Greenwich: Forever Changed?

With serious compassion behind his words, my friend Elliott told me one main thing the last time he was in town: Get Involved. As the Greenwich land debate nears a long-awaited decision, his words drive my tired fingers.

You see, I could simply insert a press release; the Grapevine doesn’t tend to get too political. The safe approach would be to simply raise awareness. But this is BIG, I want his words to have an influence on you as well.

There’s simply not enough room on this front page to cover all the details of the debate. People have been passionately speaking about the fate of these 382 farm acres for a long time now and most of their points can be located within the two camps: www.nofarmsnofood.ca & www.nogrowthnofuture.com. In case you’ve missed it so far, I’m talking about the possible fate of 2000+ houses replacing the farmland in behind Elderkin’s, Stirling’s, Hennigar’s and Blomidon Nurseries leading up to the highway.

At the last public participation forum in November, in a jam-packed Greenwich fire hall, two points from the overwhelmingly anti-development crowd stood out. First, where’s the demand? There are reports and studies piling up on top of each other but apparently none of them provide demand justification for a major development. The second was an interesting hypothetical which came from a supporter. Say a farmer sells to another farmer (yes, there would be buyers) who, in turn 10 years from now, sells to a developer. Well now the first farmer is out a major windfall and is that fair?

When commitments to uphold land-use rules are forever kept, this scenario remains theoretical; however, when exceptions are made, read: Port Williams, a seller’s ambition becomes more justifiable.

I don’t mind if you don’t agree, what I want you to do is get involved by going to the last Public Hearing on Monday, January 17th, 5pm at the Kings County Council Chambers, Municipal Building in Kentville. It’s come to this point because, despite the overwhelming public outcry, council has consistently voted 6 – 5 in favour. Their decision will be rendered less than 24 hours after Monday’s public hearing. This really is your last chance to have your say.

Jeremy Novak

Furry Feature

ROBIN is a 1 year old female who was brought into the SPCA Care Center with her 4 kittens in November.

Two of her kittens have been adopted but Robin and the other two are still waiting for their special forever homes. She’d be happiest in a home where she was either with an older cat that wasn’t playful or on her own.

Visit www.kingsspca.com to see profiles of Robin and other cats at the Care Center in Waterville or call 538-9075 for information.

Belle Darris: 538-9077
kingscountyspca@yahoo.ca

UPDATE: GOOD NEWS!

SQUEEK is actually MAGGIE and had been missing since July. Her owners saw her picture in the last Grapevine and quickly came in to be re-united. There has never been a cat happier to be in someone’s arms.
Haiti Benefit – One Year After the Earthquake

The Fundy Film Society will screen THE AGRONOMIST, a documentary about Haitian human rights activist Jean Dominique, directed by Oscar-winning Jonathan Demme on Wednesday, January 19, at 7pm. This benefit screening one year after the earthquake will be followed by a panel discussion with Dr. Rachel Brickner, Assistant Professor of Political Science at Acadia University and Dr. Robert Huish, Assistant Professor of International Development Studies at Dalhousie University.

Admission to this Special screening will be a free-will donation (no 6-pack tickets apply). Fundy Film hopes that patrons will be as generous as possible in support of the Haitian people. The film’s distributor, Entertainment One, has agreed to reduce their normal fee in support of the benefit. All proceeds after expenses will be sent to Partners In Health / Zanmi Lasante – http://www.phih.org/pages/haiti/ – an NGO that has been working in Haiti since 1985 to develop community-based health care and to respond effectively to disasters.

“Last year Fundy Film considered showing this film as a fundraiser,” said Fundy Film Board member, Bill Zimmerman, “but we decided to support the community effort instead. Knowing that there would be a continuing need, the society felt that a benefit screening one year after the Haitian earthquake would also be a valuable undertaking,” he stated. For details check www.fundyfilm.ca or call 542-5157.

Sunday Music in the Garden Room

January 16th

The classical chamber music concert series, Sunday Music in the Garden Room, sponsored by the Valley Branch of the Acadia University Alumni Association, presents its fifth performance of the 2010-11 season on Sunday, January 16th, at 2:00 p.m. in the Garden Room of Acadia’s K.C. Irving Environmental Science Centre in Wolfville.

In keeping with our interest in introducing young, rising stars as well as established chamber musicians, this concert will feature two of the former: pianist Pierre-André Doucet, piano, with Leslie Ting, violin. Mr. Doucet hails from Moncton while Ms. Ting is a native of Kitchener, ON. Both have pursued graduate studies at l’Université de Montréal and both have been active on the international competition trail and have won numerous awards for their performances.

Their Garden Room concert on the 16th includes three sonatas for violin and piano: the first by Francis Poulenc (FP 119), the second by W.A. Mozart (No. 32 in B flat major) and the third by Edward Elgar (E minor, Opus 82).

There will be three more concerts in the 2010-11 season. The next is on January 30th. In addition, we have just arranged to have Lucas Porter perform the first concert in the 2011-12 season in mid-July.

Further information from Chris Olsen, Acadia ’57, Sunday Music concert series manager at christofer.olsen@utoronto.ca or 542-5520

How Well Do You Know Your Nova Scotia Icewine??

As the temperatures drop, the season for harvesting Icewine grapes heats up. Now, most of us have heard of, and even tried an Icewine, but what do you really know about them other than they are sweet and delicious? Let’s put your knowledge to the test!

Where did Icewines originate? If you guessed Germany, you’d be correct! As far back as 200 years ago when winters were much colder in Germany, winemakers decided to press the frozen grapes and found the juice to be wonderfully sweet. Icewines were produced on a small scale and didn’t grow in popularity until recent years. In 1984, the first vintage of Canadian Icewine was produced in the Niagara region by Inniskillin Wines.

What country is the leading producer of Icewines? By 2000, Canada became the largest producer in the world since our harsher Canadian winters have lent themselves well to large scale production. Even before then, Canadian Icewines had gained international recognition in competitions around the world and continue to garner much attention.

When did Nova Scotia begin producing them? In 1985, Jost Vineyards produced its first vintage of Icewine. In 1999, Jost’s Vidal Icewine received Canada’s Wine of the Year award at the prestigious All Canadian Wine Championships – the first time a Nova Scotia wine had won in the championship’s 20 year history! What makes our Icewines so special? It’s a combination of two things – climate and grape type. Our shorter growing season and icy grapes heats up. Now, most of us have heard of, and even tried an Icewine, but what do you really know about them other than they are sweet and delicious? Let’s put your knowledge to the test!

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How can you best taste Nova Scotia Icewines? The fourth annual Icewine Festival runs from February 2-13 with venues and events all around the province!! There are winery events, special accommodation packages, entertainment, and special dinners all featuring our Nova Scotia Icewines. Some events include Gelato and Icewine at Fox Hill Cheeses where icewine is drizzled over homemade gelato, and Stars on Ice at L’Acadie Vineyards that features wines paired with chocolate and cheese fondues. There is also the unique Perfect Pairings Progressive Dinner and Wine Tour by Go North Tours which is a fully escorted wine tour that explores pairing Nova Scotia food and wine while enjoying a sumptuous three course meal at three wineries in the Annapolis Valley. More information on the festival events can be found at www.nsicewinefestival.ca.

Get out there and celebrate the fruits of our winter!

Laila North
Go North Tours
Toll Free 1-877-365-2552
The Ashley Maureen Cosmetics Company has been sold, and two of its vice presidents have planned a weekend off before the new C.E.O. arrives on Monday. With their wives safely off on a shopping spree, they check into The Oakfield Golf and Country Club. They unexpectedly encounter their new boss, and she insists on meeting the wives, commenting blithely, “No one who went golfing for a weekend without his wife would ever work for me.” John persuades the hotel’s receptionist to play the role of his wife, but the only one who can pretend to be David’s wife is John. Inevitably everything goes wrong and hilarious chaos ensues. Such is the plot of CentreStage’s next production – Whose Wives are they Anyway – a farce by Michael Parker.

Whose Wives are they Anyway, sponsored by Best Toyota, is great for patrons who are looking for a great laugh and a lighthearted comedy. The show is most appropriate for those aged 13 and up.

Whose Wives are they Anyway is directed by Wayne and Linda Marriot and stars Mike L’Oiseau, Brian Cottman, Mindy Vingrist-Tymchuk, Rebecca Crouse, Leroy Hefferman, Sarah Sotvedt, Janet Westhaver and Christine Enserink.

The show plays on Friday and Saturday nights at 8pm until February 12. There will be a 2pm matinee on Sunday, January 23. Phone 678-8040 to make reservations.

CentreStage Theatre is located at 61 River Street, Kentville near the Police Station. For more information visit www.centrestagetheatre.ca.

CentreStage presents:
Whose Wives are they Anyway?

Fundraiser Update

We have raised $33,520.00, 17% of the $200,000 needed from the community

$500,000 raised through Gov’t sources and $100,000 committed by vendors

STRENGTH AND CONDITIONING

· Sports performance
· Personal training
· Injury reconditioning

Please contact for pricing and additional information

Shauna Forsyth, MSc, ATC, CSCS
792-4002 / Hale11@hotmail.com

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Sports performance
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Belly Dance classes with Julie Page
Jan 23 - Feb 27
Level 2:
Sundays 2pm - 3:30pm
Beginner Class
Mondays 5:30 - 7pm
8 wks $60.00

Classes held in Wolfville at Retro Runway Fashions register: 542-3670 or retrorunway@hotmail.com

GASPEREAU VALLEY FIBRES
Suppliers of yarn, fibres, spinning and weaving equipment:
830 Gaspereau River Rd
1-902-542-2656
brenda@gaspereauvalleyfibres.ca
www.gaspereauvalleyfibres.ca

Specialty Coffee
40 Water Street, Windsor 792-1518
MON-SAT: 6:30AM - 9PM
SUNDAY: 8AM - 6PM

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Suggested Theme: 2011 is going to be a fantastic year for the Valley. How is your business going to add to this positive momentum?

Gaspereau Valley Fibres – 830 Gaspereau River Road, 542-2656 / www.gaspereauvalleyfibres.ca

Our unique farm wool shop will continue to enrich the lives of people interested in the fibre arts in our community.

Bluenose II Company Store — 121 Bluenose Drive on Lunenburg’s waterfront, 634-1963 / www.bluenose2.ns.ca • The narrowest point of our province is between Windsor and Chester. We’re a short 35 km south of Chester. Clothing for all, books, DVDs, CDs by local artists, pictures, rope, unique gifts, Bluenose II mementos.

Sister Lotus Body Care Products, Belly Dance & Herbal Education — 880-8839 / www.sisterlotus.com • Sister Lotus is super excited to announce that herbalist Angie Jenkins is now accepting clients into her home for herbal consultation. If you want to make some positive new health changes, she will provide you with a custom-made personal health programme including: dietary, herbal & other complementary therapies to address your specific needs. Visit the website for info.

Kathleen’s Shuttle and Tours — 834-2024 / 1-877-720-8747 (days) / www.freewebs.com/digbytoursandshuttle • It’s going to be a fantastic year for the Valley as residents discover reasonable shuttle rates to the airport or to Digby and beyond. Two people for $40 each in either direction.

Pumpkin Moon Farm & Herbals — Wolfville, 538-3079 / www.pumpkinmoonfarm.com • Happy New Year! We look forward to your friendship and patronage in 2011. Look for our winter clearance items at the Wolfville Farmers’ Market, every Saturday starting Jan 22nd.

Designer Café — 373 Main St. Kentville, 365-3322 / www.designerkentville.com • Sharing friendly conversation, warm smiles and deee-licious, fresh, local foods is how we vibrate positive energy to our Valley neighbours and visitors.

Retro Runway Fashions — 2 Central Ave. Wolfville, 542-3670 / www.retrorunway.com • Happy New Year Sale!

The Blomidon Inn — 195 Main Street, Wolfville, 1.800.565.2291 / www.blomidon.ns.ca • It’s not too early to be thinking about Valentine’s Day. Two of the most popular winter packages are the Romance Package and the Gourmet Package. Details of these are on our website.

Our Mother’s Keepers — 85 Water St. Windsor, 472-8733 • We’re hosting a soap drive for Haiti! Drop off your soap or monetary donation to the store. Special thanks to Bohemian Bubbles of Falmouth for their generous donations.

Fundy Film Society — Acadia Cinema (on film nights), Wolfville, 542-5157 /info@fundyfilm.ca / www.fundyfilm.ca  • Our positive momentum includes our new brochure which has just been printed and our website that is now complete with the full details of the Winter Series. 6-pack ticket books are available for $36 until Feb 13th.

HENS Uniforms — 134 Gerrish Street, Windsor 472-HENS • We will be adding to the awesome vibe of the Health Care Community by helping them feel good and look great while they are at work.

Inner Sun Yoga Centre — 112 Front St. Wolfville, 542-YOGA /www.innersunyoga.ca • We’ll help your positive momentum by getting you feeling great about yourself. Our new schedule of classes has just started. Visit the website for all info.

YUM Bakery — 94 Cedar St. Windsor, 792-2727 / www.yumfoods.ca • We welcome 2011 with in-store specials throughout January! We also have a number of made-in-NS products from foodstuff to art!. Special orders accepted. Mon-Fri: 10am-5pm, Sat 10am-1pm.

Pie r Squared – 697-2502 / info@pierr-squared.ca • Enjoy the local flavours from your favorite producers in one of our savoury pies or quiches. Eating locally is the best choice for you and your community!
**EAT TO THE BEAT**

Brought to you by Moe's Music Place. Where you won't get strung along.

Music Sales & Service | 129 Gerrish St. Windsor
info@moesplace.ca / 798 5565/ www.moesplace.ca

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**THURSDAYS:**

- **Spatifire Arms Alehouse (Windsor):** Jam Session (13th, 20th & 27th) 7pm
- **Paddy's Pub (Kentville):** The Hupman Brothers (13th, 20th & 27th) 8pm
- **Dooly's (New Minas):** Karaoke & DJ Billy T (13th, 20th & 27th) 9pm

**SATURDAYS:**

- **Kings Arm Pub (Kentville):** Kevin Fletcher & The Gents (15th), Super Conductor (22nd) 9pm
- **Union Street Cafe (Berwick):** South Mountain Swamp Rock Opera (15th) $15 9pm
- **Dooly's (New Minas):** DJ Billy T (15th & 22nd) 9:30pm

**FRIDAYS:**

- **TAN Coffee (Windsor):** Sherry & Blair (21st) 5pm
- **Blomidon Inn (Wolfville):** Jazz
- **Paddy's Pub (Wolfville):** Open Mic w/ Dayliner (17th) w/Mike Milne (Kilt Night!) (24th) 8pm
- **Mud Creek Grill (Wolfville):** Club Night w/ DJ Dieter (15th), w/ DJ TBA (22nd) 10pm

**SUNDAYS:**

- **Paddy's Pub (Wolfville):** Celtic House Band (16th & 23rd) 8pm
- **Dooly's (New Minas):** Kevin

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**LIVE THEATRE**

*Whose Wives Are They Anyway? — CentreStage Theatre, Kentville, Fridays & Saturdays @ 8pm until Feb 12th & 2pm matinee Sunday, Jan 23rd.*

With their wives safely off on a shopping spree, two vice presidents check into The Oakfield Golf and Country Club. Unexpectedly however, they encounter their new boss who requests the opportunity to meet with other little ones in a comfortable setting. Newborn – 2 years.

INFO: 542-5760

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**EXHIBITS**

*Earthly: Paintings by Basma Kavanagh — Designer Cafe, Kentville, Jan 13th – Feb 16th.*

Organisms unfurling in unnatural versions of themselves – lichens, pebbles, cracked earth – these are some of the animate textures that hold Kavanagh’s attention.

INFO: 365-3322

*Jack’s Gallery — Back lobby, Acadia Cinema, Wolfville.*

Currently featuring the work of Krista Battram INFO: jacksgallerywolfville@gmail.com

*Acadia Art Gallery — Beveridge Arts Centre, Acadia University, Jan 14th – Feb 25th.*

20th Annual Acadia Art Show! INFO: 585-1373/ artgallery@acadiau.ca / http://gallery.acadiau.ca

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**SUNDAYS:**

- **Fitnes 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:**

- **Meeting: BestWord Writing Group — Just Us! Wolfville 7pm**

Small creative writing group open to all ages, genres, and writing levels. Every 2nd & 4th Monday (Jan 25th)

TIX: no charge INFO: jordandickie@bestword.ca

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**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. Starts Jan 25th INFO: 542-5320

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**WEDNESDAYS:**

- **Wolfville Community Chorus — Wickwire Place, Wolfville 5:30-7pm.**

INFO: 542-0649
Concordia, Part III

Forty Hours in a Life Raft

The life raft into which I tumbled was soon occupied by 21 of us. Our little craft, along with three others, was bobbing along between the masts on the lee side of the sinking ship. We proceeded to push away from the hull toward open water, avoiding sails and ropes and other debris. We would discover that the pods contained enough drinking water for about seven days, some emergency rations, signal flares, an air pump, bailers and a first aid kit. We had no paddles or communications equipment. A pod was like a small tent covering a child’s backyard swimming pool. The covering was held in place by an inflated arch and could be peeled back for ventilation purposes. Fresh air was welcome, but had to be traded off against sea water spray; the pod seemed stable enough, but sat very low in the water.

Before we abandoned ship we were certain that everyone had been accounted for. After the scramble down the masts – with many falling into the water first then being pulled into the life boats – we couldn’t be sure. As we now drifted away from the doomed Concordia we were able to rope three of the pods together. The fourth was too far away to capture and, in the heavy seas, was lost to view in a short time. From our pod we watched the Concordia turn completely over; I could see the barnacles on the hull. Just as we were losing sight of her, she slipped under the surface and was gone.

Looking around our raft I saw that, along with students, we had the captain and five other teachers. One of the other pods in our group of three contained the medical officer. Ironically, he was the only person who had sustained a serious injury in the abandon ship exercise having suffered a separated shoulder and cracked rib and was in considerable pain.

It rained off and on for the next several hours but the winds and sea conditions were bearable. It became very warm in the confined space. A number of individuals became very warm in the confined sea conditions were bearable. It rained off and on for the next considerable pain.

It was then that we heard the sweet sound of a plane approaching our position at low altitude. We had been discovered!

For the complete article please visit: grapevine.wolfville.org and view Continued Articles

Maurice Tugwell

Kent Co-op Needs Your Help

Hi Folks, Some of you, like me, are probably members of Kent-Co-op but did you know that it’s in serious financial trouble? I’m concerned about that. The Co-op is a friendly place to shop for groceries and gas and, more importantly, it is a good business model that keeps our dollars working in the local community. It’s also an important source - and could be a much more so - of local products every day of the week. For those of us who want to shop locally, Kent Co-op is a very valuable resource.

I’m afraid we may lose it because members are taking their spending elsewhere (And not only members: everyone is welcome to shop at the co-op. Membership isn’t necessary).

Here is what our Acting Manager, Norma Babineau says in a recent letter to members and customers:

“You have a beautiful small store, easy to shop in, clean and bright, with friendly and dedicated staff. I am willing to give the time and effort it takes to work with the staff to reshape your co-op, but we cannot implement all these improvements if we fail to attain our goal for the end of January. Kent Co-op needs to achieve an increase in sales of 3% over the last period sales for December and January. In order to meet this financial challenge we need your support.”

Ms. Babineau points out that feedback will help, but the best way to help is to start shopping (now!) at the Co-op and to encourage others to make the Co-op their store (in fact if you refer a new member you become eligible to win a $250. gift certificate).

I’m writing this note because I value Kent Co-op. I like the idea of shopping in a store that is owned by us locally. I’m proud of the money that the Co-op invests in local charities. And most of all I know that we could make the Co-op an even more important market for the wonderful products we grow and produce here in the Annapolis Valley.

So I hope you will take a fresh look at Kent Co-op. Buy your groceries there in January. Invite others to shop with you. Let Manager Norma Babineau know (681-7738 / kent_mgr@co-opsonline.com) if there are things she can do to keep you there.

Thanks for considering! Please feel free to share with your friends and e-mail lists.

And a very happy New Year to each of you and your families!

Regards,

Jim Morton
MLA Kings North 678-6880
I came to Acadia in 2007 to start a tenure-track position in the Sociology department after receiving my Ph.D. in Sociology from the University of Iowa in 2006. I then became the coordinator of Women’s and Gender Studies in 2009. My area of specialization is most broadly defined as Social Stratification, which is the quantitative study of social inequality. My doctoral work examined racial inequality in education and in early childhood, although much of the rest of my research has explored how work and family intersect to create patterns of gender inequality in society.

What I have come to learn, study and teach about is that inequity is usually far more complex than obvious exclusions of one social group from a valued resource—although that happens, too. Rather, the entire system within which we live is set up to privilege certain groups to the exclusion of others and this is often in very subtle (such as in the fact that women’s ideas are less likely to be taken seriously in meetings) and in very obvious but geographically distant ways (such as in the exploitation of workers around the globe).

There are few simple or easy solutions to these social problems but as a Sociologist I try to unpack these issues, often using statistics to understand them better at the societal level. I often ask questions that might be considered too controversial even to discuss. For instance, although most research looks at breastfeeding from the vantage of how it is beneficial for children or the environment, my recent research (with colleague Mary C. Noonan) has explored if there are financial or social costs or benefits to women. Mary and I have compared the annual earnings of working mothers who breastfeed to those who do not in the United States. We found that those who breastfeed for longer than six months tend to earn less over time because they are more likely to exit the labour market or switch to part-time work. We also went on to examine the impact of breastfeeding on father involvement in infant care in the U.S. and found that fathers of breastfed infants tend, on average, to do baby duties like get up in the middle of the night to soothe a crying infant or change diapers with less frequency.

These findings are troubling in many ways because there are many health benefits for babies when women breastfeed and there is a long history of formula manufacturers doing insidious things around the world that led to babies dying, but there is also a problem when public health advocates tell women to breastfeed when there are few state supports to ensure that women who do breastfeed do not get left behind economically or socially. Mary and I argue that we should neither sweep these findings under the rug in favour of focusing on the health benefits of breastfeeding nor should we tell all women to feed their infants formula. Rather, feminists and breastfeeding advocates need to come together to challenge our capitalist and male-dominated social structure to ensure that babies and society at large don’t unfairly accrue the benefits of breastfeeding at the expense of women.

Phyllis L. F. Rippeyoung, Ph.D.
FRIDAY, 14


Opening: 20th Annual Acadia Art Show — Acadia University Art Gallery, Acadia 7pm. Please join us for the opening reception of our annual celebration of the creativity in our community. Exhibition from Jan 14th - Feb 25th TIX: no charge INFO: 585-1373

Acadia Athletics: Mens Hockey Acadia Sports Complex, Wolfville 7pm. Acadia vs. St. FX TIX: $10 adult $5 external student INFO: 542-5500

Bringing It Home Concert: HAWP and Fleur Mainville — Al Whittle Theatre, Wolfville 8-10pm. Deep Roots Music Coop presents a Touch of Celtic with HAWP and Fleur Mainville. HAWP is a Celtic ensemble that combines ancient traditions with modern musical approaches. Fleur Mainville’s infectious blend of electrifying traditional Celtic folk and rock is engaging for all ages. TIX: $20 + tax @ Box of Delights, $22 + tax @ the door. INFO: 542-9511 / www.deeprootsmusic.ca

SATURDAY, 15

Breakfast — Royal Canadian Legion, Wolfville 7-10am. TIX: $5 adult / $2 kids 10 and under INFO: 542-5869

Acadia Athletics: Mens Hockey Acadia Sports Complex, Wolfville 7pm. Acadia vs. St. Mary’s TIX: $10 adult $5 external student INFO: 542-5500

Variety Show — New Minas Fire Hall 7-10pm. The Kinette Club of Kentville invite you to an entertaining evening with Vintage Country, Basil Davidson, Sandy & Al and more. TIX: $5 adults, no charge for 12 and under

Valley Ecstatic Dance — St. John’s Parish Hall, Wolfville 7:30-9:45pm. Every move is a good move when it is your own. Beautiful rhythms, wonderful supportive environment, come and explore! Wear comfortable clothes, no scents please, bring water bottle and your bare feet. TIX: $10 adults, $7 students INFO: valleyecstaticdance@hotmail.com

Heather Kelday and Mike Evin Al Whittle Theatre, Wolfville 8-11pm. Mike Evin is a piano pop star from Montreal & Heather is a folk banjo gal from Gaspereau. Together, they will set you adrift on an imaginative night of stories, song-and-melodies...Featuring the South Mountain Dial-A-Band (Chris Robison, Adam Bazinet and guests). TIX: $10 advanced @ Box of Delights, $12 @ door INFO: 542-1211

SUNDAY, 16

Scotian Hiker: Amethyst Cove Cape Split Road, Scots Bay, 11am-4:30pm. Difficult hike, involving strenuous climbing. Check the website the morning of the hike for updates/changes. TIX: no charge INFO: www.scotianhiker.com

Herbal Detoxification — Harriet Irving Botanical Gardens, Acadia 12-2pm. Cleanse your body for the new year. Learn about herbal, nutritional, & complementary therapies to rid the body of toxins accumulated over the holidays. Led by Herbalist Angie Jenkins. Call to register. TIX: $20 + HST. INFO: 585-1917

Music in the Garden Room K.C. Irving Centre, Wolfville 2pm. The Valley Branch of the Acadia University Alumni Association presents pianist Pierre-Andre Doucet with violinist Leslie Ting. The 5th concert in this series held in the Garden Room. TIX: no charge INFO: 542-5520

Concert: Celtic Airs and Graces Grand Pre Park Administration Building, 3-5pm. 5th Annual featuring: Clara Whitman - Celtic harp, Andrew MacRae - poems & readings, Maggie Keppie - solo songs and Duncan Keppie - piano accordion. TIX: Donation of $10 or more for Our Community Our Health. INFO: 542-5320

Fundy Film screens: Heartbeats/Les amours imaginaires Al Whittle Theatre, Wolfville 4 & 7pm. Quebec’s 21 year-old Xavier Dolan’s second film is about close friends Marie and Francis, living in contemporary Montreal. They are fabulous, condescending and bitchy. They meet Nico and soon the trio becomes inseparable. But the more intimate they get, the more unattainable Nico becomes, sending them into comic obsession. TIX: $8 at the door INFO: 542-5157 / http://fundyfilm.ca/

MONDAY, 17

Public Hearing on the Greenwich Land Dispute — Kings County Council Chamber, Municipal Building, Kentville 5pm. Your final chance to have your say on the future of 382 acres of Greenwich farmland. See cover story page 1 INFO: www.nofarmsnofood.ca / www.nogrowthnofuture.com

TUESDAY, 18

Town Council Meeting — Wolfville Town Hall, Wolfville 7:30 - 11pm. Open to the public. INFO: 542 5767

WEDNESDAY, 19

Strategy & Policy Session — Alumni Boardroom, Fountain Commons, Acadia 1 - 4pm. Town of Wolfville meeting open to the public. INFO: 542-5767

Fundy Film screens: The Agronomist — Al Whittle Theatre, Wolfville 7-8:30pm. A special presentation benefit for Haiti - one year after the earthquake. Jonathan Demme’s documentary profiles Haitian radio journalist and human rights activist, Jean Dominique. It weaves together historical footage of Haiti’s vivid and tumultuous past to create a “portrait of optimism in a time of despair.” Music by Wyclif Jean. The screening will be followed by a panel discussion with Acadia & Dal Profs Dr. Rachel Brickner & Dr. Robert Huish TIX: free will donation to Haiti relief INFO: 542-5157 / http://fundyfilm.ca/

STS 2011 Opening Night Gala Harvey Denton Hall, Acadia 8-10pm. Kick off the Shattering the Silence Festival with the Nothin’ But Gnarly Ensemble. Five unique Canadian composers: Andrew Staniland, Claude Vivier, Vincent Ho, Derek Charke and Hildegard Westerkamp. This concert is sure to be one of the highlights of the festival. TIX: $20 @ door / Students no charge INFO: 585-1270 / www.shatteringthesilence.ca

THURSDAY, 20

STS “The Composers’ Ear and the Soundscape” — Harvey Denton Hall, Acadia 11:30am-12:30pm. Lecture with Hildegard Westerkamp, our SOCAN guest composer. TIX: no charge INFO: 585-1270 /
Al Whittle Theatre, Wolfville 3-4pm.
Acadia Sports Complex, Wolfville 7pm.

Attention young writers in grades 9-12! Join

The music of this concert is by student

Acadia Athletics: Mens Hockey
Acadia Sports Complex, Wolfville 7pm.
Acadia vs. St. Thomas TIX: $10 adult $5 external student INFO: 542-5500

Minister of Finance Graham Steele
Pre-budget Address — Berwick Fire Hall, Berwick 12pm. This is your chance

Acadia Athletics: Mens Hockey
Acadia Sports Complex, Wolfville 7pm.
Acadia vs. St. Thomas TIX: $10 adult $5 external student INFO: 542-5500

STS 2011 Electroacoustic Evening
Harvey Denton Hall, Acadia 8-10pm.
You’ve seen 3D films, now hear 3D music! We’re projecting the works on 8 speakers

Kings County Museum, Kentville 7:30pm.

STCS 2011 Student Composers —
STCS 2011 Faculty & Ensembles
Harvey Denton Hall, Acadia 8-10pm.
Jennifer King, Tristan De Borba, Simon

Scotian Hiker: Rogart Mountain
221 Alex MacDonald Rd, Earltown, 11am
-2:30pm. Moderate/difficult 6.2km hike. Meet at Sugar Moon Farm. Bring snowshoes.

STCS 2011 Film: Soundtrack
Al Whittle Theatre, Wolfville 3-4pm. By

The prodigal mother Julia (Anne-Marie Duff). John escapes into the world of rock n’ roll

Quiet left in the United States. For the past

John escapes into the world of rock n’ roll

John escapes into the world of rock n’ roll

the trail shop WINTER CLEARANCE SALE Jan 13th - 22nd
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ARIES (March 21-April 19): What empire are you building, Aries? What master plan are you in the midst of carrying out? As you gaze out upon your realm, are you content with the way it’s evolving? Judging from the current astrological omens, I’d say it’s an excellent time to ponder questions like those. And if your inventory reveals that you’re missing some pieces of the big picture’s puzzle, I suggest you set out on a quest to locate them.

TAURUS (April 20-May 20): In a famous psychology experiment, test subjects watched a video of six people passing basketballs to each other. Their assignment was to count how many passes were thrown and caught by the three people wearing white shirts, while ignoring passes between the three wearing black shirts. But there was a trick embedded in the exercise. Midway through the video, a person wearing a gorilla suit ambled into the scene, thumped his chest, and quickly departed. Half of the test subjects did not notice this intrusion. They were too focused on the task of counting the passes made by the players in white. (Watch it here: tinyurl.com/TrickGorilla.) In the coming week, Taurus, I expect that you will experience at least one similar trick. Look for the unexpected.

GEMINI (May 21-June 20): Astrologer Hunter Reynolds says that when you are at your best, you Geminis specialize in “enlightened impatience.” You don’t get trapped expressing polite deference in situations that drain your energy. You don’t tolerate boring experiences just because they’re supposed to be good for you. You’d rather “err on the side of learning-through-too-much-movement” than get bogged down in “principled sluggishness.” But while that’s how you are when you’re at your peak, you can also be susceptible to the dark side of this talent. Sometimes you abort a potential breakthrough by prematurely fleeing a useful but difficult scene. I suspect you may be prone to that kind of behavior right now. My advice: Be skeptical of your escape reflex.

CANCER (June 21-July 22): In her poem “Heathen,” Lesley Wheeler describes a young boy who puts his ear up against his mother’s ear “so that the god in your head can talk / to the god in mine.” The coming weeks would be an excellent time for you to try something similar with people you care for. It’s a ripe moment to raise the stakes in your intimate life . . . to get closer than you’ve dared to get before . . . to retell the familiar stories you and your allies are in the habit of exchanging so that you can tune in to the deeper hum of each other’s memories to sleep for good. This is your big chance to graduate from old opportunity you’ve had in a long time to put some of your unsettling suffering has invited you to study. I would go so far as to say that no one, no matter how skilled a healer, can help cure you until you have taken that first step. So what teaching is it that you would need to develop your immediate future, Libra: some ahead-of-its-time breakthrough you made a while ago that can finally be used to improve your life.

SCORPIO (Oct. 23-Nov. 21): When I arrived at my acupuncturist’s waiting room, there were just two magazines on the table next to my chair: The celebrity rag People Style Weekly and the spiritually oriented Shambhala Sun. The first offered articles on “hot new handbags and shoes under $99” and “easy ways to get gorgeous hair, skin, and nails.” The second provided a “guide to mindful living,” with advice about how to get centered, focused, and relaxed. I thought that was metaphorically similar to the choice you will face in the coming week, Scorpio. It’s up to you: Which way do you want to go?

SAGITTARIUS (Nov. 22-Dec. 21): I can almost categorically guarantee that in 2011 you will have no encounters with fire demons, wart-ridden vampires, two-headed dogs, moaning ghosts, wayward werewolves, or extraterrestrial robots. Nope. You can pretty much go ahead and make plans based on the assumption that you won’t have to account for intrusions like that. But I can also assure you that the lack of crazy encounters with unhinged monsters does not mean your life will suffer from blahs or boredom. On the contrary: I think this could be one of your most interesting years in a decade. To prepare yourself, make sure you don’t unconsciously equate adventure with chaos; imagine what it would be like to experience mystery and intrigue that uplift you.

CAPRICORN (Dec. 22-Jan. 19): “Forgiveness means giving up all hope for a better past,” said comedian Lily Tomlin. I recommend that you make this a keynote during the next six months. According to my understanding of the astrological omens, you will have the best opportunity you’ve had in a long time to put some of your unsettling past behind you. This is your big chance to graduate from old anxieties that can never be resolved. You’re finally ready to declare your independence from messy burdens and maddening riddles that have haunted you.

AQUARIUS (Jan. 20-Feb. 18): If you want to be healed, whether from a physical malady or a psychic wound, there’s one prerequisite you have to meet: You have to be willing to learn a lesson that your suffering has invited you to study. I would go so far as to say that no one, no matter how skilled a healer, can help cure you until you have taken that first step. So what teaching is it that you would need to explore in order to transform your distress into wisdom?

PISCES (Feb. 19-March 20): Are you ready to get the fun surprise you were promised in your dreams? Are you fully prepared to collect the elegant prize you were guaranteed before you were born? I don’t think you are -- mostly because you’re not thoroughly convinced that you deserve these wonders. From what I can tell, your self-doubts are still more substantial than your self-worth. And as long as that holds true, you will continue to hold your just rewards at bay. So let’s make it your project in the next three weeks to elevate your levels of self-worth. It doesn’t mean you’ll have to completely shed your self-doubts, so don’t worry about trying to pull off that impossible project. All you need to do is adjust your self-worth to self-doubt ratio so it’s at least 51 percent to 49 percent.
**Mike Uncorked:**

**The Best Films of 2010**

I can’t help myself! There were so many great films released in 2010 that I just have to spread the word about my 10 favorites! Recommending films has always been a passion of mine. Take the opportunity and see these movies that made 2010 worth going to the cinema for. Enjoy!

**1.** **THE GHOST WRITER:** Ewan McGregor stars as a writer hired by Pierce Brosnan to turn out a quickie biography but soon finds he’s in over his head. Conspiracy, suspense and tension mount in this tight, sharp and brilliant thriller directed by Roman Polanski.

**2.** **TOY STORY 3:** This may seem like a cop out, but honestly, Pixar has done it again with this witty and heartfelt tale of Woody, Buzz and the gang of toys as they’re dispatched to a day-care center and must confront their impending obsolescence. It’s great entertainment for kids and for the kid in all of us. I laughed and cried and so will you.

**3.** **WINTER’S BONE:** Carried by one of the year’s best female performances, this intriguing drama follows Ree, played by the amazing Jennifer Lawrence, as she sets out on a personal odyssey to overcome poverty and find her father. A must see!

**4.** **HEREAFTER:** What a surprise this movie was! Clint Eastwood directs and Matt Damon stars in this fascinating film, filled with tenderness and gentle tact, which follows a few characters that all have issues involving an afterlife. I was blown away by the power of this film. It stirred a lot of emotions, questions and debates!

**5.** **SOLITARY MAN:** Find this film, trust me! Michael Douglas is pitch-perfect as the ultimate sinner in this comedy-drama about a once great car salesman who now lives his life going from one disappointment to another. Douglas has never been better!

**6.** **INCEPTION:** I was hooked from the first minute of this film and I never let go. Director Christopher Nolan meticulously constructs a movie set within the architecture of dreams and it has to be seen to be believed!

**7.** **I AM LOVE:** Tilda Swinton is breathtaking and masterful in her depiction of a Russian woman who has married into a large, wealthy Milanese family but finds love with a young chef named Antonio, a friend of her son’s. The scenery and the performances make this a must see!

**8.** **THE KIDS ARE ALL RIGHT:** Annette Bening and Julianne Moore have never been better as a lesbian couple raising two children who decide they want to meet their biological father. This film was funny, poignant and very entertaining.

**9.** **THE SOCIAL NETWORK:** Check out this nimble and exhilarating, wonderfully scripted and boldly acted tale of Mark Zuckerberg, the founder and CEO of Facebook. It’s a fascinating and well layered look at politics and the world’s cultural circuits.

**10.** **THE KING’S SPEECH:** Playing at the Al Whittle Theatre on January 30th the best film of 2010 stars Colin Firth as George IV, who must overcome his humiliating and paralyzing stutter, to lead his country into war. Stellar performances, humor and heart make this film tops with me!

And Happy Birthday to my Nephew Luke!  
XOXOX  
~Uncle Mike

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**The Grapevine crossword is now being sponsored by Pronto Pizza (Main St)! Drop off a completed crossword for your chance to win one free slice of pizza, a pop and a hug from Wally (if requested).**

**THEME: Sheep Thrills**

**ACROSS**

3. knit to keep hands warm  
7. cousin to the llama  
9. thinly scattered  
12. beige  
13. structure built over water; a dock  
15. ___ without a cause  
17. daily dose of ___  
20. to make yarn by twisting fibres  
21. fibre produced from sheep  
25. soft, fluffy fibre that grows in a boll  
26. the coat of an angora goat  
27. cowichan, fisherman or aran

**DOWN**

1. spun wool  
2. formed by spinning  
4. measuring ___  
5. going before  
6. haircut for a sheep  
8. craft that requires a hook  
10. a garment’s style, as opposed to its fabric or trim  
11. faux ___  
14. Italian dish of rice cooked in broth  
16. a formal letter  
18. what we hear with  
19. to stand in ___ of  
20. hand knitted for your feet  
22. to get one’s  
23. sweet green fruit  
24. reverse knit stitch

**NAME:**

**CONTACT:**

This crossword could be your lunch!
CLASSES:

The Vocal Zone: Master classes, workshops and private tuition for singers. INFO: Karen www.thevocalzone.ca /680-6170 / info@thevocalzone.ca

Music Education: Voice & Piano Lessons w/Susan Dworkin. Over 20 years teaching experience, beginner to advanced. INFO: 542-0649 / susan_dworkin@hotmail.com

Wolfville Children’s Choir: w/Susan Dworkin for ages 6-12 INFO: 542-0649 / susan_dworkin@hotmail.com

Piano Lessons: Acadia U. Bachelor of Music in Performance Graduate. Reputable instructor w/10 years teaching experience. Variety of musical levels. INFO: Matt 697-2767 / valleymusicteacher@gmail.com


Yoga Classes: w/Sophie Burube. Mondays level 1 from 3:30-5pm & level 2 from 5:15-6:45. Thursdays level 2 from 5:15-6:45 & level 1 from 7-8:30. Classes at Gaspereau Valley Elementary School. 11 weeks starting Jan 10th TIX: $77 for one series, $132 for two. Please pre-register. INFO: 670-6393 / gaspereau.rec@gmail.com

Yoga in the Gallery: w/ Heather Pierce, RMT. Starting Jan 4th, Open Level Tuesdays 5:30-6:45pm, Level II Wednesdays 5:30-7pm. Classes at the Acadia Art Gallery. Drop in rates available INFO: Heatherpierce33@hotmail.com

Level 1 Shambhala Training: Explore the natural human condition of sanity and dignity, as well as the common obstacles to their full expression. Meditation and more...4 Tuesdays beginning Jan 18th, 6:30-9pm. The first talk is a free overview & open to everyone. TIX: Fee: $40 / pay what you can INFO: Barry 542-3544

After School Art: w/ Terry Drahos for young artists (grades 2 – 6). Tuesdays, Jan 18th – Feb 22nd & Wednesdays, Jan 19th – Feb 23rd, @ Harvest Gallery, 3:30-5pm. Explore the work of Cezanne, VanGogh & Picasso and French architecture & design. TIX: $125 includes art supplies & snack INFO: 542-7093 / http://www.terrytahvilsdahros.com

Belly Dancing: w/Julie Page. 6 weeks starting Jan 23rd: Sundays 2-3:30pm for level 2 & Mondays 5:30-7pm for beginners. Classes @ Retro Runway Fashions, Wolfville. TIX: $60 INFO: 542-3670 / rettrorunway@hotmail.com / www.retrorunway.com

Free Classes, Cooking & Fitness: For seniors/beginners @ the White Rock Community Center (1542 White Rock Road) starting Jan 22nd. Computer Saturday mornings, Cooking Wednesday evenings, Fitness Tuesday mornings INFO: Deanna 542-7234 / Joel maplew@eastlink.ca

Financial Wellness: w/ Peter Graham & Angela Mercier (Investors Group). Keep more of what you’ve already earned. January 20th, 7pm @ Beveridge Forum, Acadia’s Student Union Building. TIX: No charge INFO: Reserve your seat 1-866-285-8070 / Angela.Mercier@investors-group.com

Cuba Cooking: w/Chef Michael Howell (Tempest World Cuisine). Tostones, Spinach Empanadas, Arroz Con Mariscos & more. Space limited. January 17th, 6:30-9:30pm TIX: $89.95 INFO: 542-0588 / info@tempestd.ca

Qigong Exercises for Health: w/Elements of Health’s Bob Cook. The Bear & the Crane – two sets of gentle, yet powerful, healing exercises you can take home with you. Meditation & self-massage also taught. February 6th, 9am-4pm @ CentreStage Theatre’s Upper Auditorium, Kentville. TIX: $75 INFO: 792-1229 / info@elementsofhealth.ca

Make Life Easier: w/ Suzanne Balcom. A fun workshop based on the work of Dr. Wayne Dyer & Louise Hay. Sunday, Jan 23rd 2-4pm @ the Mystic Meadow, Railtown, Wolfville. Space limited. TIX: $20 INFO: 300-2248 / suzannebalcom@eastlink.ca

Tango: Advanced Beginners Sunday, Jan 16th 1-3:30pm, Newcomers Saturday, Feb 12th 3-6pm & Advanced Beginners Sunday, Feb 13th 1-3:30pm TIX: $30 INFO: 852-2500 / martina.somer@ns.sympatico.ca

WORKSHOPS:

Dancing the Rainbow: w/Jem Mel @ Swallows Nest, 1702 Church St., Port Williams, Saturday, Jan 22nd 1-3:30pm. Dance and move the chakras. INFO: 542-7938 / jemcanada@hotmail.com

Watercolour Painting: w/ Williams Rogers @ Wolfville Lions Club, Saturday, March 5th 9:30am-4pm. Will include techniques and portrait study. INFO: Cathy 860-3453 / cpoole@ns.sympatico.ca

Group Cleanse: w/Mary Beth Miles, RHN. Thursdays, starting Jan 20th @ 7pm. Get the bounce back in your step with guidance, recipes, taste-testing and more. TIX: $150 INFO: 670-9355 / wellness@marybethmiles-rhn.com

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.

GENERAL:

Tutor/Child Care: I am a young lady wanting to experience Wolfville. I can mind children in your home on an as-needed basis, provide conversational German, tutoring or other activities paid or volunteer. INFO: franziska-becker@gmx.net

Gala at Greyhaven: Early notice for classical/opera/ jazz concert May 14th in Coldbrook. 80 seats available performed by Susan Dworkin, Jossee & Swingology. TIX: $45 INFO: susan_dworkin@hotmail.com

PROFESSIONAL:

Elderly Care: Country Companion Enhanced Independent Living seeks to support seniors with everyday tasks allowing them to stay living in their own home. VAC Health Identification Cards Accepted. INFO: Flora 692-1077 / poetess011956@yahoo.ca

Financial Wellness Seminar
When: January 20, 2011
Where: Acadia University, Student Union Building, Beveridge Forum
Time: 7pm Cost: Free

Presented by:
Peter D. Graham Consultant
Angela Mercier Consultant

Call to reserve your seat: 1-866-285-8070

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The Grapevine
January 13 - 27, 2011

The free Classifieds

”The Valley in a crust” Find us at the Wolfville Farmers’ Market 697-2502 www.pie-r-squared.ca
Let it Grow
The Acadian Forest in Winter

My favorite time to take a walk in the woods is just after a fresh snowfall. The calm serenity of the woods in winter is awe-inspiring. Winter is a great time to learn how to identify evergreen trees as their beauty so clearly stands out.

When walking in the woods I am always surprised by how many people young and old can’t tell a Spruce from a Pine tree. I’ve made it a mission of mine to teach all of my hiking companions and occasionally random strangers met on a trail how to identify our native trees.

One of the easiest trees to identify in winter is the Eastern Larch or Tamarack (Larix laricina.) This tree is one of only three deciduous conifers found in the world. Like the Swamp Cypress and Dawn Redwood, our native Larch loses its needles in the winter, making it easy to identify. The bark is grey and the cones are small and delicate. When the needles are out during the summer they are soft and green. Larch is found throughout Nova Scotia, commonly growing in bogs and wet areas.

The defining tree of the Acadian Forest Region is the Red Spruce (Picea rubens.) Red Spruce is the Provincial Tree of Nova Scotia and has been an important part of the history of the province. The three native spruces, Red, White and Black, can be tricky to tell apart. Taking a small magnifying hand lens into the woods is a great help. The twigs of Red Spruce are red in colour and have small fine hairs. (Remember this by looking at my red hair and then I remember that the tree with hair is Red Spruce!) The needles are shiny and yellowish-green in colour.

The best way to identify a White Spruce (Picea glauca) is by smelling it. If you crush the needles you will be rewarded with the lovely aroma of cat pee. The needles are sharp and bluish green. White spruce grows commonly in open and exposed coastal areas. If you’ve forgotten your trail-mix and are feeling hungry on your walk you can eat the tips of the needles in the winter, making them much tastier when fresh in spring.

The easiest way to tell if you’re looking at a Black Spruce (Picea mariana) is to look down at your feet. If you’re standing in a bog, it’s likely a Black Spruce. They like to grow in swamps and bogs and poorly drained soils. Black spruce has blunt needles that are greyish green. The bark and overall appearance of the tree is dark. Traditionally the small cones of black spruce were eaten as a sore throat remedy.

Our common native Pines, Red and White, are easy to distinguish as they have long soft needles. You need your fingers to tell the two apart. If there are as many needles in the bundle as you have fingers on one hand, you’re looking at a White Pine (Pinus strobus). An easy way to remember is that there are five letters in white and five needles. Red Pine (Pinus resinosa) has just two needles per bundle. Our third native Pine, Jack Pine (Pinus banksiana), is less common across the province and can be found growing in acid soils, rocky outcrops and sandy or gravelly locations. Jack Pine has short stiff needles ranging from just 1cm to 4cm long. The cones of Jack Pine are serotinous, meaning that they need the heat of a fire to open.

Take advantage of the sunny days this winter and get outside to explore nature with all of your senses. I find that there are few things better in this world than the feeling you get after returning from a cold hike in the woods to a warm cup of cocoa beside the fire!

Melanie Priesnitz
Conservation Horticulturist
NS PlantWatch Coordinator
KC Irving Environmental Science Centre & Harriet Irving Botanical Gardens
http://botanicalgardens. Acadiau.ca

While visions of sugar…..

The season of sugar plums dancing in our heads has come to a close. And most are saying that is the last sweet I will have for weeks. This is difficult because our taste buds are naturally attracted to the taste of sweetness found in carbohydrates.

To maintain healthy blood sugar levels it’s important to eat sugars that are slow releasing. When we feed our bodies complex carbs like vegetables, whole grains, beans, lentils and even the simpler carbs found in fruits our body will digest them and give us the slow releasing energy we need. The high fiber content in these, acts as a sort of brake, which allows this slow release of energy. These foods give us all we need for proper digestion and metabolism.

We feed our bodies the simple carbohydrates or “fast releasing” sugary carbohydrates it causes a quick increase in our blood sugar levels. Essentially the sweetness is isolated and the rest of the nutrition is discarded including the fiber, which acts as the brake. With little fiber, this food enters the blood stream quickly. The types of sugar that have this affect are all the forms of concentrated sugar – white sugar, brown sugar, malt, glucose, honey and syrup. This sugar is not required by the body, so it is stored and eventually will turn into fat.

Sugar causes your body to be overly acidic, which is not the natural balance that the body needs to function properly. In this state of acidity, this is when disease and illness can occur. Your body will compensate by taking the alkaline mineral calcium from your bones to help bring the body back to balance. This is just one of many examples of how sugar creates nutritional imbalance.

MaryBeth Miles, RHN
670-9355
wellness@marybethmilesrhn.com

Here is a list of just a few health issues that sugar cause:

• Candidiasis
• Acne
• Cholesterol increase
• Contributes to type 2 diabetes
• Depression
• Immune system depression
• Mood swings
• Low energy

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“The Valley in a crust” Find us at the Wolfville Farmers’ Market 697-2502 www.pie-r-squared.ca

January 13 - 27, 2011
Dancing the Rainbow at Swallows Nest

Dancing the Rainbow (DTR) is a unique therapeutic healing program that has benefited countless men and women in Ireland. I will be facilitating a DTR workshop at Swallows Nest, Port Williams on Saturday 22nd January 2011.

Our aim in DTR is not to be beautiful or expert but truthful in our expression of ourselves through movement and voice. We allow the body to move from the inside out, leaning into fears and rigidity, into the bones, joints, flesh and muscles of the body. We explore our physical body as a map.

The dance becomes a living art as we express our soul through the movements we make. The colors of the rainbow are also the colors of the chakras or energy body. So in this introductory workshop we will start at the base chakra and the color red. Using music and visualization, we will become the energy of the base chakra. We will explore any fears around security/job/home and we will dance through them. Many of us are living in our heads a lot of the time, so getting grounded in this chakra helps to bring us into our bodies more of the time.

Moving up the body we will explore the other chakras and the issues that arise, freeing ourselves through the dance with music appropriate for each energy centre.

I moved to Port Williams just over one year ago, having lived most of my life in Ireland. I trained with the two founders of DTR over 10 years ago and I have facilitated many workshops in Ireland. Doing the two year training to become a DTR teacher was life changing for me. I found that I was more confident and less judgemental and way more creative as the training progressed. For those who are interested, there will be more in depth workshops to follow in the Spring.

The Introduction to Dancing the Rainbow will be held on Saturday the 22nd January from 1:30 pm to 5:00 pm at Swallows Nest, 1702 Church St. Port Williams. The cost is $35 ($30 unwaged). To register or for more information please contact Jem Meharg at 542-7938 or email jemcanada@hotmail.com.
2010 was a great year for me theatrically! I appeared in six plays and have two on the go already for 2011. One of the benefits of being involved in these projects is getting to work with very talented people who become your friends and part of your support network as you challenge yourself and blossom artistically. My first Who’s Who for 2011 is one of those people to me.

Junie Hutchinson was introduced to me at Centrestage, in Kentville. I was dressed like a cat and sweating from every pore on my body, but we hit it off! Junie is the artistic director for Quick as a Wink theatre in Windsor and has a deep passion for community theatre and getting local talent (youth and adults) involved. I was still a new actor but she recruited me for a play with Quick as a Wink and I loved it! Junie thinks live theatre is great for young Wink and I loved it! Junie thinks me for a play with Quick as a Wink theatre and getting local talent involved. I was lucky enough to attend some rehearsals and watching Junie’s character grow over the course of the production was inspirational.

Besides theatre Junie loves the Wolfville hiking trails and taking advantage of all the fun things to do in town. Her New Year’s resolution is to learn how to build a fire without smashing her furniture for kindling and a funny fact: she loves every minute of it. This past summer Junie branched out and gave a bravura performance in Centestages’ production of Steel Magnolias, filling each show with laughs and tears. I was lucky enough to attend some rehearsals and watching Junie’s character grow over the course of the production was inspirational.

The performance in Windsor of the Maritime Marionettes’ The Bremen Town Musicians will be the seventh offering in MIPAC’s 2010/2011 entertainment series, a vital program featuring a rich blend of music and theatre offerings which showcase local talent as well as feature prominent touring artists.

Admission is $11 ($9 students, seniors and children). Tickets are available at Moe’s Place Music Sales, 129 Gerrish St, Windsor, NS (798 – 5665) Taxes and service fees are included.

The Bremen Town Musicians to be staged at MIPAC in January

MIPAC in Windsor will welcome the Maritime Marionettes with a delightful production of The Bremen Town Musicians. Using intricate puppetry, this performance tells the tale of how a ragtag group of unwanted farm animals uses teamwork to fend off trouble. The show will take place on Saturday, January 15 at 2:00 PM. Suitable for children ages four and up and their families.

Maritime Marionettes was founded in 1986 with the goal of producing and touring quality marionette theatre. They have produced and performed eight new shows (six of these were translated and performed in French), developing a magical style of performance. Their company has traveled nationally and internationally, acquiring a solid reputation for excellence in Marionette artistry.

At Wolfville School Learning is for Everyone

Learning Is For Everyone – ‘L.I.F.E.’ is a principle held by the Wolfville School community – the administration, staff, parents and guardians. To support this principle we have established a benevolent fund to be used by the School administration to address specific student needs related to learning.

The Wolfville School L.I.F.E. fund is intended to be used to ensure that all students have the opportunity to participate fully in school and school-based activities; regardless of their financial situation. There are many situations that stand in the way of a student having a positive school experience. In some cases, financial support, such as providing the proper supplies or other resources required to participate, can alleviate a student’s barriers to having a positive experience and achieving their full potential.

Because school budgets are limited, schools are not always able to meet the needs of all students. Through the generous financial support of local businesses and residents we can better meet the needs of our students at Wolfville School.

As a fundraiser for this event, check out the Jan 27th Resolution Zumba Party details in the Grapevine’s event listings.
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TRIVIA

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1. What is the total estimated Nova Scotia moose population?
2. In what year did the first passenger train travel from Halifax to Windsor?
3. “Then you flew your Learjet up to Nova Scotia to see the total eclipse of the sun” are song lyrics sung by what artist?
4. What skyscrapers are the world’s first to use seawater for air-conditioning?
5. Where does the word ‘amethyst’ (as in Amethyst Cove) derive from?

SOLUTIONS

Ancient Greek for ‘not intoxicated’

The Grapevine
Brought to you by Jeremy Novak, Jocelyn Hatt with contributions by Manda Mansfield, Laura MacDonal, Mike Butler & Lisa Hammett Vaughan. Printed at the Acadia Print Shop 585-1129

Before Christmas every year we set up our fundraising booth in the Wolfville Save Easy. The patrons are so kind to donate supplies and money to the Valley Animal Shelter, add to that the high spirits of the season and it makes for a joyful experience.

Armed with a carload of supplies I eased into the Save Easy parking lot and began to unload on a very windy Tuesday morning. A few trips later and our Valley Animal Shelter booth was ready to go for the day. I was on my own for the first day and didn’t leave my post from 10am until 4pm. When I made my way to my car at days end I found a parking ticket on my windshield. After a day of fundraising, it was impossible to dampen my spirits so I just tucked the ticket away in my purse. The next morning when I was to repeat the same situation, I placed a sign on my car that read “Please don’t ticket me, I am in the Save Easy fundraising for the animal shelter”. It was worth a try.

The commissionaire came in to see me midday with a smile on his face. He asked if I was in possession of the ticket from yesterday. I acknowledged the ticket and said not to worry about it. I had not anticipated this delightful outcome nor his blatant kindness. I gave the ticket back to him and he accepted the ticket and said not to worry about it. I had not anticipated this delightful outcome nor his blatant kindness.

~Kathy Whitewood

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Submission Deadline for January 27th issue, January 25th

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:

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? Rolled Oat

Greater Wolfville Area: Grand Pré - Convenience Store, Just Us! Coffee Roasters, Gaspereau - Valley Fibres, XTR Station, Port Williams - Wharf General Store, Tin Pan Bistro. Canning - Art Can, Al’s Fireside Cafe, Aspinall Studios. Windsor - Moe’s Place Music, Yum Bakery, T.A.N. cafe Hantsport - R & G’s Family Restaurant, Ship’s Landing Berwick: Black Trumpet Cafe, Kate’s Pantry, Rising Sun Cafe, Drift Wood Restaurant