



Issue Nº 3.6

BANNER BY MONICA JORGENSEN

Sept 22 - Oct 6, 2011

COMMUNITY • AWARENESS • INVOLVEMENT

This is one of 1500 issues!

TWO-WEEK TWEETS	4
EAT TO THE BEAT	5
EVENTS CALENDAR	8,9
CROSSWORD	11
FREE CLASSIFIEDS	12
STARDROP	14

FESTIVAL OF ART - P 2
DEEP ROOTS SCHEDULE - P 10, 11
EAT WHERE YOU ARE - P 19

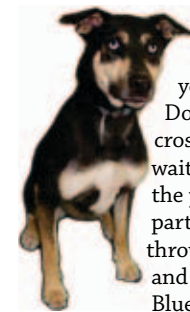


Who's the book worm?

Find out on p19

Furry Feature

Brought to you by **CAROL FELLOWES RMT THERAPEUTIC MASSAGE+YOGA**. To book online: www.carolfellowesrmt.com



BLUE is a beautiful 1-1/2 year old Doberman/Husky cross. She has been waiting for a while for the perfect running partner or Frisbee-thrower to find her and fall in love. Blue needs to go to

a home without cats or small animals, as she thinks they are squeaky toys. She loves children but unfortunately becomes over-protective of them so should not go to a family with small children. She has been professionally obedience-trained and her previous owner ran with her everyday. Her Obedience Trainer feels she would make a great working dog.

Visit www.kingsspca.com to view their photos and profiles or call 538-9075.

UPDATE: MADONNA & MAGE STILL NEED YOU!



(cat): *Wolfville Animal Hospital*, 542-3422

(dog): *SPCA*, 538-9075

DEEP ROOTS MUSIC FESTIVAL TO ENTERTAIN FOR AN 8TH YEAR September 23 – 25, 2011

Now in its 8th year, the Canadian Deep Roots Music Festival, held in Wolfville, Nova Scotia is all set to entertain music lovers of all ages again this year. Over 25 local, national and international musicians will perform Friday September 23 – Sunday, September 25 offering live music featuring folk, blues, pop, country, folk rock, and jazz. The weekend festival features over 20 concerts and musical performances. There are also workshops and a fun outdoor family concert. Most festival activities take place indoors. Evening main-stage concerts are held in the warm and welcoming ambience of University Hall. Daytime venues, including the Festival Theatre and Al Whittle Theatre hold dance, drumming, singing and puppetry workshops, as well as performances and concerts for all ages.

“Take Root”, Fresh Beats Rhythm Parade and the Family Fare concert take place Saturday with all music lovers of any age welcome to enjoy these free events.

This year the Festival kicks off

with two Thursday, September 22 evening events. “The Man of a Thousand Songs” (Ron Hynes) will be showing at the Al Whittle Theatre while Danny Michel entertains at an intimate concert at the Evergreen Theatre in Margaretsville.

On Friday, September 24, the music begins at 2 with simultaneous concerts and workshops at Clock Park and the Irving Centre. Convocation Hall opens its doors for the Main stage Concert MC'd by Shannon Lynch and featuring Erin Costello, Twilight Hotel, Ron Hynes, Danny Michel and Gypsophila. But the music doesn't stop then. Late night concerts continue the music with The Lost Tourists, The Hupman Brothers, Ian Sherwood, Caleb Miles, Digging Roots and Kinnie Starr at the McKeen Room, Acadia. And at Paddy's Pub, Andy and Ariana, Lovestorm, Ryan Roberts, Unisson and Lake of Stew entertain.

Join the Fresh Beat Rhythm Parade on Saturday at noon, while venues start humming at 1pm with events taking place at Clock Park, Festival Theatre and Al Whittle Theatre.

Throughout the afternoon at Festival Theatre four workshops take place themed. At the same time Al Whittle Theatre presents performances throughout the afternoon. Meanwhile outside at the Festival Tent on Main Street, Emerging Artists, Mi'kmaq Song & Dance Workshops and My Roots are Showing take place.

At 7pm, Tanya Davis MC's the Main stage Concert featuring Unisson, Ariana Gillis, Michael Jerome Browne, Kinnie Starr, and Digging Roots. Late night musical performances continue at the McKeen Room, Acadia and Paddy's in Wolfville.

On Sunday morning, everyone loves to take part in the Sing-along Concert at Festival Theatre. The festival wraps up Sunday with the Closing Concert featuring many Festival musicians.

A printable schedule and details of the festival is at www.deeprootsmusic.ca (and in the middle pages of this Grapevine)

Info: *Lisa Hammett Vaughan*, Festival Committee Chair
lisa@deeprootsmusic.ca
Festival Office: 542.7668



Pasta dishes, focaccia sandwiches and traditional handmade pizza

Check out our new dessert menu!

lucky italiano
everyday italian

23 Water St, Windsor 798-5999



Blomidon Inn
HOUSE OF GIFTS

I COME BY IT HONESTLY!

When I was a kid my mother used to make me bring home my paper lunch bags. There was always a pile of old envelopes around for scrap paper, quilts and rugs being made from old clothes - not to mention the hand-me-downs that were altered to fit me. For my grade 9 graduation I wore my Godmother's wedding dress! Mum also saved me the cardboard from new shirt and pantyhose packages for art projects when I went to college. Reusing things was just something you did without much thought. It's still that way with me and thankfully millions of other people.



I am currently experimenting with canvas mache - which is using old cloth instead of paper mixed with flour and water for a more durable medium. I have also just developed a line of jewellery using calendars from ETC press in Halifax. They are beautiful, big calendars featuring art by Nova Scotian painters (can you say LOCAL?). I cut the paper into triangles and roll 'em up to make paper beads. It's a technique developed by bored Victorian ladies back at the turn of the 20th century. I also make a paper mash from old GRAPEVINE & CANNING GAZETTE newsletters. They're printed on good bond paper which makes good quality paper for jewellery.

At times, I wish I were the only one who thought of these things. Luckily, there are thousands of people out there who reuse and recycle to make art, furniture, clothing... the list is quite extensive. You only have to surf the web to see what's out there. I love the new words 'repurposed' and 'upcycled'. I tend to get my nose out of joint when people say that something is recycled when it's actually reused. I know that 'recycled' is the buzz word that people (over) use - it's the retentive eco-artist in me that wants people to know that recycling needs to be our LAST resort and that it takes a lot of energy to recycle stuff. Reduce the packaging you buy, reuse whatever you can and recycle what you can't.

Things I am currently seeking - clean (rinsed and dried) white eggshells, plastic bread closures (not twist ties) and coloured aluminum pull tabs. I have about 20 lbs of the plain silver kind and will gladly donate the ones I can't use to anyone who is collecting them for other causes if you will give me the coloured ones!! The pull tabs from cat food containers, sardine tins and the keys from mystery meat containers are great too. I also will take your previously read newsletters or old photocopies - no NEWSPRINT please! You can drop these items off to me at my booth in the Wolfville Farmer's market. Just look for my reused and recycled jewellery in the OLD SUITCASES!!

D. Marie Jardine - Even my name is reused - they used to belong to my mother and godmother!

THE PERFECT CORNER
CUSTOM FRAMING STUDIO

11 Main St. Wolfville
902-542-9250
theperfectcorner@ns.sympatico.ca

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

Photo by Ernest Gaudreau

NYAMUWANGA BOOK PROJECT

Hi there! My name is Emily DeWolfe and I'm one of the people behind the Nyamuwanga Book Project, a group raising funds for textbooks, school uniforms and tuition for a small elementary school in Nyamuwanga, Zimbabwe.

The reason we started this charity of sorts is because when you donate to an internationally recognized organization, you really don't know where your funds end up going, be it to salaries, advertising, or simply to some unknown costs. I and my next-door neighbour, Spiwe Scoggins, started this project together. Spiwe attended the elementary school when she was young and revisited it in February of this year. She brought with her \$300 worth of textbooks and school supplies, the largest donation the school had ever received. This school has just over 300 students, 60% of which are AIDS orphans and 30% of which are HIV-positive. We thought, why not raise funds and give 100% of the money directly to the school? We'll know exactly where the money is going and what it's being spent on.

We've had a few barbecues at Sobey's and a couple of community booths at the Wolfville Farmers' Market. We'll be there again on October 15th. Please help spread the word!

Emily DeWolfe

Valley Care Pregnancy Centre

The Valley Care Pregnancy Centre, a Christian outreach ministry, is a registered Canadian Charity. Since 1994, the Centre has been a safe place for women, men and teens looking for positive options and confidential support before, during and after pregnancy.

The Centre promotes prevention of unplanned pregnancy by supporting "WAIT Training," a program encouraging abstinence through five to ten positive, interactive, multimedia sessions based on social science and scientific research.

Staff offer a parenting support program to develop caring, long term relationships with clients by facilitating workshops on pre-natal health, nutrition, infant care and development, etc.

The Centre promotes adoption as a positive option to consider and works with Family & Children's Services in supporting both

adoptive and birth parents.

Post-abortion restoration and healing is offered through small support groups.

Support for pregnant women, teens and their partners looking for positive alternatives to abortion and fetal development education continues to be the main focus of the centre. Anyone who has pregnancy concerns, questions or simply needs someone to talk to is encouraged to phone or come in to the centre. The trained peer consultants offer a safe place of support, understanding and community networking.

The Valley Care Pregnancy Centre is funded entirely by the generosity of individuals, businesses and churches and is located at 12 Cornwallis St., Kentville NS. Phone 678.6217 / www.ASafePlaceForMe.com

HEATHER PIERCE
B.A., R.M.T., 2nd year Osteopathy Student

Registered Massage Therapy

7 Gaspereau Ave,
Wolfville

Call to book an appointment
902.698.0956
or book online:

heatherpiercenyoga.com

You Can Tango!

Argentine Tango
with Lorne & Martina

Sundays at Ocean Spirit Studio, Canning
www.oceanspiritstudio.com

Tommy Gun's SPEAKEASY LOUNGE

143 Gerrish St Windsor NS
www.tommyguns.ca
798-0124



Festival of Art

Featuring the works of over 20 Artists

September 30th 7pm - 10pm
October 1st 10am - 5pm
October 2nd 10am - 3pm

Vaughn Shand Centre • 69 Cedar St
(former Hawboldt's) Windsor

Presented by the


for more info please contact us at
hcafestivalofart@gmail.com
or visit www.hantscountyartsCouncil.ca

culture days

www.culturedays.ca

Culture Days: Festival of Art

Now in its 5th year, the Hants County Arts Council's Festival of Art will be moving into the spacious Vaughn Shand Centre at 76 Cedar Street in Windsor.

Many locals will know this space well as the former Hawboldt's furniture store; for those already familiar with the historic building's high ceilings and rustic brick walls – I'm sure you'll agree the space will lend itself naturally to an art exhibit! Medical Exercise Specialist, Matthais Jaepel has spent many months renovating this space and it will serve as a lovely blank canvas to showcase the HCAC's member's work during their annual event.

With the works of over 20 artists on display, the Festival of Art will provide a wide selection of art forms including paintings, sculpture, pottery, photography, fibre art and much more; all

coming together in an effort to help raise funds for a permanent gallery space.

Our guest speaker this year will be fellow artist and HCAC member Kelly Mitchelmore. Kelly is a familiar face in Windsor thanks to her community work and her avid support of the arts.

This year's event also sees the first-ever HCAC Hall of Fame award being presented to St Croix painter David Howells.

The event kicks off at 7pm on Friday September 30th with a wine reception, complete with tasty treats courtesy of Yum Bakery.

Guest will be welcome to view the showcase at their leisure again on Saturday October 1st from 10am - 5pm and Sunday October 2nd 10am until 3pm.

IAAP

The International Association of Administrative Professionals (IAAP) is on a mission: "To enhance the success of career-minded administrative professionals by providing opportunities for growth through education, community building and leadership development." Your local IAAP ("I double-A P") chapter, the Evangeline Chapter meets in Kentville alternating Tuesday and Wednesday nights from September through June, and we invite you to join us for one of our upcoming meetings, where you'll enjoy a guest speaker followed by a short business meeting.

Next Meeting: 6:30 p.m.
Wednesday, Oct. 12th, Kingstec Campus, NSCC – Kentville.
Guest Speaker: Carolyn Young, "Emergency Preparedness"
For details on upcoming meetings, please contact Chapter President christine.kendrick@acadiau.ca. Evangeline Chapter – IAAP www.iaap-evangeline.ca

'WALK THE WORLD FOR SCHIZOPHRENIA'



Walk the World
for Schizophrenia

SUNDAY, OCTOBER 2, 2011
1:00 P.M. ~ ROBIE TUFTS PARK,
FRONT ST. WOLFVILLE

Our walk will begin from the park on Front St. ~ down
Main St. ~ & back to the Lions Hall for food, music & prizes.

Entertainment features:
Little Derek and the House Cats

Help us to alleviate the
'stigma' and suffering
of those affected by, or
living with schizophrenia.

The Kings County Chapter of the Schizophrenia Society of Nova Scotia, will be holding the annual 'Walk the World for Schizophrenia' on Sunday, Oct. 2nd at 1:00 starting at Robie Tufts Park, Front Street in Wolfville. You are invited to join our walk, which will begin from the park and proceed down Main St. to the Wolfville Lions Hall, where everyone will enjoy musical entertainment, refreshments and prizes. Music will be provided by 'Little Derek and the House Cats.'

Anyone looking for pledge sheets or information may contact: Pam Langille at 365-1701 ext.#2890 ~ or you may register your donation at the walk. Your participation or contribution would be greatly appreciated to help alleviate the stigma and suffering of all those affected by schizophrenia.

All money is used locally, as we are dedicated to the improvement of the quality of life for all those who are affected by schizophrenia, psychosis and co-occurring disorders. We value a community-based model of care and will provide education, peer support and advocacy by working in partnership with consumers, families and service providers.

Thank you for your anticipated support.



ABS-O-LUTE HEALTH CLUB

Stop in for a
complimentary
Day Pass or tour
our full facility

Membership, Adult \$63.25/mo
Membership, Student/Senior \$50.60/mo
3, 6, and 12 month memberships available

8934 Commercial St., New Minas
365-3210 • www.absolutehealthclub.com



TURNING POINT
Personal Coaching Solutions

change
starts
here...

Complimentary 30 minute
sample sessions 690-7836
susancarey@ns.sympatico.ca

Free Community Business Listings & Two-Week-Tweets brought to you by: JUST US! COFFEE ROASTERS COOPERATIVE

Main St. Wolfville & Hwy #1 Grand Pré, 542-7474 "Every time you buy something, you have the power to make a statement about what you value, and to help shape the future of your community – BALLE NS" www.ballens.ca



A COMMUNITY OWNED
worker co-op
since 1995

Just Us! is a local democratic co-op, putting people and the planet before profits.

Certified Fair Trade Organic

450 Main St. Wolfville
www.justuscoffee.com 11865 Hwy 1, Grand Pré

These listings work on a first-come, first-served basis. Email grapevine.wolfville@gmail.com every two weeks for your free placement. Or, reserve your place with a 5-issue minimum commitment at \$10 per issue.

SUGGESTED THEME: There are so many sources of information to us.

This publication excluded, how else do you keep up with local on-goings, perspectives and news?

**Abs-o-lute Health Club - 8934 Commercial St, New Minas,
365-3210 / www.absolutehealthclub.com**

We have a very diverse membership here from all aspects of business and lifestyles. The large majority of members enjoy the social environment and sharing information of local news and happenings with members and staff here at

Abs-O-lute..... I GUESS YOU

WOULD SAY WE LITERALLY USE THE GRAPEVINE.

Cheryl and Gary Huett have been in business 4 years come February 2012



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 35km south of Chester. Clothing for all, books, DVDs, CDs by local artists, pictures, rope, unique gifts, pieces of Bluenose II wood.

Inner Sun Yoga Centre - 112

Front St. Wolfville, 542-YOGA

/ www.innersunyoga.ca • The Grapevine and some email notices tell us what is happening in our community, while our students give us perspective. It all assists us in appreciation of our inner and outer sun. PS - there are 3 new classes starting in October (beginner yoga, parent/child yoga & Middle Eastern Dance).

Applewicks - 10 Gaspereau

Ave. Wolfville, 542-9771 / www.larchehomefires.org/applewicks

• The people of Applewicks are very connected to the community. We stay in the loop with the Wolfville

Farmers Market (& newsletter), Acadia newsletters, & posters at our local coffee joints to name a few. Also, many friendly customers drop off posters of different area events.

Sister Lotus Body Care Products, Belly Dance & Herbal Education - 680-

8839 / www.sisterlotus.com

• The Sister Lotus Belly Dance Troupe is currently working on a choreography for a KISS song for our upcoming "Rock Star Belly Dance Show" on Oct. 29th! Proceeds go towards the education of women in Afghanistan. Details to follow!

Harwood House Bed & Breakfast - Wolfville, 542-

5707 / 877-897-0156 / www.harwoodhouse.com

• I keep it simple: regular visits to the Wolfville Post Office keep me up-to-date. With so much happening locally, the Bulletin Boards at Canada Post provide an excellent opportunity for spreading the word in a very traditional way.

The Mystic Meadow -

Harbourside Drive (Railtown),

Wolfville, 542-1449 / www.themysticmeadow.com

• Now open on Sundays by appointment only. Just call no later than the day before to let us know what time and we will see you then. Just one way we, at The Mystic Meadow, are working to serve our customer's needs better.

Pie r Squared - 35 Minas View

Dr., Wolfville, 697-2502 / info@pie-r-squared.ca

• Students! What's for supper? Come by the Wolfville Farmer's Market. We offer a selection of individual meat pies and quiches. An easy, nutritious, local meal option including rice based crusts and vegetarian choices.

boso Bamboo Boutique

- Harbourside Drive (Railtown)

Wolfville, 542-7790 / www.boso.ca

• Visiting the many local shops, restaurants and cafes is a great way to keep up on local news. Come into boso for the good conversation and the great new fall clothing.

Suzie Q's Boutique - 43

Water St, Windsor, 472-3322 /

suzieqsboutique@eastlink.ca

• We are blogging in order to keep our customers informed about what is going on here in the shop. At this time we are in the process of adding a wool shop within our Boutique. We are also looking forward to our Tuesday afternoon knitting circle. Please contact Kim for more info! Thank you.

FELTasticFashion - Port

Williams, 692-1462 / www.FELTasticFashion.com

• Let's bring the beautiful "Wool Fashion Comeback"! Check out Cecilia Ho's new unique handmade wool felted fashion necklaces. They will give your Fall-coloured outfit a bright fresh look!

Happy Day Spa - 657 Main

St. Wolfville, 542-4212 / www.happydayspa.biz/ZUMBA.html

• I am a huge fan of social media, mainly Facebook. I love to see and hear what my friends and other local businesses are up to. You can find me on FB: www.fb.com/celinegabriele.

Harvest Gallery - 462 Main

St. Wolfville, 542-7093 / www.harvestgallery.ca

• There's always lots going on here - new work coming in, shows, events, classes. We rely on a variety of sources to get the word out (not least of which is the Grapevine). If you'd like we can add you directly to our email/invitation list. Next Tuesday "After School Art" classes begin for kids grades 2 - 6. Contact us for more information.

Grapevine Publishing - 692-

8546 / grapevine.wolfville.org

• We stay in touch with: ValleyEvents.ca, Facebook, and the onslaught of emails directed our way (not complaining). Other great sources are The Advertiser / Register - purchase a full year subscription to both for only \$79.79 (contact Ronda 681-2121 ext.302)!

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

THURSDAYS:

SPITFIRE ARMS ALEHOUSE (Windsor): Jam Session (22nd, 29th & 6th) 7pm

PADDY'S PUB (Kentville): The Hupman Brothers (22nd, 29th & 6th) 9pm

LIBRARY PUB (Wolfville): Amsterjam Live Music (22nd, 29th & 6th) 9pm

MUD CREEK GRILL (Wolfville): Karaoke w/ DJ Bill Stone (22nd, 29th & 6th) 9pm

WESTSIDE CHARLIES (New Minas): DJ Epic (22nd & 29th) 10pm

FRIDAYS:

BLOMIDON INN (Wolfville): Jazz Mannequins (30th) 6:30 - 10pm

SPITFIRE ARMS ALEHOUSE (Windsor): 10-2 Midnight (23rd), Gin & Sonic (30th) 8pm

THE PORT PUB (Port Williams): Highlights (23rd), CD Release w/ Blueprint (30th) 8:30pm

UNION STREET CAFÉ (Berwick): Open Mic w/ Scott Trivers (23rd), w/ Harvey Marcotte (30th) 8:30pm

MUD CREEK GRILL (Wolfville): TBA (23rd & 30th) 9pm

DOOLY'S (New Minas): DJ Skippity Skip (23rd & 30th) 10pm

WESTSIDE CHARLIES (New Minas): DJ Fade (23rd) 10pm

SATURDAYS:

SPITFIRE ARMS ALEHOUSE (Windsor): Blair Henry (24th), Tales of a Dime (1st) 8pm

MUD CREEK GRILL (Wolfville): TBA (24th & 1st) 9pm

TOMMY GUN'S (Windsor): 10-2 Midnight (24th) 9pm

DOOLY'S (New Minas): DJ Skippity Skip (24th & 1st) 9:30pm

PADDY'S PUB (Wolfville): Deep Roots line-up (24th) 10pm

WESTSIDE CHARLIES (New Minas): Ambush Inc (24th) 10pm

SUNDAYS:

PADDY'S PUB (Wolfville): Paddy's Session Band (25th & 2nd) 8pm

MONDAYS:

PADDY'S PUB (Wolfville): Open Mic w/ Mike Milne (26th), TBA (3rd) 8pm

TUESDAYS:

THE PORT PUB (Port Williams): Open Mic w/ Jazz Mannequins (27th & 4th) 7:30pm

T.A.N COFFEE (Wolfville): Open Mike & Donna (27th & 4th) 8pm

PADDY'S PUB (Kentville): Irish Music Session (27th & 4th) 8pm

WEDNESDAYS:

FARMER'S MARKET (Wolfville): Market Music Mélange (28th & 5th) 4-7pm

MUD CREEK GRILL (Wolfville): Open Mic w/ Greg McCormond (28th & 5th) 9pm

Weekly Events

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

Autumn Hike - Harriet Irving Botanical Gardens, Acadia 12-1pm. Watch the seasons change on this weekly hike of the Gardens and Woodland Trails until Oct 13th. No registration required. **TIX:** no charge **INFO:** 585-1917

Lifelong Learning Brown Bag Lunch - Fountain Commons, Acadia 12-1pm. Angela Johnson: "Stewards of Children" (29th), Michael Parker will tell of his Kathamandu Valley and Mount Everest journey (6th). **INFO:** joan.boutillier@ns.sympatico.ca

In the Round Knitting Group - Gaspereau Valley Fibres. 1-5pm. **INFO:** 542-2656

Trips for Kids Biking Club - Rec Centre, Wolfville 3:30 - 4:30pm. For grades 6-8, until Oct 27th. **TIX:** no charge **INFO:** 542-6282 / recreation@wolfville.ca

Teen Open Mic Night - Wolfville Memorial Library 7-8pm. Play the guitar, oboe, kazoo, you name it! Age 13-18. **INFO:** 542-5760

FRIDAYS

Windsor Farmers' Market - Coach House on the Waterfront, Windsor 4-8pm, Sept 23rd Music: Cedric Upshaw. Sept 30th Music: TBA. Switches to Saturday's 9am-1pm starting Oct. 1st **INFO:** windsorfarmersmarket@gmail.com

SATURDAYS

Wolfville Farmers' Market - DeWolfe Building, Elm Ave. Wolfville 8:30am-1pm, **Sept 24th Music:** Deep Roots, **Oct 1st Music:** Naming the Twins. **INFO:** www.wolfvillefarmersmarket.ca

Berwick Indoor Market - Town Hall, Berwick 9am-3pm, Sept 24th & Oct 1st Music: Valley Jammers **INFO:** 538-3600

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

SUNDAYS

Scrabble on the Hill - K.C. Irving Centre, Acadia 10am. Newcomers welcome. Bring your board if you have one. 1st and 3rd Sunday (Oct 2nd) **INFO:** 684-3733

MONDAYS

Wolfville Trail Runners Club - Meet at the Trail Shop, Main St. Wolfville 6:30pm sharp. Local runs with leaders running at various speeds. **INFO:** Facebook Wolfville Trail Runners

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: 3-5 **INFO:** 542-5760

Scottish Country Dance Classes - Legion, Wolfville, 7:30-9:30pm. Lessons begin on Sept 13th. No partner needed; beginners welcome. **TIX:** \$6 / class, \$60 / term. **INFO:** 542-5320

In the Round Knitting Group - Gaspereau Valley Fibres. 6-9pm. **INFO:** 542-2656

45's Card Parties - Community Centre, White Rock 7:30pm. Lunch provided, prizes available. **TIX:** \$2 **INFO:** 542-3109

WEDNESDAYS

Kentville Farmers Market - Center Square, Kentville 10am-2pm The largest outdoor mid-week market in the Valley. **INFO:** michelle.kentville-market@yahoo.ca

Wolfville Farmers' Market - DeWolfe Building, Elm Ave. Wolfville 4-7pm **INFO:** www.wolfvillefarmersmarket.com

LIVE THEATRE

Open House & Sneak Peek — Mermaid Imperial Performing Arts Centre, Windsor Friday, Sept 30th 3-5pm • For Canada's 2011 Culture Days national event, we will open our doors to allow visitors to see the whole facility. At 4pm, guests can see a sneak peek at our new production "Treasured Stories by Eric Carle" before it heads to its New York City premiere! **TIX:** no charge **INFO:** 798-5841 / www.mermaidtheatre.ns.ca/

Out of Sight...Out of Murder — CentreStage Theatre, Kentville. Fridays & Saturdays 8pm until Oct 22nd with a 2pm matinee on Oct 2nd. • Peter Knight is grinding out a murder story in an old mansion where another author was murdered years before. A weird electrical storm affects a cosmic snafu and his characters come to life! Witty and funny, this thriller is as much entertaining as it is a good-old-fashioned mystery! Most appropriate for ages 12 and up. **TIX:** \$12 adults, \$10 seniors / students **INFO:** 678-8040 / www.centrestagetheatre.ca

Wolfville's Gravely Ghost Walks — Every second Thursday until Halloween, (Sept 29th) 8:30pm sharp at the Clock Tower. Jerome the GraveKeeper invites you to the 4th season of this historical production of the area's tragic past. See ad page 20. **TIX:** \$12 adults, \$6 students **INFO:** 692-8546 / Jeremy@wolfvillewalkingtours.com / www.wolfvillewalkingtours.com



#1 in Luxury TANNING

24 Harbourside Place, Wolfville • 697-3300 • Tan! Monday to Friday, 8am until 12 noon

LOCAL CLASSICAL GUITARIST MAKING MARK ON NATIONAL STAGE, OFFERING LESSONS

Local guitarist Matthew Martin is back in town after a whirlwind summer of performing at weddings and special events throughout Nova Scotia, and most notably competing in the Federation of Canadian Music Festivals Competition in Antigonish on August 9th- 13th.

He represented Nova Scotia and placed 3rd in the Classical Guitar category. "The calibre of musicians this year was astounding," recalls Martin, "it's amazing to see such a variety of young classical musicians performing with such a high level of professionalism and dedication to their craft."

Matthew graduated with a Bachelor of Music from Acadia

University in 2008 and spent two years at the International Guitar Academy in Koblenz, Germany obtaining a post graduate diploma in solo performance. His teacher was none other than Wolfville born, internationally recognized Classical Guitarist Dale Kavanagh, who is revered for her contributions as a teacher and performer. Martin also had the opportunity to study with the likes of Aneillo Desiderio, Hubert Kappel and David Russell.

Martin's wealth of experience with classical music continues to drive his career as a teacher and performer. Though he has been teaching students in the valley since 2003, Martin is hoping that his recent success

will inspire more students in the Annapolis Valley to pick up classical guitar. "The experience of learning to play an instrument, the satisfaction and sense of accomplishment, let alone working towards competing at the National level is invaluable. That being said, the top musicians from each category competed for the top prize at the Gala Performance where the winner walked away with \$5000! I feel it is my responsibility to inspire and encourage other young musicians in Nova Scotia to get involved in music and expand their horizons through classical guitar." Matthew will be offering a new term of group and private lessons beginning in September.



For more information call 697-2495 or visit matthewmartinguitar.com.

SPEND A DAY ENJOYING THE BEAUTY AT THE OTHER END OF THE VALLEY!

Take part in a photowalk in Annapolis Royal on Saturday, October 1st, starting at 10:45am. This will be one of almost 1000 photowalks happening over the weekend as part of the annual Scott Kelby's Worldwide Photowalk.



First off, let me say that I'm NOT an expert photographer. I just love photography and know what I like for myself. But I really thought there should be a walk in the valley somewhere - it's too beautiful not to photograph! I hope that the more experienced and knowledgeable on the walk will help out the others, and I'll bring some photography books too! We're going to start later in the morning to allow people from farther away (like myself) to get here - I'm hoping we'll have more than just the AR locals on the walk!

Our walk will be a small loop around the 'downtown' area of Annapolis Royal. But it covers everything: a market, water, landscapes, architecture... If you're from out of town, I strongly suggest planning to spend the day and explore the parts we had to skip! After, we'll meet up at the Olde Towne Pub for food and/or drinks and to chat about our day.

For more information, and to register for the walk, visit: tinyurl.com/annarwalk. Please register if you plan on attending so the pub can be informed of numbers ahead of time. You will also have the opportunity to upload photos from the walk for a chance to win a prize!

If you have any more questions, contact me (Justine MacDonald) through the above link, or find me on twitter: @AuroraLee

Wool Fashion Comeback

Think About Wool. What comes to mind? Shrinkage? Itchy? Hand wash only? Probably not fashion pieces. However, thanks to research and improved production methods, wool is better than ever! Even the top international fashion designers have shown the world that wool is IN and very fashionable.

FELTasticFashion is an artistic project started in November 2010 by Cecilia Ho who believed that wool and fashion could be mixed together. Since then, she has been experimenting with new ideas and making unique felted creations. "Felt It. Love It. Treasure It." is Ho's mantra. This can easily be seen in her creations that are lovingly handmade.

Everything Ho makes is from scratch with the best natural wool which comes locally from Gaspereau Valley Fibres. Using the needle and wet felting techniques, Ho can handcraft anything from fashion pieces such as necklaces for adults and kids, to woolen cakes. "I love French pastry," says Ho, "so I created a felted cakes collection - something that can be kept forever." On the functional side, some woolen cakes are multi-use as pincushions, keepsakes, etc. Ho has done 3D sculptures and custom requests for customers worldwide via ETSY. "I love to design and create. I am totally thrilled when people I don't even know make nice comments about my creations."

Recently, Ho has entered the "Fashion by Feeling" contest where worldwide wool lovers submit photos of wool pieces, in hopes of increasing awareness around wool. Ho's unique "wool felt heart-shaped bib necklace" powerful look is ranking 17th out of 840 entries. To help Ho win the grand prize trip to Australia - the birthplace of Merino wool, visit www.FashionByFeelings.com to cast your vote by Sept. 28, 2011. Go to the "top look" button or search "FELTasticFashion", and look for Ho's creation.

Interested in learning more about wool & felt? Visit grapevine.wolfville.org for a full version of this article. Meet Cecilia at Horton Craft Fair (gym) on Oct. 15 (Sat 9am-4pm) & Somerset Craft Fair on Nov. 20 (Sun 10am-4pm) or visit www.FELTasticFashion.com

Article by Cecilia Ho
Edited by Laura Churchill Duke



THE ACADIA PAGE



Acadia University

15 University Ave, Wolfville. 542-2201

Staffed Switchboard 8:30am-4:30pm.

agi@acadiau.ca – General Inquiries

Acadia Perspective: *Back to the Garden*

For 8 long clock-watching hours I'd sit at my windowless desk in the midst of a Toronto skyscraper trying to remember what fresh air smelled like. Today I can barely remember the smell of my old corporate cubicle; it's long been replaced with the smell of roses, worms after rain and the red earth of the valley. Eleven years ago I traded my power suits for a pair of coveralls and I haven't looked back.

I landed here in the valley on purpose, however I stayed by accident. In need of a change and wanting to spend time with my sister, I packed my bike and my cat and bought a one-way ticket to Halifax. I spent a month rattling around in my lost soul trying to recover from too long living in a city where concrete and asphalt are the dominant species. In my first month here, I rode my bike a lot and marveled at the great beauty around me; thinking it was too good to be true and wondering why the whole world didn't live here. One day on my way out to Kentville in search of a microbrew, I passed the Nova Scotia Community College Kingstec Campus, with no plan in mind I decided to go in and see what they had to offer. School had just started and I wandered the campus until I landed in the lush greenhouses of the



Melanie Priesnitz in her natural habitat.

Horticulture Department; it was the most 'alive' thing I had seen or smelled in a long time, and so I decided to stay.

In my first month of school I heard rumors of a new ecology park in the works at Acadia. Being a great lover of people, the planet and plants, I decided that if a public ecology garden was being built, I needed to work there. I spent 2 years planting the garden, helping to install 9 natural habitats and 17,000 native plants where houses and roads had been before. It was my favorite type of development project - where we

moved the houses to plant the trees!

And so here I am today, the Conservation Horticulturist at the Harriet Irving Botanical Gardens. I have the greatest job ever, they pay me to walk in the woods and play in the dirt! When I'm not pruning the roses or mucking out the pond I am grant-writing and dreaming up new educational programs and fresh ways to get the community into the garden and outside into the woods. I really do believe that we would all be happier and healthier if we spent less time in

front of our gadgets and more time outside with the trees. As a society, we tend to take plants for granted (which is ridiculous because without them we wouldn't be here.) Plants give us so many gifts including some of the most fundamental of human needs: food, shelter, and clean air. Why we continue to hurt that which is so precious to us is beyond me, so I have made it my goal to teach as many people as possible to help conserve plants. It's easy and essential for people and our planet.

Stop by the Botanical Gardens and be reminded of the beauty of our native plants and why it's so important to preserve them. We're open 7:30am to dusk daily and free to the public. Wander through on your own or join us on Thursdays at lunch when my staff, volunteers and I are hosting weekly lunchtime hikes through the Gardens until October 13. Meet us in the main lobby of the KC Irving Centre; we'll be the ones smiling and wearing brown (to hide the dirt!) Hope to see you in the Gardens soon!

Melanie Priesnitz
Conservation Horticulturist
585-1916 / melanie.priesnitz@acadiau.ca

Breakthrough Athletics at Acadia University

A LEADERSHIP PROGRAM FOR ATHLETES BY ATHLETES?

There is a new volunteer program becoming widely available for athletes across Canada that promotes leadership and community involvement. Breakthrough Athletics is an organization that was founded by student athletes at Acadia in 2010 and has reached out to athletes and varsity programs in communities across the country. The Leadership Program, better known as "One on One" requires an athlete to be paired with a

youth for the duration of their season. The youth selected to take part with the athletes at Acadia will be given the opportunity to attend varsity games with their buddy and be educated on the health and fitness, student lifestyle, and dedication to excellence that are required to be successful at the next level of competition. Be on the lookout for the Breakthrough Athletics social network that will launch this month allowing athletes and youth to be paired nationwide.

If you're an athlete at Acadia University and you are interested in volunteering to be a role model in your community then join the Facebook group at "Breakthrough Athletics (Acadia)" and get involved today!

Breakthrough Athletics needs your support to continue reaching new communities. If you are interested in sponsoring the local program please contact Tiffany James at:
t.james@breakthroughathletics.ca.

Marshview APARTMENTS

- High Quality Units for Adults
- Completely Newly Renovated
- Close to Downtown Wolfville
- Bright and Spacious
- Quiet Location
- Covered Parking
- Heat and Electricity Included

Call 542-4064

www.marshviewapts.ca

What's Happening from Sept 22 - Oct 6, 2011

SEND YOUR EVENT LISTINGS TO GRAPEVINE.WOLFVILLE@GMAIL.COM FOR PUBLISHING IN THIS LIST

THURSDAY, 22

Community Development Committee Meeting — *Wolfville Town Hall, Wolfville 7-9pm*. • Open to the public. **TIX:** no charge **INFO:** 542-5767

Book Launch with Lynn Coady — *Union Street Café, Berwick 7-9:30pm*. • Canadian best-selling author Lynn Coady will be reading and signing her latest novel *The Antagonist*, music by Sean Peori! **TIX:** no charge **INFO:** 538-7787

Concert: Danny Michel — *Evergreen Theatre, Margaretsville 8-10pm*. • If you've seen Danny live in concert you're probably already a fan. If you haven't, you are missing out on "One of this country's undiscovered musical treasures." (Toronto Star). In conjunction with Deep Roots. **TIX:** \$20 **INFO:** 825-6834 / www.evergreentheatre.ca

FRIDAY, 23

Artist in Residence: Mark Oakley — *Library, Wolfville 11am - 5pm*. • Visitors can come and watch his work in progress and ask questions. Mark is offering an invitation to those who write graphic novels or comics to bring in their portfolio/sketchbook for review. **TIX:** no charge **INFO:** 542-5760 / www.valleylibrary.ca

Autumn Art Show & Sale — *Lions Club, Wolfville 1-9pm*. • Original art work by local artists with meet and greet from 7-9pm. Show and sale continues on Saturday 24th, 10am - 4pm. Sponsored by the Evangeline Artists' Cooperative. **TIX:** no charge **INFO:** jean_leung@hotmail.com

Deep Roots Music Festival — *Atlantic Theatre Festival, Wolfville 2pm-1am*. • Enjoy some of the finest folk and roots singers, songwriters and musicians in the world for a weekend of concerts, workshops, and celebration. See schedule pgs.

10-11 **INFO:** 542-7668 / www.deerootsmusic.ca

Open House — *Murdoch C. Smith Memorial Library, Port Williams 2-4pm*. • Refreshments and music by Anna Ludlow. Drop by and see what your public library has to offer! **TIX:** no charge **INFO:** 542-3005

Acadia Athletics: Hockey — *Acadia Sports Complex, Wolfville 7pm*. • Acadia vs. Moncton **TIX:** \$12 adult \$6 external student **INFO:** 542-5500 / www.acadiau.ca

SATURDAY, 24

Rummage Sale — *St. Andrew's United Church, Wolfville 9-11:30am*. • Proceeds for the Church. **INFO:** 542-3314

Deep Roots Music Festival — 9:30am-1am • See Friday, Sept 23rd or schedule pgs. 10-11.

2nd Annual Iron Chef Competition — *Muir Murray Estate Winery, Wolfville 11am-4pm*. • Local chefs competing in a black box cooking competition - secret ingredients - with one hour given to cook for the judges. Part of Fall Wine Fest. **TIX:** no charge **INFO:** 542-0343 / [info@muirmurrayestatewinery.com](mailto:muirmurrayestatewinery.com)

Caribbean Harvest Lunch — *Ross Creek Centre for the Arts, Canning 12pm*. • Join gallery artist Gerald Beaulieu and our local farming community in celebration of the contributions made to our farms by offshore workers. Please call to register. **TIX:** \$10 per person, \$80 for a table of 8. **INFO:** 582-3842 / programs@artscentre.ca

Pig Roast & Western Night — *Legion, Windsor 1pm-12am*. • Darts, roasted pig and a dance with music by Meredith. **TIX:** \$5 **INFO:** 798-0888

Ticket Auction — *Blomidon Court, Greenwich 1:30pm*. • All proceeds go to the Blomidon Family Council for extra activity for the clients. **TIX:** 20 for \$1 **INFO:** 678-0071

Benefit for Sonya Hill

— *Legion, Canning 2-6pm*. • Entertainment, quilt raffle, 50/50, door prizes, silent auction & canteen. Proceeds to assist Sonya as she recovers from a serious motorcycle accident. **INFO:** 692-1738 after 7pm

Acadia Athletics: Hockey — *Acadia Sports Complex, Wolfville 4pm*. • Acadia vs. St. Thomas **TIX:** \$12 adult \$6 external student **INFO:** 542-5500 / <http://www.acadiau.ca>

Pork Supper — *Community Centre, Gaspereau 4-6pm*. • Barbecue pork, baked potato, vegetables and homemade pies. Proceeds for the Gaspereau United Baptist Church. **TIX:** \$12

Acadia Athletics: Football — *Acadia Sports Complex, Wolfville 7pm*. • Acadia vs. St. FX **TIX:** \$10 adult \$5 external student **INFO:** 542-5500 / www.acadiau.ca

SUNDAY, 25

Deep Roots Music Festival — *Various indoor and outdoor venues, 10am-4pm*. • See Friday, Sept 23rd or schedule pgs. 10-11.

2nd Annual Iron Chef Competition — *10am-4pm*. • See Saturday, Sept 24th

Scrabble — *Memorial Library, Wolfville 10-11am*. • Bring a friend and bring a board if you have one. **TIX:** no charge **INFO:** 542-5760 / www.valleylibrary.ca

Deep Sunday Gospel Concert — *United Church, Greenwich 10am-8pm (yes, 10 hours)*. • Gospel Concert featuring Donna Holmes, The Mud Creek Boys and Heather Kelday! **TIX:** no charge **INFO:** 542-3796 / Officewolfuc@eastlink.ca

Charity Grape Stomp — *Gaspereau Winery 11am-4pm*. • Part of the Fall Wine Fest, all proceeds to charity. Teams of 4 stomping grapes! Live music by SWIG **INFO:** 542-1455 / info@gaspereauwine.com

Open House — *Berwick Camp, Berwick 1-4pm*. • All are welcome to come for a tour of the property or just wander the grounds. A narrated slide presentation will be held at 2pm. **TIX:** no charge **INFO:** 375-2399

Barbeque — *Community Centre, Gaspereau 1-4pm*. • Enjoy a Jim Lamb pork dinner with take-outs available and a community bake table while listening to some of our local talented musicians. In support of the reconstruction of the Black River Community Hall. **TIX:** \$15 adults, \$10 under 12, no charge for kids under 4 **INFO:** 542-0536

CentreStage Theatre Celebrates! — *CentreStage Theatre, Kentville 2-4pm*. • BIG announcements and celebration of the start of our renovation process. Honourable guests in attendance. **TIX:** no charge **INFO:** 678-3502 / centrestage@centrestagetheatre.ca

Windblown Woodwind Sextet — *Haliburton House Museum, Windsor 2-2:45pm*. • Classical and contemporary music much the way Haliburton would have done over 150 years ago. **TIX:** \$3.60 adults, \$2.55 seniors/students, \$7.95 per family **INFO:** 798-2915

Fundy Film screens: The Whistle Blower — *Al Whittle Theatre, 4 & 7 pm*. • A political thriller based on the real-life experiences of Kathryn Bolkavac who served as a peacekeeper in post-war Bosnia and outed the U.N. for covering up a sex scandal. With Rachel Weisz, Vanessa Redgrave and Monica Bellucci. See ad pg. 19 **TIX:** \$8 **INFO:** 542-5157 / info@fundyfilm.ca

MONDAY, 26

Authors @ Acadia — *Fountain Learning Commons, Acadia 1pm*. • Budge Wilson: Writing for Children - If I Can Do It, You Can **INFO:** Christine 585-1502



TUESDAY, 27
Bookmobile Storytime

— *Memorial Library, Wolfville 10-11am* • Kids ages 3-5 and their care-givers can come in for a special storytime with lots of stories, songs and activities. **TIX:** no charge **INFO:** 542-5760 / www.valleylibrary.ca

WEDNESDAY, 28

Artist in Residence: Mark Oakley — *11am-5pm* • See Friday, Sept 23rd

Afterschool Special: Comic Creation — *Memorial Library, Wolfville 3-4pm* • For kids age 8-10; we will get some help to create a story from "Artist in Residence" Mark Oakley to draw. **TIX:** no charge **INFO:** 542-5760 / www.valleylibrary.ca

Concert: Folk Legend Valdy — *Al Whittle Theatre, Wolfville 8-10:30pm* • Sandpiper Productions East proudly welcomes Canadian Folk Legend & Juno Award Winner Valdy on Tour throughout the Maritimes after being named to the Order of Canada (Arts/Music) for his achievements as a folk musician and for his support of charitable causes. **TIX:** \$23 @ Box of Delights **INFO:** 542-9511

THURSDAY, 29

Corn Boil — *Horton Community Centre, Grand Pre 5-7pm* • The Grand Pre and Area Community Association invites you to attend our fall corn boil. Proceeds to support the Community Hall. **TIX:** good will donation **INFO:** Ann Palmeter

Griefwalker — *KC Irving Environmental Science Centre, Wolfville 7-10pm* • A National Film Board of Canada documentary that shows Rev. Stephen Jenkinson at work with dying people. It is a stirring meditation on what it takes for us to fall in love with our lives. Both the director of the film and Rev. Jenkinson will be available for a talk after the screening. **TIX:** \$10

INFO: 585-1246

FRIDAY, 30

Artist in Residence: Mark Oakley — *Library, Wolfville 11am-5pm* • See Friday, Sept 23rd. **TIX:** no charge **INFO:** 542-5760 / www.valleylibrary.ca

Inservice Activity Days

— *Recreation Centre, Wolfville 8:30am-5pm* • Day trips for every 2011/2012 inservice (Wolfville School). Mountain Biking, Noggins Corner Farm Market, Art Gallery of Nova Scotia, Atlantic Cirque: School of Circus Arts and much more! Please register. **INFO:** 542-6282

Robert Munsch Stories

— *Library, Kentville 4-5pm* • To help get ready for CentreStage's 'Munsch', join us for an hour of Robert Munsch's stories, including a special visit by a dragon, police officer and fire fighter! Open to all children, and will include a snack. **TIX:** no charge **INFO:** centrestage@centrestagetheatre.ca

Harvest Dinner & Silent Auction

— *St. Johns Parish Hall, Wolfville 6pm* • Delicious 3 course meal and great silent auction. **TIX:** \$20 advanced only **INFO:** MaryLynne 542-5944

From the Bottle to the Belly & Beyond

— *Murdoch C. Smith Memorial Library, Port Williams 7-8:30pm* • Have you ever wondered what happens to that glass of wine you enjoyed with dinner? Join toxicologist, Dr. Peter Mullen for an informal session on the forensic toxicology of alcohol. **TIX:** no charge **INFO:** 542-3005

5th Annual Festival of Art

— *Vaughn Shand Centre (former Hawboldt's), Windsor 7-10pm*. Three days of celebrating our local creative talent. Showcasing the work of over 20 visual artists as well as a series of musicians, performers and artists who will be on hand sharing their talents throughout the weekend. **TIX:** free will offering **INFO:** 757-2233

 / hcacfestivalofart@gmail.com /
 www.hantscountyartscouncil.ca

Christmas in September

— *Shand House Museum, Windsor 7:30-9pm* • Enjoy Christmas carols, parlour games, pinata-breaking and festive skits in our ornate late-Victorian house. **TIX:** by donation **INFO:** 798-8213

SATURDAY, 1

5th Annual Festival of Art — *10am-5pm*. See Friday, September 30th

Culture Days — *Ross Creek Centre for the Arts, Canning 12-5pm* • Celebrate arts and culture from coast to coast to coast! Explore the galleries, take a guided tour of the facilities, including the artist studios, hike the garden and grounds and try your hand at art activities. **TIX:** by donation **INFO:** 582-3842 / mail@artscentre.ca

Wilf Carter Night

— *Northeast Kings Education Centre, Canning 7pm* • Featuring: Alberta's Yodelling Singer Randy Hollar, Nova Scotia band Son Rises, and the Acadian band from Claire, Unisson. **TIX:** \$10 @ the door, or Cochrane's Pharmasave in Wolfville or Canning **INFO:** 582-3320

Horton High Athletics: Football

— *Raymond Field, Acadia 7:30pm* • Horton vs. Sir John A. MacDonald. **INFO:** www.eteamz.com/griffinsfootball

Night Kitchen — *Al Whittle Theatre, Wolfville 8-10pm*. • **TIX:** \$8 advanced @ Just Us!, Wolfville, \$10 @ the door

SUNDAY, 2
CIBC Run for the Cure

— *Acadia Athletic Complex, Wolfville 8am-12pm* • Canada's largest single day, volunteer-led fundraising event dedicated to raising funds for breast cancer research, and education and awareness programs. Run, Walk (11m & 5km) and Give Generously. **TIX:** \$40 Participation Fee OR

 Fundraise \$150 **INFO:** Susan 585-1558

5th Annual Festival of Art — *10am-3pm*. See Friday, September 30th

Culture Days — *Ross Creek Centre for the Arts, Canning 12-5pm* • See Saturday, Oct 1st

Walk the World for Schizophrenia — *Lions Hall, Wolfville 1-3pm* • All are invited to join our walk, which will begin from the park and proceed down Main St. to the Wolfville Lions Hall for musical entertainment, refreshments and prizes. Help alleviate the stigma and suffering of all those affected by schizophrenia. Pam 365-1701 #2890 **INFO:** Susan 585-1558

Blue Grass Concert

— *Lions Hall, Berwick 2pm* • Annapolis Valley Bluegrass & Old-Time Music Association presents Good Ole Boys & Southwind. Support to Camp Brigadoon. **TIX:** \$6 **INFO:** Doug retireddgcpm6@ns.sympatico.ca

Blessing of the Animals

— *St. Joseph Catholic Church parking lot, Kentville 2pm* • Bring your pet, your pet's picture or even your favorite stuffed animal for a blessing. **TIX:** no charge **INFO:** Paula.Hasler@investorsgroup.com

Humans vs. Zombies — *Memorial Park, Kentville 3:30-6pm*

• Humans vs. Zombies is a game of theme tag. Game will be held at Memorial Park in Kentville. Ages 12 and up are invited to play! Co-sponsored by the Town of Kentville **TIX:** no charge **INFO:** 665-2995 / areynold@nsar.library.ns.ca

**MORE EVENTS
CON'T ON PAGE 15**


Deep Roots Festival Schedule!

DEEP ROOTS THURSDAY: Your choice of two fabulous Pre-Festival events!

EVERGREEN THEATRE:

An Intimate Concert with Danny Michel

AL WHITTLE THEATRE: Wine and Cheese Gala

"The Man of a Thousand Songs" with special appearance by Ron Hynes

DEEP ROOTS FRIDAY

FESTIVAL TENT: Dungaree Bros, Chas Guay, Mike Aubé, Danny Michel, Ariana Gillis. *(Bring a chair!)*

GARDEN ROOM: Artists@Acadia - A Journey Through American Roots Music - Michael Jerome Browne

GARDEN ROOM: Artists@Acadia - Literacy & Authentic Expression Through Music & Poetry - Kinnie Starr

ACADIA'S UNIVERSITY HALL (outside): Sacred Smudge Ceremony - Ida Simon

CONVOGATION HALL: Friday MAINSTAGE

Shannon Lynch(MC), Erin Costelo, Twilight Hotel, Ron Hynes, Danny Michel, Gypsophilia

MCKEEN ROOM: Blues Bash. Cuban Splash

The Lost Tourists, Hupman Bros *(with Ian Sherwood & Caleb Miles)*, Digging Roots *(with Kinnie Starr)*

PADDY'S PUB (WOLFVILLE):

Andy & Ariana, Lovestorm, Ryan Roberts, Lake of Stew, Unisson

DEEP ROOTS SATURDAY

FESTIVAL TENT

- Hat, Rhythm Instrument & Mask Making (9:30am)
- Drum Circle (11am)
- All Ages Rhythm Workshop (11:35)

BAPTIST CHURCH

Kids PLAY Music with Marilyn Manzer & Shannon Lynch *(10:30am)*

FESTIVAL THEATRE

Puppetry Workshop with Wee Giant Theatre, Monika Wildemann *(10:30am)*

AL WHITTLE THEATRE

Harmony Singing Workshop with Ian Sherwood, Twilight Hotel, Ariana Gillis, Erin Costelo *(10am)*

FARMERS' MARKET

Andy & Ariana, Lovestorm, Mike Aubé, Ryan Roberts, Mi'kmaq Youth, Mike Milne *(10 am to 1pm)*

8 PM

2 PM

3 PM

6:45 PM

7 PM

10:30 PM

9:30/10/10:30 am



Fresh Beats Rhythm Parade

(see page 26 and 27 for more details)



12 pm

FESTIVAL TENT: Emerging Artists
Jenny MacDonald (Host)



FESTIVAL THEATRE: Inside the Music
Digging Roots, Michael Jerome Browne

AL WHITTLE THEATRE: Mountain Songs
Dungaree Brothers and friends

1 pm

FESTIVAL THEATRE: Keen Mind, Sharp Tongue
Kinnie Starr, Ariana Gillis, Tanya Davis

AL WHITTLE THEATRE: Strings & Things
Lake of Stew, Unisson, Ryan Roberts

2 pm

FESTIVAL TENT: Mi'kmaq Song & Dance Workshop



FESTIVAL THEATRE: Songwriters' Circle
Ron Hynes, Chas Guay, Ian Sherwood, Caleb Miles

AL WHITTLE THEATRE (3:15pm)
Making Merry - Der Heisser, Gypsophilia

3 pm

FESTIVAL TENT: My Roots are Showing
Kinnie Starr, Digging Roots



MCKEEN ROOM: Contra Dance
Lake of Stew, Shannon Lynch



3:30 pm

FESTIVAL THEATRE: My Hometown Blues
Lovestorm, Twilight Hotel, Danny Michel, Scott Prudence

AL WHITTLE THEATRE: Songwriters' Circle
Erin Costelo, Ariana Gillis, Hupman Brothers

4:15 pm

CONVOCATION HALL: Saturday MAINSTAGE
Tanya Davis (MC), Unisson, Ariana Gillis, Michael Jerome Browne, Kinnie Starr, Digging Roots

7 pm

MCKEEN ROOM: World Music Dance Party
Lake of Stew, Der Heisser, Gypsophilia

PADDY'S PUB (WOLFVILLE): Erin Costelo, Mike Aubé,
Danny Michel, Twilight Hotel, Dungaree Brothers

10:30 pm

DEEP ROOTS SUNDAY

FESTIVAL THEATRE: Rise Up Singing: Ryan Roberts (Host), Mike Aubé, Unisson, Michael Jerome Browne, Mi'kmaq Youth



10 am

FESTIVAL THEATRE: Closing Concert
Chas Guay, Lovestorm, Der Heisser, Valley Arts Award, Andy & Ariana, Ian Sherwood, Dungaree Brothers, Hupman Brothers

1 pm

All 'Take Root' & Free Family Concerts are designated by the  Symbol



ARIES (March 21-April 19): "Don't be angry with the rain," counseled author Vladimir Nabokov. "It simply does not know how to fall upward." In the coming week, I advise you to apply that principle to a host of phenomena, Aries. Don't get all knotted up about any force of nature that insists on being itself, and don't waste your time trying to figure out how to disobey the law of gravity. It's fine if you find it amusing to go against the flow, but don't expect the flow to follow you in your rebellion.

TAURUS (April 20-May 20): Where will you be in the latter half of 2016? What will you be doing? Now would be an excellent time to fantasize and meditate about questions like those. You're likely to have a good bit of intuitive foresight in the coming days -- some ability to discern the embryonic patterns swirling in the mists. But even more importantly, you will have extra power to dream up potent visions for your best possible future and plant them as seeds in the fertile bed of your subconscious mind.

GEMINI (May 21-June 20): I believe you're close to getting permanent immunity from hell, Gemini. Take it as a metaphor if you like, but consider the possibility that there may soon come a time when you will never again be susceptible to getting dragged into the bottomless pit. You will receive the equivalent of a "Get out of jail free" card that forever guarantees you exemption from the worst of the nightmare realms. Please note: I'm not saying you will be forever free of all suffering. But if you simply keep doing the smart things you've been doing lately, you will tap into a reservoir of stabilizing poise so strong that "the devil" will have no further claim on your soul.

CANCER (June 21-July 22): In "The Blood," an episode of the TV show "Seinfeld," George tries to go for "the Trifecta": eating a pastrami sandwich and watching TV while having sex. His girlfriend isn't pleased about it, though, so the triple-intense pleasure doesn't materialize in the way George had hoped. But something akin to this scenario could very well work for you in the coming week, Cancerian. You will have a knack for stirring up more fun and pleasure that usual through the inventive use of multitasking.

LEO (July 23-Aug. 22): In Wiccan circles, a "familiar" is a supernatural entity or magic animal that serves as a spirit ally. Some witches regard their cats as their familiars. In Philip Pullman's "His Dark Materials" trilogy of fantasy books, the "daemon" (very different from a "demon") plays a similar role: a shapeshifting creature that embodies a person's soul. This would be an excellent time for you to develop a closer relationship with a familiar or daemon or any other uncanny helper, Leo. You have more hidden power at your disposal than you realize, and it's a propitious time to call on it.

VIRGO (Aug. 23-Sept. 22): "Wheel of Fortune" is a TV game show in which players vie to guess a mystery phrase that is revealed letter by letter. On one episode not too long ago, a highly intuitive contestant solved the puzzle even though just one letter had been unveiled. The winning answer was "I've got a good feeling about this." From what I can tell, Virgo, you've got a similar aptitude these days -- an ability to foresee how things are ultimately going to develop simply by extrapolating from a few clues. I encourage you to make liberal use of your temporary superpower. (P.S. I've got a good feeling about this.)

LIBRA (Sept. 23-Oct. 22): You have about 100 billion neurons in your brain. That also happens to be the approximate number of stars in the Milky Way Galaxy. Coincidence? I think not. As the mystic dictum reminds us, "As above, so below." The macrocosm and microcosm are mirrors of each other. Everything that happens on a collective level has an intimately personal impact. The better you know yourself, the more likely you are to understand how the world works -- and vice versa. I urge you to be alert for concrete evidence of this principle, Libra. Your week will be successful if you make it your background meditation.

SCORPIO (Oct. 23-Nov. 21): "By the year 2021, the complete gratification of sexual desires will be as easy and stress-free as drinking a glass of water." That was one of 25 prophecies delivered to me by a polite, well-spoken madman I met on a July morning in a cafe in Earls Court, London back in 1990. Sixteen of his other predictions have come true so far (like "America will have a black president by 2010," "You will become a famous astrologer," "60-year-old women will be able to give birth"), so I'm thinking that the one about easy sexual gratification could turn out to be accurate as well. Until then, Scorpio, you may sometimes have to deal with periodic struggles in getting your needs met. Having said that, though, I'm happy to announce that the coming weeks are shaping up as one of your closest approximations to the supposed 2021 levels of erotic bliss.

SAGITTARIUS (Nov. 22-Dec. 21): The beauty contests in Saudi Arabia don't judge women on the basis of their physical appearance. A recent winner, Aya Ali al-Mulla, was crowned "Queen of Beautiful Morals" without ever revealing the face and form shrouded beneath her black head-to-toe garment. Instead, her excellence emerged during a series of psychological and social tests that evaluated her strength of character and service to family and society. I'd like to borrow this idea and apply it to you. According to my analysis of the astrological omens, you could and should be a paragon of moral beauty in the coming week -- a shining example and inspiration to all the other signs of the zodiac.

CAPRICORN (Dec. 22-Jan. 19): Filip Marinovich calls his poetry book *And If You Don't Go Crazy I'll Meet You Here Tomorrow*. I'm borrowing that title for this horoscope. So here goes: If you don't go crazy in the coming days, Capricorn, I'll meet you here again next week. To be clear: There is an excellent chance you will be able to keep our appointment. The astrological omens suggest you'll call on reserves of wisdom that haven't been accessible before, and that alone could prevent you from a brush with lunacy. You're also primed to be nimble in your dealings with paradoxes, which, again, should keep you from descending into fairy-tale-style madness. But even if you do take a partial detour into the land of kooky, I think it will have an oddly healing effect on you. See you next time!

AQUARIUS (Jan. 20-Feb. 18): There's no better way to inform you of your task right now than to cite Hexagram 18 of the I Ching, the ancient Chinese book of divination. The title of the oracle is "Work on What Has Been Spoiled." Here's an interpretation by the I Ching's translator Richard Wilhelm, with a little help from me: "What has been spoiled through human mistakes can be made good again through human work. It is not immutable fate that has caused the state of corruption, but rather the abuse of human freedom. Toil that is done to correct the situation bodes well, because it is in harmony with cosmic potentials. Success depends on diligent deliberation followed by vigorous action."

PISCES (Feb. 19-March 20): Breaking the rules could be a boon for your closest relationships if it's done out of deep caring and not out of anger or boredom. Can you commit to that high standard, Pisces? I hope so, because it's prime time to shake up and reinvigorate stale concepts about togetherness. You will never know how much more interesting your intimate alliances can be unless you put that vivacious imagination of yours to work. Would you be willing to buy tickets for a joint excursion to the frontier? Go hunting for surprises that recalibrate the dynamic between you and yours? Take a collaborative risk you'd never want to face alone?



Mike Uncorked: Jump Right into Theatre

I can't seem to get enough of community theatre! Having done 11 plays since December 2009 (with three more this fall) I feel it necessary to stress how much fun it can be to let your hair down and become part of a production. Listen up, adults and children, if you've ever had any interest in singing, dancing, or acting in front of a crowd or helping out with a production, I have one for you to consider.



Join them for auditions on September 25th at Rhythm and Sole Studios on Skyway Drive, Wolfville. If you would like to peruse the script, or see a list of characters feel free to contact director Kerri Leier at jump_musical@hotmail.com. Please come prepared to do a cold read and prepare one

verse and one chorus of "I'm So Excited" (Pointer Sisters) as well as a song of your choice. Call 697-2515 for an audition time. Can't wait to work with some of you! And if you're eager to SEE a great play, stop by Centrestage in Kentville over the next couple of weekends to see Out of Sight... Out of Murder, a comedy-murder mystery written by Fred Carmichael and directed by Jean Kelly. The story involves a writer named Peter Knight who is struggling with his latest mystery, until his own cast of odd characters come to life to help him out! I recently (last week) joined the cast and it was non-stop fun and frenzy preparing for the run which opened last Friday! (Four days to learn a script- How did I do it?) Check out the www.centrestage.ca for show times and other details including cast bios and other upcoming productions.

Support community theatre by seeing a play or being in the play, either way, you'll be entertained!

~Mike Butler

Edalene Theatre, who produced Little Shop of Horrors and the Wedding Singer, is re-mounting JUMP!-An 80's Musical. This original musical is set during one crazy semester of high school, when the girls from Fairview Academy are forced to attend the all boys school-George Downing. Inspired by John Hughes' Brat Pack movies (Breakfast Club, Sixteen Candles) and featuring the music of Heart, Bonnie Tyler, Michael Jackson, Cyndi Lauper and other 80's icons, JUMP! will be an experience you won't want to miss and will never forget. They're looking for actors, singers and dancers to join them for this fantastic show, which will run in February 2012. Having worked with Edalene Theatre for three productions, I can't begin to tell you what a rewarding experience it is to be a part of their team, make new friends, and learn great dance moves and belt out show stopping tunes. I hear the man playing the high school janitor in this show is a real nice guy!

The crossword

CREATED BY MARYBETH MILES

THEME: Healthy Harvest

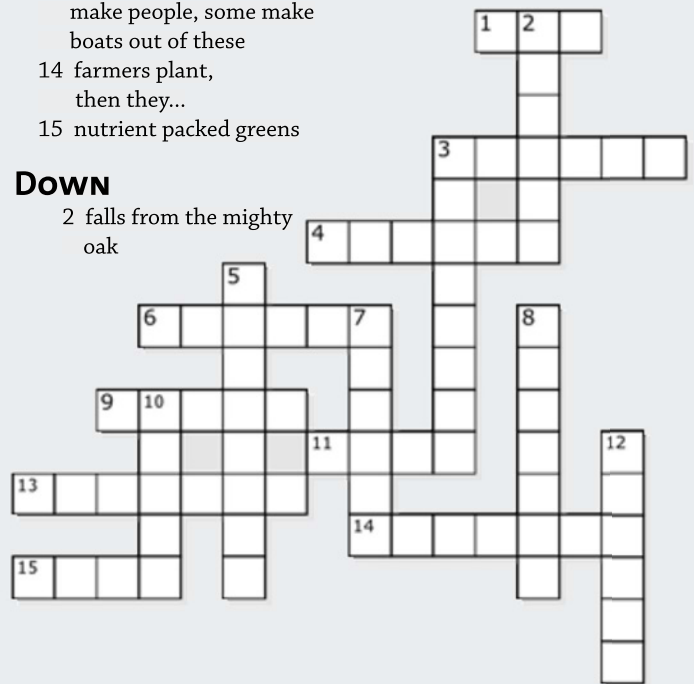
ACROSS

- 1 spread for toast
- 3 buggy's favorite snack
- 4 decorative, but not edible
- 6 they change color
- 9 tomato based topping for nachos
- 11 what we do with the leaves
- 13 some local communities make people, some make boats out of these
- 14 farmers plant, then they...
- 15 nutrient packed greens

- 3 a vegetable labyrinth
- 5 similar in shape to carrots
- 7 spaghetti and acorn for example
- 8 a yummy use for cucumbers
- 10 keeps the doctor away...
- 12 another word for fall

DOWN

- 2 falls from the mighty oak



The Valley Cat Hotel
"CATS ONLY"
top-quality boarding facility
Close to Kentville & Wolfville
1221, Highway 341, Upper Canard
(902)698-3827
visit our website at www.valleycathotel.com

FOUR SEASONS COMMUNITY ORCHESTRA

The FSCO invites players of string instruments, violin, viola, cello, double bass, to come join us! We rehearse in Windsor, NS, on Saturdays, from 10:30 am - 12:30 pm.
Call Roger at: 902-798-1730

The Medicine Shoppe
PHARMACY

Shelagh Cochrane (902) 697-3101
B.Sc. Pharm.
Pharmacist/Owner
12 Elm Avenue
Wolfville, NS B4P 1Z9

Hours of Operation
Monday, Tuesday & Thursday: 9:00 am - 5:00 pm
Wednesday: 9:00 am - 8:00 pm
Friday: 9:00 am - 5:00 pm
Saturday: 10:00 am - 5:00 pm
Sundays & Holidays: Closed

Corn Maze & Barnyard Adventure Area

NOGGINS CORNER FARM MARKET
SINCE 1970
FRESH LOCAL PRODUCE

Noggins Corner Farm
10009 Highway #1, Greenwich Nova Scotia
Exit 11, Hwy 101
just five minutes from Wolfville
Visit our website for details! www.nogginsfarm.ca



THESE ARE A FEW OF MY FAVOURITE THINGS...ABOUT OUR WINERIES!

As the premier wine tour operator in the province, I have been constantly asked by my guests this season, "What's your favourite winery?" This is like asking a parent who is their favourite child! So it got me thinking of all our fabulous local wineries and what I love about each one.

SAINTE FAMILLE WINES, Falmouth. You have to respect trailblazers in our industry and Suzanne and Doug Corkum are just that. It was due to their hard work and perseverance that wineries are allowed to sell wines at the local farmers' markets.

BLOMIDON ESTATE WINERY, Canning. Nestled right on the Minas Basin, "Canada's Tidal Winery" is simply a beautiful setting to enjoy wines and tides. You can sit on their sunny patio with a glass of wine, The Dutchman's Cheese and crackers and watch the tide come in or go out. What's really exciting is by the end of September, Blomidon will be unveiling their much anticipated sparkling wines!

MUIR MURRAY ESTATE WINERY, lower Wolfville. Owner Jonathan Murray has not been shy about telling people he was a novice grape grower when he first decided to start a winery. In fact, he decided that more people should have ready access about grape-growing techniques and all aspects of the wine industry

and so began the A.V.I.E.W – Annapolis Valley Institute for Education of Wine. Seminars are held monthly for the public to help them to understand cooking with wine, wine education, wine and food combinations, tasting wines and much more.

DOMAINE DE GRAND PRÉ, Grand Pré. Walking up the path to this gem, you'll feel as if you've been transported to a European estate. The buildings, the gardens and the cobblestone courtyard make it a lovely setting. Across that vine and grape mosaic in the courtyard is the on-site restaurant Le Caveau, that recently joined the list of the world's top 20 winery restaurants.

LUCKETT VINEYARDS, Gaspereau Valley. Not to be confused with Muir Murray's A.V.I.E.W, Lockett Vineyards has THE VIEW! If it's a fabulous valley vista you're looking for, here it is! Get a glass of their Ortega wine with a cheese board and savour both along with the view from the crush pad patio.

L'ACADIE VINEYARDS, Gaspereau. Using new techniques to bring the quality of a wine even higher is always a plus. Not only is this the first certified organic winery in the province, but winemaker Bruce Ewert is continually working with researchers at the Kentville Research Station to apply techniques used in other wine

regions to enhance the quality of his wines. The result is amazingly rich red wines (not normally found in Nova Scotia) by incorporating a grape drying technique similar to one used in Italy.

GASPEREAU VINEYARDS, Gaspereau. Here wine tasting just plain fun! The friendly staff is lead entertaining tours that leave you with a smile on your face and a comically named wine like Ditch Pig in your hand. They will also make your mouth water as you listen to them pairing the wines with an endless list of delectable dishes! They were also just awarded the Atlantic Canadian Winery of the Year Award.

BENJAMIN BRIDGE, Gaspereau. It's a pity that this one isn't open to the public. Instead, they have chosen to focus their attention on producing very high quality wines that we get to sip and swirl on our own patios such as the immensely popular Nova 7. The wines produced here are gaining such recognition and demand that Nova 7 is now available in select LCBO stores in Ontario.

AVONDALE SKY WINERY, Newport Landing. Nova Scotia's newest winery is located in the old Walton Church. On Sept. 24th they will host an event called "Picture It!" You can bring the medium of your choice to the vineyard and paint, sculpt, sketch or photograph how you 'picture'

OUR WINERIES

AVONDALE SKY WINERY
80 Avondale Cross Road,
Newport Landing 253-2047
www.avondalesky.com

BENJAMIN BRIDGE
White Rock Road,
Wolfville
www.benjaminbridge.com

BLOMIDON ESTATE WINERY
10318 Hwy. 221,
Canning 582-7565
www.blomidonwine.com

DOMAINE DE GRAND PRÉ
11611 Hwy. 1,
Grand Pré 542-1753
www.grandprewines.com

GASPEREAU VINEYARDS
2239 White Rock Road,
Wolfville 542-1455
www.gaspereauwine.com

L'ACADIE VINEYARDS
310 Slayter Road,
Gaspereau 542-8463
www.lacadievineyards.ca

LUCKETT VINEYARDS
1293 Grand Pré Road,
Wolfville 542-2600
www.lockettvineyards.com

MUIR MURRAY ESTATE WINERY
88 Dyke Road,
Wolfville 542-0343
www.muirmurraywinery.com

SAINTE FAMILLE WINES
11 Dudley Park Lane,
Falmouth 798-8311
www.st-famille.com

Avondale Sky Winery. We are in the middle of the Fall Wine Festival and there are many events happening until October 16th. All the local wineries are hosting special events and these can be found on the Fall Wine Festival website nsfallwinefestival.ca. Or, hop aboard Go North Tours and enjoy them even more with an actual tour!

~Laila North, Go North Tours



Night Kitchen. Vivacious

Saturday Oct 1
8pm-10pm
Al Whittle Theatre
(450 Main St. Wolfville)

Featuring: **Mike Milne**

Maxine Fender
Shea Tompkins
Kurt Weiland
Allison Kane
Eyre and Haefen
Andy and Ariana
The Arbournights

Andrea Currie
Naming the Twins
Rosie Sylliboy
Pam Paton
Robert Woodley
Tim LaBorie
Matt McFarlane
Oliver Lund and B'reagh Bauer

**\$8 advance
from Just Us! in Wolfville
\$10 door**

EVENTS LISTINGS CON'T

SUNDAY, 2 Con't

Fundy Film screens: The Trip — *Al Whittle Theatre, 4 & 7 pm*
• Michael Winterbottom's relentlessly funny game of one-upmanship between the ultimate odd couple (Steve Coogan & Rob Brydon) as they tour the posh inns, finest restaurants and poetic ruins of England's Lake District and Yorkshire Dales. See ad pg. 19 **TIX:** \$8 **INFO:** 542-5157 / <http://fundyfilm.ca/>

MONDAY, 3

Committee of Council Meeting — *Town Hall, Wolfville 1:30 - 4pm* • Open to the public. **TIX:** no charge **INFO:** 542-5767

Booklaunch: Eugene Hamm Poems — *Acadia University Art Gallery, Acadia 7:30-8:30pm* • Richard Davies on EH's first book, published by Acadia; Poetry Reading for 3 Voices; Dr. J.R.C. Perkin on Seniors at Acadia **TIX:** no charge **INFO:** Christine 585-1502 OR ralph.stewart@acadiau.ca

TUESDAY, 4

Wolfville & Area Newcomers Club — *DeWolfe Building, Wolfville 7-9pm* • Shilpa Dogra PhD will talk about the Acadia Active Aging Program and Ray Ivany, President of Acadia University, will speak about life at the University. All invited (not just newcomers) **TIX:** no charge **INFO:** wolfvilleneewcomers@hotmail.com

WEDNESDAY, 5

Fundy Film screens: Forks Over Knives — *Al Whittle Theatre, 7 pm* • A documentary examining the claim that most, if not all, degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. See ad pg. 19 **TIX:** \$8 **INFO:** 542-5157 / <http://fundyfilm.ca/>

Wolfville Business Development Corporation Fall General Meeting — *Room 142, Beverage Arts center, Acadia, 7-9pm*
• Join with us as we work together to grow our business community. Please RSVP by Oct 3rd **TIX:** no charge **INFO:** David 542-4093

THURSDAY, 6

Acadia Athletics: Women's Basketball — *Acadia Sports Complex, Wolfville 7pm*. • Acadia vs. Ryerson **TIX:** \$10 adult \$5 external student **INFO:** 542-5500 / <http://www.acadiau.ca>



Denise Wade
Investment Advisor

24 Harbourside Dr, Unit 8
Wolfville, NS B4P 2C1
Tel: 902-542-1818

26 Aberdeen St
Kentville, NS B4N 2N1
Tel: 902-678-4267

denise.wade@nbpcd.com

BMO Nesbitt Burns
Making money make sense®

© "BMO (M-bar roundel symbol)" is a registered trade-mark of Bank of Montreal, used under licence. © "Nesbitt Burns" is a registered trade-mark of BMO Nesbitt Burns Corporation Limited, used under licence. BMO Nesbitt Burns Inc. and BMO Nesbitt Burns Ltée are indirect subsidiaries of Bank of Montreal. If you are already a client of BMO Nesbitt Burns, please contact your Investment Advisor for more information. TM/© Trade-marks/registered trade-marks of Bank of Montreal, used under licence. Member-Canadian Investor Protection Fund

Pure Hair Design Studio

Hours
Monday 10:00-5:00
Tuesday -Thursday
10:00-7:00
Friday 10:00-5:00
Saturday & Sunday
Closed

Walk-ins Welcome!

Janice Hall Nichols
Master Stylist/Hair Designer
902-542-2726
438 Main St.
Wolfville, NS
purehair@eastlink.ca

Janice would like to welcome Old and New Clients to her new location at 438 Main Street, in Wolfville. Please stop in and check out her new Salon.

Pure Hair, Inspired by Nature, with Flair!

SAGE Energy

power everything. wisely.

PO Box 338
40 Water Street
Windsor, NS. 902.799.1047
www.SAGEenergysolutions.ca

ecLoTHES

Tues Sept 27, 2011
World Trade and Convention Centre, Hfx, NS

ecLoTHES SUSTAINABLE FASHION SHOW & TRUNK SALE

WHAT:

ecLoTHES is a Gala Runway Show and Retail Trunk Sale showcasing sustainable Canadian Clothing and Accessories Designers

WHEN:

Tuesday September 27th, 2011
Trunk Sale opens 4:30 pm
Runway Show starts at 7:00 pm

For more info and tickets visit: eclothes2011.ca
\$10 off ticket price by entering this promo code: CAT234

Valley Stationers Ltd.

Call us:
678-6106 or 800-565-2605

Or Visit us Online:
valleystationers.com (shop on-line)

"Locally Owned & Operated
in Nova Scotia Since 1962!"

AM
MUIR MURRAY
— SMALL WORLD —

Only moments left to enjoy gastronomical delights at The Perfect Blend Tea Room. We are open Wed - Sun 11am to 4pm with daily specials and Mahone Bay Teas. We close for the season on Sunday October 9th at 4pm. We look forward to seeing you soon!

90 Dyke Road, Wolfville, Nova Scotia
www.muirmurrayinteriors.com

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:

GUITAR LESSONS: Learn your favourite songs with helpful tips and tricks used by the pros! Lessons are 30 or 60 min. All ages and skill levels welcomed. Start strumming today! **INFO:** Matt 697-2495 / MatthewMartinGuitar.com

GENTLE YOGA: Thursdays, beginning Sept. 22nd, 1-2:30pm @ Gaspereau Valley Elementary School w/ Sophie Bérubé. Anusara inspired, safe, relaxing exercises to increase flexibility, stamina and strength. We use chairs and props to minimize the impact on joints. Space is limited; please pre-register. **TIX:** \$42/6 weeks **INFO/Reg:** gaspereau.rec@gmail.com / 542-7304

FOUR SEASONS OF HERBS: A Year-Long Course: w/ Amanda Dainow, starting Fri. Sept. 30th from 7-9pm, and Sat. 10am-4pm, & one weekend a month after that. Learn how to use herbs through the seasons, herbal remedies, harvesting/preserving, holistic nutrition, & more. **TIX:** \$750, or \$650 for students enrolling before the course starts. **INFO:** 538-3662 / amanda@singingnettles.ca / www.singingnettles.ca

PORTFOLIO PROGRAM FOR TEENS: Begins Oct. 2nd for 8 sessions @ Ross Creek Centre for the Arts, Canning. This program gives you everything you need, including a tour of the Nova Scotia College of Art and Design and critique of your portfolio with Prof. Gene Daniels. **TIX:** \$250 tax incl., some materials & transportation to NSCAD provided. **INFO/Reg:** 582-3842 / education@artscentre.ca

THEATRE FOR TEENS: Begins Oct. 2nd @ Ross Creek Centre for the Arts, Canning. Work at becoming an actor under the expert guidance of Two Planks and a Passion Theatre's Ken Schwartz. Scripts, improv, physical theatre & more, to develop a unique voice. Special instruction & projects for those wishing to audition for

theatre school. **TIX:** \$250 tax incl. **INFO/Reg:** 582-3842 / education@artscentre.ca

WORKSHOPS:

HERBS FOR MENTAL HEALTH: w/clinical herbalist Amanda Dainow. Thurs, Sept. 22nd, 7-9pm @ Beverage Forum, Acadia Student Union Building. Covering the safety of herbs, mental health conditions (stress, depression, anxiety), support someone during bullying & use of flower essences for emotional/behavioral issues. **TIX:** \$10 **INFO:** 538-3662 / amanda@singingnettles.ca / www.singingnettles.ca

LEARN HEALTHFUL EXERCISE TO FEEL CALM & ENERGIZED: Sept. 27th, 7:30-8:30pm, Wolfville Area. One-hour FREE workshop of Shibashi Tai Chi Qi Gong w/relaxation meditation. Also introductory workshop Sat. Oct. 11th, 11am-4pm. Reserve your place! **TIX:** \$50, **INFO:** linzalmartin1988@gmail.com / www.feelgoodzone.com

GRIEF & THE LOVE OF LIFE: w/ Stephen Jenkinson. Fri, Sept. 30th & Sat, Oct. 1st, 9:30am-3:30pm @ Clark Commons Upper Level, Acadia. A workshop for everyone: caregivers, hospice, palliative care, nursing, doctors, home care, social work, counseling, clergy, volunteers, administrators and especially for dying people, their families and friends, and those who long for a better day. **TIX:** \$285 **INFO:** terry.lane@acadiau.ca / 585-1246

TRAVEL WRITING INTRO: /w Christy Ann Conlin. Wed, Oct. 5th, 1-4pm @ Prescott House Museum, Port Williams. Write a compelling travel piece and how to find publications for your stories. **TIX:** \$45 **INFO/Reg (by Oct. 3rd):** Diana 542-3984 / baldwidj@gov.ns.ca

NATURALLY NOURISHING WORKSHOPS: Nutritional info, guidance, recipes & taste testing. Quinoa - Oct 13th, 6:30-8:30pm. Learn to cook with this nutritional supergrain!

Beans & Legumes - Oct 20th, 6:30-8:30pm. Learn how tasty, versatile & nourishing they can be! Kale - Oct 27th, 6:30-8:30pm. Nutrient rich, tasty & so good for you! **TIX:** \$35 each/ \$100 for 3 **INFO:** MaryBeth wellness@marybethmilesrhn.com

CONQUERING YOUR SELF-DEFEATING BELIEFS: w/ life coach Susan Carey. Nov 17th, 7-8:30pm @ St. Joseph's Church, Kentville. Turning Point Personal Coaching Solutions helps you to discover what you believe to be true about yourself **TIX:** Free-will offering **INFO:** 684-9068 / susan@turningpointchangestartshere.com / www.turningpointchangestartshere.com

GENERAL:

HARVEST DINNER & SILENT AUCTION: Fri, Sept. 30th @ St. Johns Parish Hall. Enjoy a delicious 3-course meal! Advance tickets only. **TIX:** \$20/ person **INFO:** 542-5944

MENTAL ILLNESS AWARENESS WEEK: Oct. 2nd-8th. 1 in 5 Canadians lives with mental illness. Common and treatable, many do not get help because of stigma. See individual stories of diagnosis, treatment & recovery on website. Recovery Is Possible. **INFO:** www.miaw.ca

CALL OUT FOR PUMPKIN IDOL PERFORMERS: Singers/songwriters, solo or duo instrumentalists, sign up now for Windsor's Pumpkin Idol, Oct. 8th @ Windsor's Victoria Park. Categories: Junior (16 & under), Senior (17 & older), & Original Songs. Deadline is noon, Oct. 1st. **TIX:** \$10 **INFO/Reg:** Heather, hens.uniforms@eastlink.ca & Wendy, readershaven@eastlink.ca

KINGS-KIKIMA GRANNIES PRE-CHRISTMAS SALE: Fri, Oct. 28th, 10am-4pm @ Wong Centre, Acadia. Early Christmas shopping for previously-loved jewelry! Donations of jewelry are also always welcome **INFO:** Betsy 542-7591

PEER COUNSELING TRAINING FOR ADULT SURVIVORS OF CHILDHOOD SEXUAL ABUSE:

Feel that you have progressed sufficiently in your recovery that you are able to assist others in healing? Survivors of Abuse Recovering Society is offering a free 18-week peer counseling training. **TIX:** Free **INFO:** 365-1701, Ext. 2861 / training@survivorsofabuserecovering.ca

BREAKTHROUGH ATHLETICS AT ACADIA UNIVERSITY:

Leadership Program pairs an Acadia University athlete with a youth who will attend varsity games with their buddy & be educated on the health & fitness, student lifestyle, and dedication to excellence that are required to be a successful athlete. Interested? See article page 7. **INFO:** Tiffany t.james@breakthroughathletics.ca / Facebook "Breakthrough Athletics (Acadia)"!

CALLING YOUNG ARTISTS:

CentreStage Theatre is looking for youth interested in displaying their artwork during the run of Munsch at Play. Draw a picture of your favourite Robert Munsch story, and we will display it in the lobby. Artwork due by Oct 10th **INFO:** centrestage@centrestagetheatre.ca.

DOWNSIZING SALE: Oct 1st & 2nd, inside Apt # 1, Crescent Dr., New Minas. **INFO:** margotwithat@hotmail.com



Mud Creek
GRILL AND LOUNGE

Wednesday Thursday
Open Mic Karaoke

12 D Elm Ave, Wolfville | 697 3500



143 Gerrish St Windsor
www.tommyguns.ca
798-0124



HIP BIKES

Electronic Bicycles: Sales | Rentals | Tours www.hip-ebikes.com

698 2648



Heirloom Tomato Pasta

Sometimes the simplest things are the best. You could stand all day at the stove, stirring a simmering pot of tomato sauce. Or you could whip this up in the time it takes to boil the water for your pasta. Of course, you need some really flavourful tomatoes. You can find some great old-fashioned tomato varieties at most nurseries if you're up for growing your own, or you can buy a mix of tomatoes at a farm market (or even at the

grocery store). This is a great use for ugly or less-than-perfect tomatoes since you chop them all up anyway. The inspiration for this recipe comes from pasta genius Ross Patterson, aka *The Noodle Guy*. Ross worked as a waiter in the early days of Union Street Cafe but he couldn't keep his nose out of the kitchen and we just loved him for it. If I remember correctly, his version included a touch of anchovy.

What makes this particular sauce so unusually delicious is that the tomatoes are essentially raw. Barely cooked by the heat of the pasta, their sensual flavours bloom. When I made this for myself last week, I added some fresh herbs that I collected by flashlight from my ridiculously overgrown garden and left out the anchovies because I didn't have any. Locally grown, quality garlic will certainly make this all the better.



UNION STREET
Café

and the
Wick Pub

183 COMMERCIAL ST, BERWICK
WWW.UNIONSTREETCAFE.CA

Heirloom Tomato Pasta for 2

1 lb. mixed ripe tomatoes, cut in 1" pieces (halve any cherry tomatoes)
2 T. extra virgin olive oil
1/4 t. Salt
1 juicy clove minced garlic
2 T. slivered red onion
2 T. chopped fresh basil
2 T. chopped fresh parsley
1/2 of a 375 g. box whole wheat spaghetti or spaghetti
Freshly ground pepper and parmesan cheese, for serving

Combine the tomatoes, oil, salt, garlic, onion and herbs in a bowl. Meanwhile, bring a large pot of salted water to a boil and add the pasta. Cook until just tender, then drain. Put the tomato mixture into the still-warm pot, then add the hot pasta. Return to the turned off burner for a moment before tossing the whole glorious mess together. Divide between bowls, adding generous grinds of pepper and Parmesan cheese to each serving.

Herbs for Sore Throats

It's that time of the season when the temperatures are quite erratic, our clothing choices may not be warm enough for the cooler temperatures, our lives speed up after the lazy summer season, & the resulting stress can weaken our immune systems quite dramatically. Fall colds are very common & they often begin with the feeling of knives in the throat. Often, if we address the symptoms at this stage with herbs, healing foods/drinks, & rest, we can stop them from going any further.

Oil of Oregano: This is a commercial product found in health food stores. It is made with a specific wild species of oregano - not the common garden variety - in a base of olive oil. It is on the expensive side but a little goes a long way. The dosage is usually 1-5 drops 3 x day. Since it is very strong & spicy, my favourite way to take the drops is on a spoonful of honey, which is also soothing to the throat. Oil of Oregano is the very best natural antibiotic product with which I have worked.

Slippery Elm: This plant is one of the "demulcent" herbs, meaning it forms a gluey coating that soothes inflamed tissues. Slippery Elm can be purchased in its bulk powder form. There are many on-line recipes for making your own lozenges with the powder, or you can buy them pre-made at health food stores.

Sage: Ever had laryngitis? Herbalist David Hoffmann recommends gargling with Common Garden Sage: "Put 2 tbsp. of sage leaves into 500 ml cold water & bring to a boil. Cover it & let it infuse for a further 10 minutes. Reheat the mixture whenever needed & gargle often".

~ Angie Oriana Jenkins is the proprietor of Sister Lotus Body Care Products, Belly Dance, & Herbal Education. She is available for herbal consultations in her home office & will answer quick questions at her booth at the Wolfville Farmer's Market. For more info: www.sisterlotus.com, 680-8839

CAN I DO THOSE YOGA POSTURES?

Starting anything new brings up questions, can I do it well, will I look silly or wrong and what should I wear?

No one wants to be the only one who can't do it. One of the great things about yoga is that with a compassionate teacher these questions quickly fade away. In fact, in most classes students are not all doing the exact same thing. Our bodies, flexibility and strength differ, so we do postures our own way.

Few of us were brought up doing yoga postures, so of course our bodies are not used to them. For us doing a posture "well" is more about alignment and not overstretching than it is about looking like anything specific. While there are teachers with a more athletic approach, most concentrate on well being.

As for what you wear, it is like anything else, you can go for fashion or functionality, so just wear what you can move easily in.

Submitted by Inner Sun Yoga Studio

COPPER FOX GALLERY

HALL'S HARBOUR



Where the finest
Nova Scotia artists gather!

4059 Hwy 359 • Tel 902 679 7073
www.copperfoxgallery.com

Scott Brison, M.P.



Suite 12, 360 Main St.
Wolfville, NS, B4P 1C4
902-542-4010

kings.hants@ns.sympatico.ca
www.brison.ca

Ivy Deck Garden Bistro, Crêperie & Bakery

Delicious Savoury
& Dessert Crêpes

Enjoy Gluten-Free
& Vegan choices
throughout our menu

Tiny Gourmet Heaven

- Cupcake Heaven in Wolfville!
- Incredible Edible Cinnamon Buns
- Middle Eastern Delights... and more

Eat-in • Take-out
Licensed • Catering
8 Elm Avenue, Wolfville, NS
(902) 542 1868

www.ivydeckbistro.ca

Pie r Squared

"Tapas of the Valley" now available at the Wolfville Farmers' Market 697-2502 www.pie-r-squared.com

EXHIBITS

Brought to you by



The Designer
DESIGNERKENTVILLE.CA | 902.365.3322

I Shot Nature by Christie Lyn — CentreStage Theatre, Kentville • Lyn's photographs our natural environment, often from an unnoticed perspective. Her images remind us of how precious and complex life can be. **INFO:** 670-7911 / www.centrestageattheatre.ca

Miniatures — Copper Fox Gallery, Hall's Harbour, until Sept 25th • Art comes in small at Copper Fox for the summer months! Easy to travel with, affordable, an amazing opportunity to shop for your loved one! See ad page 17. **INFO:** 679-7073 / www.copperfoxgallery.com

Susan Malmstrom: Fortune Seeking — Acadia Art Gallery, Beveridge Arts Center, Acadia, until Sept 25th • Still life photography inspired by twenty years worth of paper fortunes. **INFO:** 585-1373 / gallery.acadiau.ca

Mysterious Meadow: Paintings by Fabienne Leydecker — Designer Cafe, Kentville, until September 29th • "I see art as the visible soul of the artist. I paint my vision with colour and light, allowing the viewer to add their own imagination to their interpretations. It becomes a partnership." **INFO:** 365-3322 / www.designerkentville.com

100 Years — Jack's Gallery, Back lobby, Acadia Cinema, Wolfville, until the end of September • An extensive collection of memorabilia depicting the history of many performances and events that took place in the various venues that have been on the site since 1911. **INFO:** jacksgallerywolfville@gmail.com

Trees by Sanna Rahola & Mainly Metal by George Walford — Harvest Gallery, Wolfville, until Oct 2nd • **INFO:** 542-7093 / www.harvestgallery.ca

From Where I Stand: Bob Hainstock — Harvest Gallery, Wolfville. Thursday, October 6th at 7pm until Nov 19th **INFO:** 542-7093 / www.harvestgallery.ca

Field Work by Gerald Beaulieu — Ross Creek Centre for the Arts, Canning, until Oct 28th • Walk through a plot of life-size cornstalks in the gallery and find surprising sculptures on the other side. **INFO:** 582-3842 / www.artscentre.ca

New Work by Ron Hayes — ArtCan Gallery & Café, Canning • See ad page 20 **INFO:** 582-7071 / www.artcangallery.com

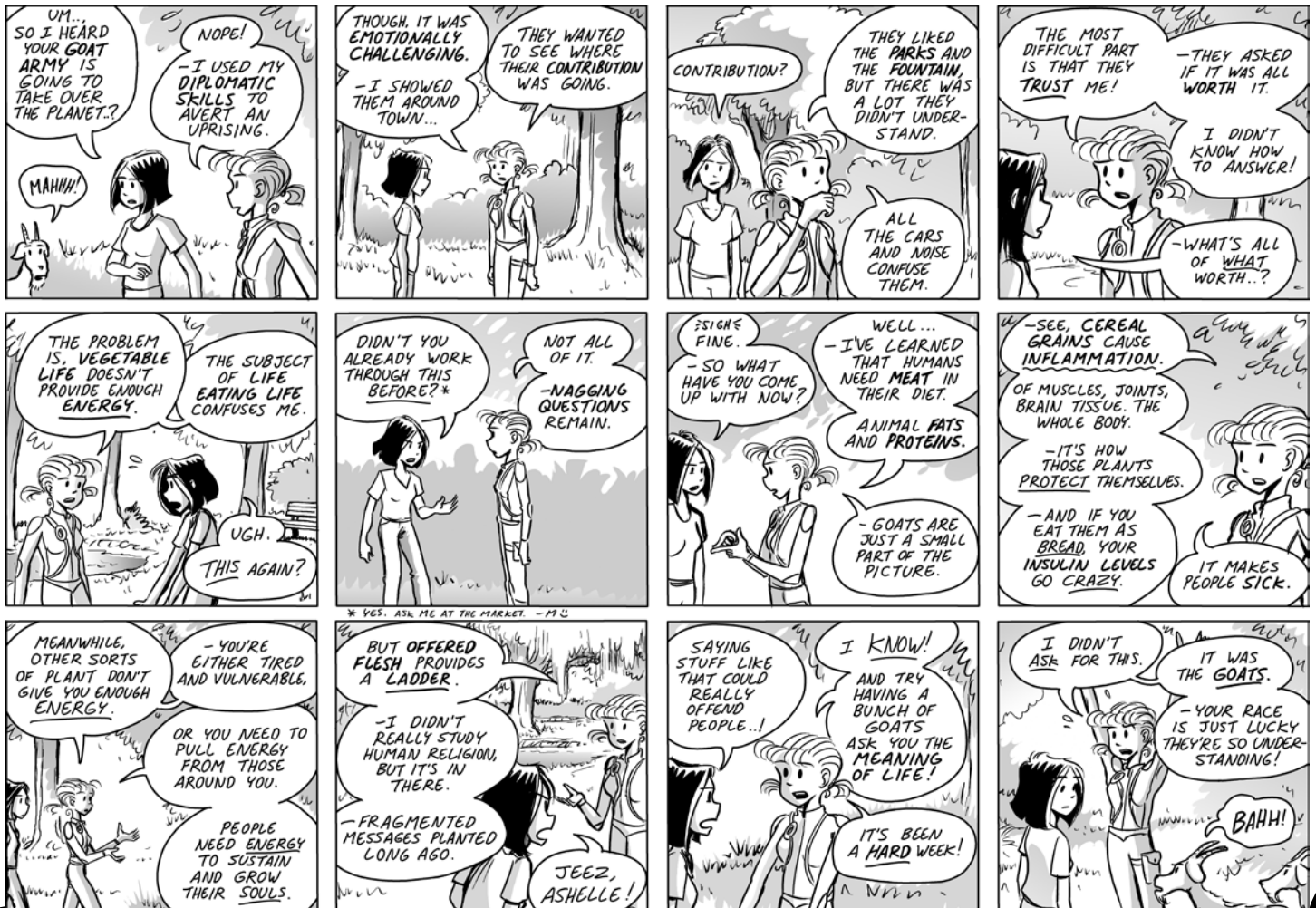
TWO PLANKS RAINY DAY FUND

Two Planks Rainy Day Fund has good news: we are almost to our goal with two weeks left in the campaign, and still have seats left for our special reception for the first 120 people to donate more than \$100 (or give 8 hours of volunteer time this month). The response has been wonderful and Artistic Director Ken Schwartz is touched and thrilled by the support. Over \$16000 has been raised to help offset the weather-related losses and to help us prepare for next season's production of Lysistrata.

There is still time! You can visit www.twoplanks.ca to get the information or you can donate through our secure server, or call 582-3073. If you have already made a donation, please accept our gratitude.

Chris O'Neill, Executive Director
Ross Creek Centre for the Arts

STARDROP by Mark Oakley: www.iboxpublishing.com



Who's Who: Jean Kelly – She's out of Sight!

When Jean Kelly approached me last week to take on the lead role in her newly directed play *Out of Sight...Out of Murder*, I was very excited to accept, until I found out that I only had four days to rehearse and be prepared to open the show at Centrestage. Jean believed I could do it, pushed me, and supported me and the other cast members, and she's created one fun theatrical experience. I think her kind of organization, perseverance, and dedication needs to be highlighted, so now it's time for Jean Kelly to take Centrestage!

Jean Kelly (same pronunciation as the actor but Jean's much prettier) was born in Moncton, NB and moved to the valley in 1994. She still calls Moncton her home base as all of her family live there but the valley is a "great substitute". The same autumn as Jean's arrival to the valley, she luckily became acquainted with CentreStage Theatre in Kentville and participated in her first production in 1995, "The Supporting Cast", and that solidified her love of our local community theatre. Jean has been involved with community theatre for 25 years and her initial goal was to direct a play and she got her wish in 2002 when she co-directed "First Love". Jean feels the title well expressed her feelings about live theatre as "it is difficult to

explain the soar that happens within my heart when a play begins to come together". Jean is currently directing "Out of Sight...Out of Murder", being performed at CentreStage, in Kentville for the month of October. This Fred Carmichael murder mystery-comedy has been a very entertaining and rewarding experience for Jean and she thinks audiences will really enjoy themselves.

Jean works with Acadia University at Access Services in the Vaughan Memorial Library which involves providing assistance to the Acadia community and public with Library Resources and giving general information—basically helping in any way she can stating "I love providing good public service and find it very gratifying especially when customers are satisfied". Besides theatre Jean has many hobbies, all revolving around her passion for the arts and her great love of working with others. For Jean, it's all about creativity: whether it's cooking a meal, planning a party, acting in or directing a play, she loves to utilise her artistic side. Jean also continues to grow and learn by participating in Acadia's Recreation Management courses through the university's Life Long Learning program. The flexibility of this program, which Jean says is one of Acadia's gems, gives her the time necessary to balance plays, life and education and she finds she is



most inspired and happiest working within its realm. Artsy, creative and always looking for a way to artistically express herself... I think Jean is living in the right area! Jean, my latest director ... you are Out Of Sight!

~Mike Butler

Run For The Cure Walk/Run 1k or 5k, Oct 2, 2011, Acadia University Athletic Complex, Wolfville

SCHEDULES:

9AM - Final Registration/Donation Drop-off

9:45AM - Opening Ceremonies

10AM - Warm-Up 10:45am Start of Run

11:45AM - Awards Celebration

• To find a Run for the Cure event location near you, to register, volunteer or donate visit www.cbcf.org/ www.runforthe cure.com

• Breast cancer has the second highest mortality rate for all cancers.

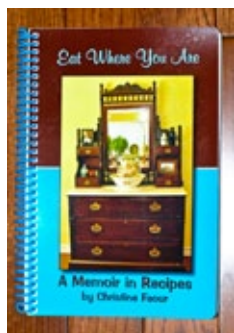
• In 2011, an estimated 23,400 women and 190 men in Canada will be diagnosed with breast cancer

• On Sunday, October 2, Run, walk and give generously. Who are you running for?

• Visit cbcf.org to learn more or susan.markham@acadiau.ca

EAT WHERE YOU ARE

Have you ever visited Newfoundland and returned home wanting to try some of the wonderful foods you ate there? Did you wonder what a touton was? Ever eat hommous, or tabouli and wondered how to make those and other Lebanese dishes such as Baklava, Nammura or Kafta? How about Quebec cuisine? While the rest of the country is dining on turkey dinner at Christmas, what are Les Quebecois eating? What is the secret to good Poutine? These questions and many more are answered in this very different cookbook/memoir.



Born and raised in Corner Brook, Newfoundland into a Lebanese family, Christine has developed an eclectic cooking repertoire. From her Newfoundland and Lebanese roots, she left Newfoundland and raised her own family in Deux Montagnes, Quebec where she learned to cook some of the popular French Canadian "plats de resistance". While her three sons were still very young, she started homeschooling them and cooked wholesome, make-ahead recipes that suited a busy lifestyle.

Here you will find a compilation of recipes and stories from those years as well as some of her family's favorites both past and present. This book also reveals the incredible story behind Christine's famous Divorce Fudge.

Christine Faour Jones • christinefaour@bellaliant.net • Blog: christinefaour.wordpress.com

Get your copy of the book at Horton and Central Kings craft shows in Oct, and the Somerset show in Nov.



Fundy Film Society
The world's best films in Wolfville
films subject to change without notice

The Whistleblower
Sunday, Sep 25: 4 & 7 p.m.

The Trip
Sunday, Oct 2: 4 & 7 p.m.

Forks over Knives
Wednesday, Oct 5: 7 p.m.

Al Whittle Theatre
542-5157
www.fundyfilm.ca **tiff.365** film circuit
www.facebook.com/fundyfilm

SCOTIAN HIKER

There's no place like home to roam.



TRIVIA

www.scotianhiker.com

- 1 What community bills itself as home to Tiger Warrington, Canadian Boxing Champ?
- 2 What was the last ship built in Kingsport, Kings Co.?
- 3 Comedian Ron James attended which NS university?
- 4 What destroyer was scuttled off Lunenburg in 1994 to make an artificial reef?
- 5 On July 1, 1867, Nova Scotia was Canada's wealthiest province. True or False?

SOLUTIONS:

1. Western Head, Queens Co. 2. F.B. Greene (two-masted schooner, 1929). 3. Acadia University. 4. HMCS Saguenay. 5. True

HOPPY HOUR
Every Night—9pm to close
Paddy's Microbrewed Draft
\$3.69/14oz glass +HST
Wolfville, 460 Main St.

The Grapevine

Brought to you by Jeremy Navak, Jocelyn Hait with contributions by Mike Bulter, Manda Mansfield, Lisa Hammett Vaughan & Monica Jorgensen.
Printed at the Acadia Print Shop 585-1129



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

• Don't want to miss a Grapevine? Subscribe for \$2.00 an issue.

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

Thank you for the deliveries:



We encourage submissions of: Cover Page Banners, Random Acts of Kindness, Events and articles



Margaretsville Lighthouse - Photo by Audrey Leclaf

RANDOM ACTS OF KINDNESS

Brought to you by: Daniels Flower Shop Ltd. 40 Water St, Windsor
798-5337 WWW.DANIELSFLOWERSHOP.COM

What is guaranteed to bring a smile to anyone's face? For us it was last week, when the doorbell rang and there stood two lovely ladies bearing cake!

The elder lady introduced herself and her granddaughter; she just lived down the road. The granddaughter had visited from Toronto and the previous evening's farewell party had been great. There was cake left

over and this friendly neighbour thought of us. Jakob, Keith and I were touched by her thoughtfulness. The cake was just delicious, especially the cream cheese icing.

Thank you so much for thinking of us!

Burnside House - a L'Arche Homefires home.

~Birgit

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

Footer Ads: \$25 an issue, min. 4-issue commitment

Submission Deadline for Oct 6th issue, Oct 4th

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 Out

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 Café, Aspinall Studios. Windsor - Mae's Place Music, Yum Bakery, T.A.N. café. Hantsport - R & G's Family Restaurant, Ship's Landing Berwick - Black Trumpet Café, Kate's Pantry, Rising Sun Café, Drift Wood Kentville - Designer Café. Hall's Harbour - Copper Fox Gallery

BILLY BOB'S
PIZZA
542-1111
WOLFVILLE

2 Medium Donairs \$10.50 + tax
Large 16" Pizza w/Works \$14.99 + tax
(Pick-up or delivery)

Wolfville's GRAVELY GHOST walks
A HISTORICAL PRODUCTION
Thursday, Sept 29th @ 8:30pm
Sharp! Adults \$12, Students \$6
Please pre-book, space limited
jeremy@wolfvillewalkingtours.com
692-8546 (family friendly)



Café and Gallery

Fair trade coffee and desserts
Monday to Saturday, 10 to 5
9850 Main St., Canning · artcan.com

Tide Predictions at Cape Blomidon

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

Sept	High	Low
22	8:33am**	2:39pm
23	9:33am	3:41pm
24	10:30am	4:39pm
25	11:23am	5:32pm
26	12:13pm	6:23pm
27	1:01pm	7:11pm
28	1:48pm*	7:58pm
29	2:35pm	8:20am
30	3:23pm	9:07am
Oct		
01	4:13pm	9:56am
02	5:05pm	10:47am
03	6:01pm	11:42am
04	7:01pm	12:41pm
05	8:04pm	1:44pm
06	8:40am	2:49pm

* Highest High: 45.3 feet
** Lowest High: 34.8 feet