. **TIX:** no charge



## WHAT'S HAPPENING FROM SEPT 16 - 30, '10

HOLDING AN EVENT? LIST IT AT [WWW.VALLEYEVENTS.CA](http://WWW.VALLEYEVENTS.CA)

for AKA members, \$5 drop-in **INFO:** [laurie.dalton@acadiu.ca](mailto:laurie.dalton@acadiu.ca)

**TOWN COUNCIL MEETING** - Wolfville  
Town Hall, 7:30-11pm. **INFO:** 542-5767

## THURSDAY, 23 - DEEP ROOTS WEEKEND STARTS!

### PLANNING SERVICES PUBLIC ADVISORY COMMITTEE MEETING

Wolfville Town Hall, 7:30-10pm. Open to the public. **INFO:** 542-5767

## FRIDAY, 24

### GHOSTS OF HALIBURTON TOUR

Haliburton House Museum, Windsor 7:30-9:30pm. Enjoy an evening tour of this old house. Hear spine-tingling tales and other stories. Snacks and refreshments, please pre-register. **TIX:** \$10 **INFO:** 798-2915

## SATURDAY, 25

**RUMMAGE SALE, FLEA MARKET & BOUTIQUE** - St. Andrew's United Church, Wolfville 9-11:30am. Treasures abound at our annual Rummage Sale, Flea Market & Boutique. Come check it out and see if you can find some gems. Sponsored by the St. Andrew's UCW. **TIX:** No charge **INFO:** [officewolfuc@eastlink.ca](mailto:officewolfuc@eastlink.ca)

**GASPEREAU GRAPE STOMP WITH SWIG** - Gaspereau Winery, Gaspereau 11am-5pm. Join Gaspereau Vineyards for the second annual Grape Stomp. Register your team of 4 for \$150. Proceeds donated to winning teams charity. There will be a \$100 prize for the best dressed team. Music provided by SWIG! **TIX:** no charge **INFO:** Katie 542-1455

**KNIGHTS, PRINCESSES & THE PEA PARTY** - Kentville Library 3-4pm. For children aged 4-11, come in costume and join our parade as we help CentreStage Theatre celebrate their upcoming production of Princess and the Pea. Crafts, snack and special guests. **TIX:** no charge **INFO:** 679-2544 / [www.valleylibrary.ca](http://www.valleylibrary.ca)

**WHITE ROCK FALL AUCTION** - White Rock Community Hall, 6:30pm viewing. New items and gifts donated by community members. Donations can be dropped off at the hall the morning of the auction. Auctioneer: Carl Oldham **INFO:** Dianne 542-7936

**ACADIA FOOTBALL** - Raymond Field, Wolfville 7pm. Cheer on Acadia as they take on ST FX. **TIX:** \$10 adult, no charge for students **INFO:** [www.acadiu.ca/sports/index.htm](http://www.acadiu.ca/sports/index.htm)

**LENNIE GALLANT AT MUIR MURRAY** Muir Murray Estate Winery, Wolfville 8pm. Enjoy a concert from one of Canada's foremost performing songwriters, with nine albums, numerous awards and nominations from the JUNO's and East Coast Music Awards to his credit. **TIX:** \$25+hst **INFO:** 542-0343 (root)

## SUNDAY, 26

### FITNESS CHALLENGE FUNDRAISER

Absolute Fitness Club, New Minas 9am-Noon. Three hours of cardio classes. All funds collected go to charity in memory of Margaret Peggy Karamitsos. Space limited **TIX:** \$10 registration **INFO:** 365-3210

**SPCA WALK-A-DOG-A-THON** - Kings County SPCA, Waterville 10am. Rain or shine. Ticket fun fair, pet contests & agility demos. Money raised to SPCA operations. **TIX:** pledge your support! **INFO:** [www.kingsspca.com](http://www.kingsspca.com)

**COUNTRY BLUEGRASS & CELTIC MUSIC SHOW** - Northville Farm Heritage Centre 1:30pm. Featuring: Dave Doyle & Rocky Hollow, Bill Sherman & Friends, Valerie Blanchard, Brandon Foster, Ron DeAdder & Allie MacKay. **TIX:** \$5 regular, no charge for children **INFO:** [info@northvillefarm.ca](mailto:info@northvillefarm.ca)

**PRESCOTT AUTUMN TEA** - Prescott House Museum, Port Williams, 2-4pm. Cosy cup of tea and hot apple crisp. Locally made quilts and savour the fragrance of many apple varieties on display. **TIX:** \$5 includes tour **INFO:** Diana 542-3984

**FUNDY FILM SCREENS: MAO'S LAST DANCER** - Al Whittle Theatre, Wolfville 4 & 7pm. The docudrama of a poor rural Chinese boy of the Cultural Revolution who became a world-class ballet dancer and international star in the West. Filmed in China, the US and

Australia, with a brilliant performance by Chi Cao, it captures first love, celebrity, the pain of exile and triumph of individual endeavor over ideology. **TIX:** \$8 **INFO:** 542-5157

**LANDMARK EAST 8TH ANNUAL WALKATHON** - Landmark East School, Wolfville 1:30pm. Come show your support with the staff and students of Landmark East. Their annual walkathon is to help raise funds for the Bursury Endowment Fund which helps families with the cost of attending the school. General public is welcome to take part in the walk by bringing a donation at registration time. Closing BBQ and ceremony (with door prizes) will take place afterwards. **TIX:** Donation **INFO:** 542-2237

## MONDAY, 27

### STRATEGY AND POLICY MEETING

Wolfville Town Hall, 1-4pm. Open to the public. **INFO:** 542-5767

### MAKING ART MONDAYS

ArtCan, Canning, 7:30-9:30pm. Alliance of Kings Artists presents: *Building a Mystery, Collage Workshop*. Create your collage using beautiful Japanese hand-made paper, magazine clippings, paint & wound objects. Bring your own photographs & personal items. All other materials provided. Facilitated by Ron Hayes. **TIX:** no charge for AKA members, \$5 drop-in **INFO:** [info@valleyarts.ca](mailto:info@valleyarts.ca)

## WEDNESDAY, 29

**FUNDY FILM SCREENS: THE REVOLUTION WILL NOT BE TELEvised** Al Whittle Theatre, Wolfville 7pm. While inside the Venezuelan presidential palace on April 11, 2002, two independent filmmakers record one of history's shortest-lived coups d'état when Hugo Chavez is forcibly removed from office and returned to power 48 hours later. Their doc brings some of the most electrifying and immediate nonfiction footage to the screen. **TIX:** \$8 **INFO:** 542-5157

**DYEING WORKSHOPS WITH MARILYN RAND** - Gaspereau Valley Fibres, Gaspereau Valley. 9am & 4pm. While Learn how to use the colour wheel and experiment dyeing with colours on various fibres in these two workshops (one morning, one afternoon). Registration includes materials. Please call the shop to register. **TIX:** \$60 each or \$110 for both **INFO:** 542-2656

# DEEP ROOTS MUSIC FESTIVAL - SCHEDULE 2010

## SATURDAY, SEPT 25th

TENT at Clock Park	Baptist Church	Denton Hall	Festival Theatre	AI Whittle Theatre	Farmer's Market	Denton Hall
				10:00am Fancy Hat Making Beat Your Own Drum Drum Circle 11:15am Rhythm Workshop	10:30am Kids Play Music Marilyn Manzer	10:00am Contra Dance All Ages Welcome

12:00 - 12:25 Fresh Beats Rhythm Parade (see page 15 for more Parade details)

TENT at Clock Park	Denton Hall	Festival Theatre	AI Whittle Theatre	Festival Theatre
1:00pm Family Fare Catherine MacLellan Connie Kaldor (bring a chair!)	1:00pm Jayme Stone Room of Wonders	1:00pm Blues Project Thom Swift Morgan Davis Michael Pickett	1:00pm Ashley Condon Matthew Barber Ian Janes	1:00pm Festival Theatre
2:00pm Acadia Gamelan Ensemble	2:30pm Kevin Fox *The Trips Fred Eaglesmith	2:30pm Carmel Mikol David Myles Meaghan Smith	2:30pm Catherine MacLellan Pacific Curls	2:00pm CLOSING CONCERT *Elizabeth Furniss Madison Violet Ian Janes (Intermission) Valley Arts Award Daniel Heikalo Pacific Curls Jayme Stone

Irving Centre	Tent at Clock Park
2:00pm History of the Blues Morgan Davis	2:00pm Connie Kaldor David Myles Catherine MacLellan Madison Violet (bring a chair!)
4:00pm Back-Up to Up Front Kim Dunn Kevin Fox	4:00pm Daniel Heikalo Madison Violet Ryan MacGrath

**THURSDAY, SEPT 23rd**  
**An Intimate Dinner**  
**Concert with**  
**Connie Kaldor &**  
**Carmel Mikol**  
**at Paddy's Pub**  
**in Kentville**  
**6pm**  
**\$50 (incl's Meal)**

## FRIDAY, SEPT 24th

Irving Centre	Tent at Clock Park
2:00pm History of the Blues Morgan Davis	2:00pm Connie Kaldor David Myles Catherine MacLellan Madison Violet (bring a chair!)
4:00pm Back-Up to Up Front Kim Dunn Kevin Fox	4:00pm Daniel Heikalo Madison Violet Ryan MacGrath

## SUNDAY 26th

Denton Hall	10:00am Rise Up Singing Erin Costelo Ashley Condon Carmel Mikol
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12:00 - 12:25 Fresh Beats Rhythm Parade (see page 15 for more Parade details)

Festival Theatre	1:00pm Festival Theatre
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## SUNDAY 26th

AI Whittle Theatre	Farmer's Market	Denton Hall	Festival Theatre	AI Whittle Theatre	Farmer's Market	Denton Hall
10:00am Harmony Workshop Pacific Curls Madison Violet	10:00am Various Deep Roots Artists	10:00am Contra Dance All Ages Welcome	10:30am Puppetry Workshop Wee Giants	10:00am Blues Project Thom Swift Morgan Davis Michael Pickett	10:00am Ashley Condon Matthew Barber Ian Janes	10:00am Rise Up Singing Erin Costelo Ashley Condon Carmel Mikol

12:00 - 12:25 Fresh Beats Rhythm Parade (see page 15 for more Parade details)


TENT at Clock Park	Denton Hall	Festival Theatre	AI Whittle Theatre	Festival Theatre
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4:00pm Back-Up to Up Front Kim Dunn Kevin Fox	4:00pm Daniel Heikalo Madison Violet Ryan MacGrath



<p>Convocation Hall</p> <p>7:00pm</p> <p><b>MAINSTAGE CONCERT</b>          Matthew Barber          Meaghan Smith          Compania Azul          (Intermission)          (MC) Ryan MacGrath          *Julie Aube          Fred Eaglesmith</p>	<p>6:15pm Convocation Hall Front Lawn - Smudge Ceremony</p> <p>Convocation Hall</p> <p>7:00pm</p> <p><b>MAINSTAGE CONCERT</b> Kevin Fox          Catherine MacLellan          (MC) David Myles          (Intermission)          * Jesse Potter          Thom Swift          Connie Kaldor</p>	<p>Old Orchard</p> <p>10:00pm</p> <p>Michael Pickett          Kevin Fox          Meaghan Smith</p>	<p>Old Orchard Inn</p> <p>10:00pm</p> <p><b>MAINSTAGE CONCERT</b>          Kevin Fox          Catherine MacLellan          (MC) David Myles          (Intermission)          * Jesse Potter          Thom Swift          Connie Kaldor</p>	<p>Wolfville Paddy's</p> <p>10:00pm</p> <p>Mathew Barber          Madison Violet          Pacific Curls</p>	<p>Wolfville Paddy's</p> <p>10:00pm</p> <p>Mathew Barber          Madison Violet          Pacific Curls</p>	<p>Kentville Paddy's</p> <p>9:00pm</p> <p>F-Holes</p>
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All 'Take Root' & Free Family Concerts are designated by the  Symbol

\* Emerging Artists have an asterisk by their name.

**Billet host needed for group of 4**

We have a wonderfully welcoming crew of Deep Roots billet hosts gearing up to receive their performer guests. We still are seeking one more house in Wolfville that can house a group of 4 people. We look forward to hearing from you if you can help. *Please contact the office by email [office@deeprootsmusic.ca](mailto:office@deeprootsmusic.ca) or phone 542-7668 (ROOT).*

**TicketPro - Box of Delights is a TicketPro outlet**

You can get tickets or festival passes through TicketPro. The Box of Delights Bookshop in Wolfville (upstairs of the Deep Roots Music Cooperative office) is our local TicketPro outlet. Please buy your tickets ahead of time - we are not selling tickets at the doors of the venues - only at the Box of Delights.

**Can you lend us a cell phone?**

For the festival, we need to borrow a few cell phones that work well in the Wolfville area. We'd like to borrow them for the weekend if possible, but most importantly on Saturday. We will only be making local calls. Can you help?

**Festival Ticket sales through Pre-festival fund-raiser Brewery Dinner at Kentville Paddy's**

Brewery Dinner (6pm at Kentville Paddy's) Entertainment by Connie Kaldor & Carmel Mikol. Price \$50 includes Meal. The Deep Roots Music Co-op is pleased to be offering an "intimate" supper concert starting at 6:00 PM on Thursday September 23rd. Along with a presentation and sampling from Paddy's

Brewmaster, and a sumptuous three course meal, guests will be treated to musical sets from Carmel Mikol, ECMA "New Artist of the Year" and Connie Kaldor, one of Canada's top Folk Musicians. There are only 50 tickets being sold at \$50 apiece and they are available through Paddy's Pub in Kentville, 678-3199. Best to hurry - this is expected to sell out quickly.

**The Late Night parties**

The Late Night parties are always popular. We sell these tickets privately, so come in or call the Deep Roots office (542-ROOT 7668) to buy your tickets. (Remember, we are downstairs of The Box of Delights Bookshop in Wolfville.)

**FRIDAY LATE NIGHT:**

10pm - Old Orchard Barn: Kim Dunn, F-Holes, Morgan Davis, Fabulous Ginn Sisters

**SATURDAY LATE NIGHT:**

10pm - Old Orchard Inn: Alice Stops Time, Thom Swift, Erin Costelo & Ian Janes

(Do it soon to avoid disappointment!)

**Deep Roots Saturday at the Market: Music - Various Deep Roots Artists**

**Saturday - 10am to 1pm at the Wolfville Farmers' Market:** Enjoy all the amazing produce, crafts, food, art and more at the Wolfville Farmers' Market with a variety of Deep Roots performers enhancing each joyful moment. The Fresh Beats Rhythm Parade passes through the Market just a few minutes after 12 noon. Come and join the fun!



ROB BREZSNY'S

# FREEWILL ASTROLOGY

## HOROSCOPES FOR WEEK OF SEPTEMBER 16TH, 2010 © Copyright 2010 Rob Breznsky

**ARIES** (March 21-April 19): When teen pop star Miley Cyrus appeared on David Letterman's late-night TV talk show, band leader Paul Schaeffer asked her if she lip-syncs to pre-recorded music during her performances.

Miley replied that no, she never fakes it. For evidence, she said, anyone could go watch a Youtube clip from one of her concerts. Sometimes she sounds terrible, which proves that she's risking the imperfection of actually singing live. I urge you to follow Miley's lead in your own sphere, Aries. In the coming week, you really do need to be as raw as the law allows. Be your authentic self, please -- with no Auto-Tune-like enhancements.

**TAURUS** (April 20-May 20): Here's your mantra: BIG GREEN LUCK EVERYWHERE. I urge you to say it frequently in the coming days. Sing it softly to yourself while you're driving your car or riding on public transportation. Whisper it as a prayer before each meal. BIG GREEN LUCK EVERYWHERE. Chant it in rhythm to your steps as you walk. Murmur it to the tiny angel looking down at you from the ceiling just before you drop off to sleep. Yell it out as you're dancing beneath the sky. BIG GREEN LUCK EVERYWHERE. It'll work its magic even if you don't know exactly why you're saying it or what it means.

**GEMINI** (May 21-June 20): This is an excellent time for you to revamp your relationship with your body. All the cosmic rhythms are aligned to help you. How should you go about it? The first thing to do is formulate your intentions. For example, would you like to feel more perfectly at home in your body? Would you revel in the freedom of knowing that the body you have is exactly right for your soul's needs? Can you picture yourself working harder to give your body the food and sleep and movement it requires to be at its best? If you have any doubts about how to proceed, ask your body to provide you with clues.

**CANCER** (June 21-July 22): While growing up, U.S. president Abraham Lincoln lived in Indiana for 14 years. The Lincoln Boyhood National Memorial commemorates his time there. When my friend Janet was seven years old, her second-grade class visited the place. While strolling around outside, she found a Band-Aid on the ground and excitedly assumed it had once graced a booboo on Old Abe himself. She took it home and secretly used it as a talisman. When she rubbed it on her own wounds, it seemed to have magical healing properties. Only later did she realize that Band-Aids weren't invented until 55 years after Lincoln's death. No matter. The artifact had done a superb job. I predict you will soon find a comparable placebo, Cancerian.

**LEO** (July 23-Aug. 22): Afghan farmers grow a lot of poppies -- more than anywhere else in the world. While most of the crop is converted into opium and heroin, it could just as well be used to create poppy seed bagels -- as many as 357 trillion of them by one estimate. The way I see it, Leo, you have a comparable choice ahead of you. A resource that's neutral in its raw or natural state could be harnessed in a relatively good cause or a not-so-good cause. And I bet you will be instrumental in determining which way it goes.

**VIRGO** (Aug. 23-Sept. 22): "Nothing is more conducive to peace of mind than not having any opinions at all." German aphorist Georg Christoph Lichtenberg said that, and now I'm offering it for you to use. Are you game? Try this experiment: For seven days, divest yourself of your opinions. And I mean all of them: opinions about politicians, celebrities, immigration reform, rockabilly music, your friends' choices in mates -- everything. For this grace period, be utterly non-judgmental and open-minded and tolerant. Allow everything to be exactly what it is without any need to wish it were otherwise. By experiment's end, you'll probably feel more relaxed than you have in a long time.

**LIBRA** (Sept. 23-Oct. 22): The Latin motto "Dulcius ex asperis" means "Sweetness out of difficulty." It has a different meaning from "relief after difficulty" or "character-building from difficulty." It suggests a sce-

nario in which a challenging experience leads not just to a successful outcome, but also to a delicious, soothing harmony that would not have been possible without the difficulty. This is what I foresee coming for you, Libra.

**SCORPIO** (Oct. 23-Nov. 21): Give the best gifts you can possibly give, Scorpio. Don't hoard any of the intense blessings you have at your disposal. It's time to unveil the fullness of your idiosyncratic generosity . . . to bestow upon the world the naked glory of your complex mojo. Some people will be better able than others to receive and use your zesty offerings, and it's OK to favor them with more of your magnanimity. On the other hand, don't spend too long worrying about the fine points of how to disseminate your wealth. The important thing is to let it flow like a river fresh from eternity.

**SAGITTARIUS** (Nov. 22-Dec. 21): "Do not think you will necessarily be aware of your own enlightenment," said Zen Buddhist teacher Dogen. Which leads me to say: "Do not think you will necessarily be aware of becoming a role model and potent influence." The way I see it, either of those developments may happen in the coming weeks. Without suffering any pangs of self-consciousness, you could suddenly find yourself thrust into a higher, brighter, more powerful state of being. I doubt there'll be any stress or strain involved. Rather, it will naturally occur while you're being your strong-minded, expansive self, trying simply to rearrange the world to conform to your vision of paradise.

**CAPRICORN** (Dec. 22-Jan. 19): Soon it will probably be time for you to wrap up the Season of Exploration. You've surveyed the outlands and fringe areas enough for now, right? I'm guessing that you've reconnoitered the forbidden zones so thoroughly that you may not need to do any more probing. Or am I wrong about this? Am I underestimating your longing to push out to the frontiers and beyond? Maybe your brushes with exotic creatures and tempting adventures have whetted your appetite for even more escapades. I'll tell you what, Capricorn: I'm going to trust your intuition on this one. Are you ready to rein in your risk-taking, or are you hungry for more?

**AQUARIUS** (Jan. 20-Feb. 18): When I was living in Los Angeles in the summer of 1986, I had a memorable dream. In the dream, I was dancing with God. As best as I can describe it, the Divine Wow was a female whirlwind exuding cool blue fire and singing ecstatic melodies. Now and then I caught a glimpse of something that resembled a face and body, but mostly she was a sparkling fluidic vortex that I moved in and out of as we floated and tumbled and leaped. The contact was so vivid and visceral that from that day forward I never again said, "I believe in God." My experience was as real as making love with a human being; "belief" was irrelevant. I predict that you will soon have a comparable encounter with a primal force, Aquarius -- whatever passes for "God" in your world.

**PISCES** (Feb. 19-March 20): The eighth-century theologian known as the Venerable Bede compared our existence to a sparrow that flies in the window of a royal castle while the king is enjoying a winter feast with his entourage. Outside, a snowstorm is raging. Inside, there's a big fire in the hearth that keeps everyone warm. But the sparrow doesn't stay in this welcoming place; it quickly flies out another window on the other side of the dining room, refraining from plucking any of the delicious scraps of food the revelers have discarded. Bede says that the sparrow's actions are like ours in our own approach to living our lives. Well, guess what, Pisces: I don't think that will be true for you in the coming months. Judging from the astrological omens, I suspect that once you fly into the feast room, you won't depart like a restless, confused wanderer. You will linger.

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**The Odd Book & Mariposa Interiors, unique attractions on Front St.**



**A grassy & shady area at Front St.'s east end, for taking a break**



**Cochrane's Pharmsave parking lot and rear entrance on Front St.**

# FRONT IS BACK!

## Reasons to Celebrate!

There are lots of reasons for a "Street Party", but this could well be the first time where the guest of honour is the street itself! We're thinking about the downtown Wolfville area, which has eagerly anticipated the completion of Front Street. While your summer seemed to swing past too quickly, for many it didn't pass fast enough. During the past three months, Front Street has undergone a complete reconstruction. Indeed this had created some traffic and parking challenges for customers and business owners alike, but the job is now complete. So we're shouting loudly and proudly, that "Front is Back!"

## Reasons to be Proud!

One wonderfully unique feature is that Front Street is pothole-free, a claim that most streets and roads can't make. But seriously, the new street design provides increased ease of traffic flow through the downtown core, and increased access to rear parking lots provided by many of Wolfville's businesses. In addition, pedestrian traffic has also been favoured with full concrete sidewalks on both sides of the street. Front Street is now a very nice walk, and along the way are some of those very unique shops and services that Wolfville is becoming famous for. Quite honestly, there are many things in Wolfville that one just can't find anywhere else, and a sense of identity we take exceptional pride in.

## Reasons to Join Us!

On behalf of the merchants and services proximate to Front Street, we'd like to invite you to a day of celebration on Front Street. In conjunction with the Deep Roots Music festival, Front Street will be alive with music, entertainment, and attractions for the whole family. There will be yard sales, BBQ's, and displays of interest along the whole street. Wolfville will "strut its stuff" as this major enhancement is now available to our many residents and patrons. If the summer congestion had caused you to steer clear of downtown Wolfville, you need veer away no longer,

because ... *Front is Back!*



**The atmospheric dining deck of Rosie's on Front St.**



**Looking east from the end of Front St., showing many enhancements**



**Kimball Brogan's law office exterior, with new walkways**



**The center kiosk of the Robie Tufts Nature Center**

## Food For Thought: The Deep Roots Edition By: Mike Butler

The Deep Roots Music Festival is soon underway-I can't wait! This is a perfect opportunity to be entertained with fabulous music from well-known artists and be introduced to new and emerging musicians, as well. What a treat for students too, I hope they take advantage of the weekend.

With many out-of-towners rolling through town for the festival (and those who live nearby) I have decided to devote this issue to food! Where should people eat during the festival (or anytime) and what should they eat? I pride myself on having sampled pretty much everything from the restaurants around the area here are a few suggestions! Happy Eating and Listening!

Pop by the Ivy Deck Bistro on Elm Ave. for a piece of

remarkable veggie lasagna or salmon quiche with a fresh salad, an assortment of great teas and the desserts, ranging from black tuxedo chocolate cake or carrot cake are to die for. This is one of my favorite places to dine! Or travel to the Library Pub on the corner of Main and Elm where I recommend the Book End Sandwich, the Library Burger or the Library Club with a fresh garden salad, a glass of wine and for dessert, a chocolate cheesecake muffin, you'll thank me later!

The Mud Creek Grill on Elm Ave. serves up some great appetizers and drinks for a gathering with friends- try the nachos or the spinach and artichoke dip- and the friendly staff don't mind mixing up some fun drinks! Or head over to Port Williams to

enjoy the well-lit atmosphere of the Port Pub where I recommend the Lamb Burger or their amazing Shepherd's Pie.

Paddy's Pub, known for its warm and inviting atmosphere, witty and prompt service and for their great food, is tops on my list for dining- no one has better sprite, a better deluxe bacon cheeseburger, better fried pepperoni, better chicken fingers or "make your own" pizza ...those are just a few of the reasons I love it! Rib night Friday-a beautiful thing! Tell Carl the bartender that Mike says HI!

Venture down the road to Domaine De Grand Pre for some amazing local wine and easily the best Caesar salad I have ever had!! Simple Simon met a pie man who was probably headed to the Evangeline Café (Stirlings) to try

their famous home baked pies- please have the haddock chowder, the chef salad, or the chicken club wrap- but save room for the pie. Peach, apple, blueberry, lemon meringue or the peach-blueberry crumble...heaven is just a bite away!

And of course there's Saturday's Farmer's Market, a great place to socialize with friends, pat dogs and eat great food. Bring a newcomer and introduce them to TAN coffee, Foxhill Cheese, fresh local produce, Sushi, German and Italian sausages, and the fantastic breakfast burritos from the Tempest restaurant. It's a one-stop shop for bread, wine, veggies and delectable treats. That should get you started everyone! Enjoy the shows and enjoy the meals... take a bite out of Wolfville!

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.

## CLASSES:

**PIANO LESSONS:** Acadia U. Bachelor of Music in Performance Graduate. Reputable instructor w/10 years teaching experience. Variety of musical levels. Matt 697-2767 / [valley-musicteacher@gmail.com](mailto:valley-musicteacher@gmail.com)

**MUSIC EDUCATION:** Voice & Piano Lessons with Susan Dworkin. New students register now for September! 542-0649 / [susan\\_dworkin@hotmail.com](mailto:susan_dworkin@hotmail.com)

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

**RED APPLE MUSIC:** Contemporary Music Education. Now accepting registrations for voice, guitar, piano, theory, and harmony singing. [jenny@jennymacdonald.com](mailto:jenny@jennymacdonald.com) / [www.jennymacdonald.com/redapplemusic](http://www.jennymacdonald.com/redapplemusic)

**TURNING THE MIND INTO AN ALLY:** 8wk introductory meditation class by Wolfville Shambhala Meditation Group.

Tuesday evenings starting Sept 21<sup>st</sup> @ St. John's Parish Hall, Wolfville. By donation, all welcome. 542-3544 / [www.wolfville.shambhala.org](http://www.wolfville.shambhala.org)

**CREATIVE FLOW YOGA:** Tuesdays in Canning & Wednesdays in New Minas. Anusara-inspired, Prana Flow-infused for everyone. 538-9464 / [karen-3shanti@yahoo.ca](mailto:karen-3shanti@yahoo.ca)

**FALL YOGA IN GASPAREAU:** Starting Sept 20<sup>th</sup> week for 10 weeks at the Gaspereau Hall. Mondays 3:30-5pm level 1 & 5:15-6:45pm levels 1-2, Thursdays 5:15-6:45pm level 1-2 & 7-8:30pm level 1. Instructor Sophie Berube, \$70 or \$120. No drop-ins 670-6393 / [gaspereau.rec@gmail.com](mailto:gaspereau.rec@gmail.com)

**INNER SUN YOGA:** Something for everyone (Therapeutic, New, Gentle, Prenatal & Power). All levels offered. 542-YOGA / [www.innersunyoga.ca](http://www.innersunyoga.ca)

**ZUMBA FITNESS:** Latin music, easy to follow moves, great workout! Mondays and Wednesdays 7pm @ MacKeen Rm,

Acadia's ASU. Sept 13<sup>th</sup> - Dec 15<sup>th</sup>. 10 classes = \$100 OR drop in = \$12. [www.happydayspa.biz](http://www.happydayspa.biz)

**IRISH DANCE:** Offered in Wolfville & Kingsport this September. Tir na nOg Irish Dance Academy offers classes ages 3 to 20. Niamh Webster (certified) 582-1786 / [njamh@tirnano-gacademy.com](mailto:njamh@tirnano-gacademy.com)

## WORKSHOPS:

**THERAPEUTIC TOUCH:** A healing art form. Level 1 (no prereqs), Sept 25<sup>th</sup> 9am-5pm held in Wolfville. \$75 taught by: Janet Manthorne. 542-9193

**S.O.A.R. SUPPORT GROUP:** Survivors of Abuse Recovering 10-session support group (sexual abuse) is peer-led and free. Running Sept - Dec for males/females & adults/children, space is limited. 365-1701 / [www.survivorsofabuserecovering.ca](http://www.survivorsofabuserecovering.ca)

**MOTIVATE ME! AT NSCC:** 6 workshops - break the procrastination habit, prepare a

plan and follow through, use positive thinking and the 'Law of Attraction'. Tuesday evenings September 21<sup>st</sup>-October 26<sup>th</sup>, 6:30-9:30pm. Helen 692-8918 / [helen@daffodiltraining.com](mailto:helen@daffodiltraining.com)

**GROUP CLEANSE:** Feel fabulous in 4 weeks with a diet & lifestyle transitions. Wednesdays Sept 29<sup>th</sup> - Oct 27<sup>th</sup>. \$150 includes: guidance, food demos, taste testing & recipes Mary-Beth Miles, RHN 670-9355 / [wellness@marybethmilesrhn.com](mailto:wellness@marybethmilesrhn.com)

## GENERAL:

**TEACHER/TUTOR:** For elementary and middle school students. Experienced in teaching learning disabilities in the areas of: reading, spelling, writing & math. Flora 542-1844

## WOLFVILLE CAPOEIRA

**ENTHUSIASTS:** Meet regularly to train & play with this Amazing Brazilian dance art form [alan12\\_howell@hotmail.com](mailto:alan12_howell@hotmail.com)

## Outdoor Outlooks for the full article, please visit us online at [www.grapevine.wolfville.org](http://www.grapevine.wolfville.org)

A little over three years ago, I left the smog and bustle that hustles of Toronto, to seek out the calm of the ocean, the salt of the air and the frame of mind that embodies the Maritimes. Since arriving in Halifax I have tried to immerse myself into all things Eat Coast.

I have paddled the lakes of Keji, picked the apples of the Annapolis Valley, wished the hills of Martock were higher, and dodged moose on the winding roads of the Cabot

Trail. I have swum in warm lakes and braved frigid coastlines, all in the pursuit of capturing the spirit of the Atlantic.

However there was one quintessential element of Nova Scotia that, until recently, I had not yet experienced...the lobster boil.

Now let's get something straight before I go any further, (and for those impatient gear heads out there, I will start talking

toys soon), I have had my share of lobster since arriving on the salty shores of New Scotland, I just hadn't done it right yet. I, like many others, have paid too much for a lobster - that was still knee high to a grasshopper - in a restaurant that screamed tourist trap. What I hadn't done was, go to the beach, fill my pot with ocean and allow the beloved, delicious, crustacean, to say its last words while I licked my lips and looked for butter.

I was having a friend visit from Ontario. This was to be Joe's third visit out east, he had swiftly fallen in love with the right coast. This time he was bringing his girlfriend, and he wanted to show her a true Mari-time. Steph insisted on being shown something genuinely Nova Scotian. Joe called me up and a hint of panic hung in his voice, he asked "what the heck can we do that's Nova Scotian?"

Brian Conoley  
The Trail Shop Store Manager



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Contact Wolfville's Trail Shop at 697-3115 if your non-profit organization could benefit from this banner space.

## WEARING PEARLS IN THE KITCHEN

It's that time of year again. The kiddies have their backpacks full of books and are lining up to get on the school buses and get whisked off to school. After a full day of learning, running around at recess, and trying to figure out those pesky fractions, kids come home hungry. Instead of letting them grab a bag of greasy chips and a can of soda that's full of sugar and empty calories, try some of these quick and easy after school snack ideas. Your homework: finding a sneaky way to get your kids to eat the healthier snacks. ~ Victoria Comeau

### Fruit Salad and Dip

- Blueberries
- Strawberries, cut into small bites
- Cantaloupe chunks
- Raspberries
- Peach slices
- Apple slices
- Grapes
- Orange or tangerine slices
- For dip
- 2 cups plain or vanilla yogurt
- 1/4 cup orange juice
- Honey
- Cinnamon

#### Directions:

Choose fruits that are in season and wash, slice or chop, and combine in a bowl.

For about 2 1/2 cups of dip, combine plain or vanilla yogurt with orange juice. Add honey and cinnamon to taste — usually about 2 tablespoons of honey and 1 teaspoon of cinnamon. The dip can be made the day before.

### Snack Mix

- 8 cups Shreddies
- 1 cup M&M candies
- 1 cup Raisins
- 2 cups pretzels, small rounds work best

### Peanut Butter Powerballs

- 1 cup peanut butter
- 1/2 cup non-fat dry milk powder
- 1/2 cup raisins or chocolate chips
- 1/4 cup honey
- Graham cracker crumbs

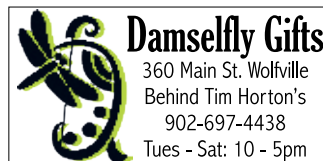
#### Directions:

Mix all ingredients except the graham cracker crumbs in a large bowl. Shape mixture into 1-inch balls. Roll in crumbs and refrigerate until firm

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by Angie Jenkins, B.A., Certified Herbalist

## EXHIBITS

**FRESH PRODUCE** -Harvest Gallery, Wolfville. Until Sept 26<sup>th</sup>. New work by artists new to Harvest Gallery: Cluny Maher, Barb McLean and others **INFO:** 542-7093

**APPLE EXHIBIT** -Prescott House Museum, Port Williams. Sept 18<sup>th</sup>-Oct 15<sup>th</sup>. Charles Prescott introduced over 100 varieties of apples into Nova Scotia. Stop in and see some of the many apples that are found in the valley. **INFO:** 542-3984

**QUILT SHOW** -Prescott House Museum, Port Williams. Until Oct. 15<sup>th</sup>. Locally made quilts displays throughout the museum. **INFO:** 542-3984

**JACK'S GALLERY** -Back lobby,

Acadia Cinema, Wolfville. Currently featuring the work of Shasta Grant **INFO:** [jacksgallerywolfville@gmail.com](mailto:jacksgallerywolfville@gmail.com)

**GRAND PRE ART GALLERY**  
National Historic Site, Grand Pre. Original art by 17 artists. **INFO:** 1-866-452-3631

**DICK GROOT: TIDELINES** -Acadia University Art Gallery, Wolfville. Until Oct 22<sup>nd</sup> An integrated, simultaneous presentations of music, poetry and photography inspired by the tidal landscape of Minas Basin.. **INFO:** 585-1373

**"UNCOMMON COMMON ART"**  
Outdoor Art Scavenger Hunt around the Valley **INFO:** Maps at Box of Delights, Wolfville

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## Celebrate Local Wines during the Nova Scotia Fall Wine Festival

**HALIFAX, N.S.** – The fifth annual Nova Scotia Fall Wine Festival begins on Thursday, September 16, 2010 and continues until October 17, 2010. During the month-long festival, Nova Scotia winemakers and some of the province's finest chefs will come together to celebrate their passion for local food and wine.

"The Fall Wine Festival celebrates the harvest season," says Janice Ruddock, managing director of the Winery Association of Nova Scotia (WANS). "In the fall, the wineries are at their best...you can see the plump grapes hanging from the vines, observe the staff working in the vineyards and smell the fermenting wine. It's absolutely amazing."

This year's festival features over 45 events taking place across the province. Highlights of the

festival include the 17<sup>th</sup> Annual Grape Stomp at Sainte-Famille Wines, Go North Tours Perfect Pairings Progressive Dinner and Muir Murray's version of the Iron Chef Competition. Eleven local wineries will be hosting festival events. Detailed event listings and festival information can be found at [www.nsfallwinefestival.ca](http://www.nsfallwinefestival.ca).

New this year to the Fall Wine Festival is the "Win a Nova Scotia Wine Cellar" contest. By visiting any of the participating wineries during the festival, visitors receive a ballot for a chance to win 50 Nova Scotia Wines. Weekly contests for event tickets and prizes will also be featured in the Wines of Nova Scotia newsletter.


In 2007, the Nova Scotia Fall Wine Festival was named Signature Event of the Year at the annual conference of the

Tourism Industry Association of Nova Scotia (TIANS). For more information about WANS or to sign up for the newsletter, visit [www.winesns.ca](http://www.winesns.ca).

For more information contact:  
**Christine White:** Director of Communications & Events  
 Winery Association of Nova Scotia  
 Tel: (902)492-9291, ext 115  
 Cell: (902)880-2180  
[christine@winesofnovascotia.ca](mailto:christine@winesofnovascotia.ca)  
[www.winesns.ca](http://www.winesns.ca)



Saturday, Sept 18th



Presents

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[wolfvillefarmersmarket.ca](http://wolfvillefarmersmarket.ca)

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

JEN?

OH, HI, KYTANNA.

-HEY, MAYBE YOU CAN HELP ME..?

ASHELLE ASKED ME TO LOOK AFTER HER THREE ALIEN SOLDIER FRIENDS...

BAH.

-YOU MEAN, ZEALOTS FROM THE CULT OF ASHELLE.

UM, YEAH...

DO YOU THINK THEY'D LIKE VEGGIE-WRAPS?

THAT GIRL HAS TURNED MY APARTMENT INTO A TRANS-DIMENSIONAL WORM-HOLE LABORATORY!

-AND I JUST GOT THE PLACE FEELING COMEY!

SHE SENT A BOOK I BORROWED FROM THE LIBRARY AND ALL MY SOFA CUSHIONS TO 1985.

REALLY?

-BUT ISN'T IT TOM'S MACHINE?

TOM HAS LOST HIS MIND TO HER.

-HE'S COMPLETELY FALLEN UNDER HER SWAY.

ASHELLE HAS A WEIRD POWER OVER PEOPLE!

-EVEN I FOLLOWED HER TO THIS CRAZY PLANET!

WHAT?

DON'T YOU LIKE IT HERE?

ACTUALLY..

I LOVE IT HERE.

BUT I'M STILL ANGRY.

I'M FEELING TAKEN ADVANTAGE OF...

YEAH...

I NEED SLEEPING BAGS FOR THREE SPACE DUDES IN MY LIVING ROOM.

AND I THINK SOME OF THE ALIEN PLANT SEEDS ASHELLE LOST HAVE SPROUTED UNDER THE STOVE.

-SOMETHING KEEPS TRYING TO GRAB MY ANKLES...

## DEBBIE ROZA-MERCIER: *Deep-Rooted!*

Just when I thought there was no one busier than me these next two weeks, I found Debbie Roza-Mercier. What a pleasure it was to get to know Debbie through this profile, I thank her for taking time away from her work and her nasty cold to introduce herself to the readers of the Grapevine.

Debbie was born in Guyana and moved to the UK when she was 10. She was adopted and is the youngest of five children. She returned to the UK after spending 5 years in Alberta but later returned and took up root in Nova Scotia. Debbie has a daughter who attends university in Halifax and for over 20 years Debbie has spent a lot of her time working in the arts and leisure industry. She has done everything from stage management to acting and until her position was terminated due to budget cuts, Debbie was the Marketing and Events Coordinator for the Town of Wolfville.

She is now the first General Manager of the Deep Roots Music Co-Op which produces the Deep Roots Music Festival (September 24<sup>th</sup>-26<sup>th</sup>). For many a month, Debbie has been toiling away in her office, located downstairs at the Box Of Delights bookshop at 466 Main Street, Wolfville planning a great festival filled

with an endless stream of talented musicians. Debbie anchors the Festival Committee who work tirelessly to ensure a fun and music filled weekend takes place here in Wolfville. This year the co-op added an extended Emerging Artist: Unearthed program and they're planning a "Bringin' It Home" concert series this fall as well as great programs for March Break 2011.

Debbie loves the cultural activities that Wolfville has to offer and thoroughly enjoys being a part of the many events that happen in town whether it's helping to coordinate them or just being in attendance. And even though she just lives outside of Wolfville at Lakewood Market Garden, the valley is very much home to her. And I was itching to hear what Debbie's hobbies were and I was far from disappointed to learn that she loves traveling and photography-how can we see your pictures Debbie? And Debbie easily became my new best friend when she divulged her guilty pleasures of watching TV shows like GLEE and movies like "It's a



Wonderful Life" and "Local Hero" and my last question: What is one thing everyone reading this article should know about Debbie? In her own words "The Obvious is not always apparent". Well, it's obvious to me how important Debbie is to Wolfville... make her hard work worth it by supporting the Deep Roots Music Festival everyone and if you see Debbie about town, thank her for her efforts! Contact Debbie at gm@deeprootsmusic.ca with questions or festival feedback.

By: Mike Butler

## IT'S UPBEAT AND IT'S UP TO DATE

The newly designed Acadia Cinema Cooperative website is ready for viewing, the address is [www.acadiacinema.coop](http://www.acadiacinema.coop)

Originally designed by Heidi Kalyani in 2003, and maintained over the years by Heidi, and Ken Shorley, their job of keeping all news current will be much easier now (and easily shared with others) thanks to the new content management system recently installed by Ned Zimmerman.

The website is packed with information about every aspect of ACC's life, including current happenings and past history. There are links to the Al Whittle Theatre, The Fundy Film Society,

Studio-Z, Jack's Gallery, Just Us! Wolfville Coffeeshouse, volunteer activities, Board members, shareholder information, ACC on You Tube and lots more. And there are pictures everywhere.

It's colourful, informative and easy to navigate. A wonderful resource that chronicles the life and growth of this important cultural centre serving the entire Annapolis Valley and beyond.



From Pam Ackerman for the Acadia Cinema Cooperative PR Committee

*PS If you have photos, ideas, would like to help write for the site, have questions please contact [info@acadiacinema.co](mailto:info@acadiacinema.co)*



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Wednesday, Sep 29: 7pm

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TRIVIA



1. Where can you find the Firefighters' Museum of Nova Scotia?
2. What was the name of the Nova Scotian telephone company that merged with other Atlantic Canadian phone companies to form Aliant?
3. What August 1873 storm killed hundreds of people, and destroyed 900 buildings and 1200 sailing vessels when it hit NS?
4. What was the name of the ship that retrieved 306 bodies from the North Atlantic after the Titanic sinking?
5. Which is larger - Prince Edward Island or Cape Breton Island?

SOLUTIONS

1. Yarmouth; 2. Maritime Telegraph & Telephone Co. Ltd.; 3. The Great Nova Scotia Cyclone; 4. the Mackay-Bennett; 5. Cape Breton Island

The Grapevine

The Grapevine is brought to you by Jeremy Novak & Jocelyn Hatt and is printed at the Acadia Print Shop 585-1129



Contact us:

grapevine.wolfville@gmail.com  
(902) 692-8546

•Don't want to miss a Grapevine? Subscribe for \$2.50 an issue.

•Also available online:  
www.grapevine.wolfville.org

Thank you to Flowercart and the Wolfville United Church for help with Grapevine construction.



Moving Angie's Greenhouse up Highland Ave. Photo: Mark Oakley

RANDOM ACTS OF KINDNESS

Brought to you by: Daniels' Flower Shop Ltd. Water St, Windsor 798-5337  
WWW.DANIELSFLOWER.COM

Perhaps you didn't notice but last issue the Grapevine was late. This was due to a few factors, the main one being another large design obligation that had to get finished (check out the really nice Deep Roots program booklet this year). Somehow we managed to get the paper into the Acadia Print Shop a little after 4pm Friday afternoon when it's normally there on Thursday morning. All I was hoping for was 100 issues to distribute to some of the more common places; the rest would have to wait. However, The Acadia Print Shop understood that, with Monday being Labour

Day, it wouldn't be finished until Tuesday.

To our delight, they were willing to stay open until 8:30pm in order to get the job done. With diligent stuffing help from our friend James (Valley Events), we were out the door and delivering later that night.

We can't thank the Acadia Print Shop enough for recognizing how important the Grapevine is to many in the community. You guys are great!

- Jeremy Novak

Grapevine Advertising Rates: (per issue)

Ad Size	1 Issue	4 Issues	13 Issues	26 Issues
1 Block	\$40	\$36	\$34	\$32
2 Blocks	\$80	\$72	\$68	\$64
3 Blocks	\$110	\$99	\$94	\$88
4 Blocks	\$130	\$117	\$110	\$104

Submission Deadline for September 30th issue, September 28th

Where to find The Grapevine

95% of all businesses in Wolfville, Grand Pré, Gaspereau & Port Williams receive at least 1 hand-delivered copy. Additional papers can be found at these fine locations:

**In Wolfville:** The Post Office, EOS, Pita House, Muddy's Convenience, Cinematopia, the public Library, Just Us! Cafe, Wolfville Farmers' Market, T.A.N., What's the Buzz? Veggie Lunchbox

**Greater Wolfville Area:** Grand Pre - Convenience Store, Just Us! Coffee Roasters. Gaspereau - Valley Fibres, Shell Station, Wharf General Store, Tin Pan Bistro. Canning - Art Can, Al's Fireside Cafe, Aspinall Studios. Windsor - Moe's Place Music, Peg & Wire Cafe, Lucky Pizza. Hantsport - R & G's Family Restaurant, Ship's Landing

**HIP BIKES**  
Electronic Bicycles:  
Sales | Rentals | Tours  
698 2648  
www.hip-ebikes.com

Wolfville's GRAVELY GHOST WALKS  
A HISTORICAL PRODUCTION  
Thursday, Sept 23rd  
Please pre-book, space limited  
jeremy@wolfvillewalkingtours.com  
692-8546 (family friendly)

**BILLY BOB'S**  
PIZZA  
542-1111  
WOLFVILLE  
16 inch pepperoni Pizza \$10.99 + tax  
Family Deal: Large works pizza, large garlic fingers & 2L pop \$22.99 + tax  
PICK UP DELIVERY (Prices may vary)

**Tide Predictions at Cape Blomidon**  
Source: Canadian Fisheries & Oceans  
www.waterlevels.gc.ca

Sept	High	Low
16	7:59pm	1:37pm
17	8:35am	2:42pm
18	9:37am**	3:45pm
19	10:34am	4:42pm
20	11:25am	5:32pm
21	12:09pm	6:16pm
22	12:49pm	6:55pm
23	1:25pm	7:31pm
24	2:00pm	7:48am
25	2:36pm	8:22am
26	3:12pm	8:58am
27	3:52pm*	9:37am
28	4:36pm	10:20am
29	5:26pm	11:07am
30	6:22pm	12:01pm

\* Highest High: 39.4 feet  
\*\* Lowest High: - 35.1 feet