



Banner made by Jocelyn Heath

Issue  
No 3. 69

# The Grapevine



February 2 - 16, 2012

COMMUNITY • AWARENESS • INVOLVEMENT

This is one of 1500 issues!

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*Who's this Wild Thing?*  
*Find out on page 15*

## Furry Feature:

**DAISY DUKE.** 5-6 years old.



Daisy Duke is a lovely girl who is looking for a home with people to love and spoil her for the rest of her days. She would prefer to be the

only cat in the home. Unfortunately Daisy came to us because her owner could no longer keep her. She has been here since 2010 and is patiently waiting for the right someone who needs some kitty love in their life.

Wolfville Animal Hospital,  
Dr. Peter Bligh, 542-3422

**UPDATE: COPPER NOT ADOPTED**



Visit [kingsspa.com](http://kingsspa.com) to view other profiles or call 538-9075.

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[www.bridgethavercroftimages.com](http://www.bridgethavercroftimages.com)

## Bringin' the Rock of AC/DC back to The Valley!

Whether you like them, love them, or you're just too afraid to admit it, everyone has tapped their toes to an AC/DC song. North America's #1 AC/DC Tribute, DIRTY DEEDS, are coming back to The Valley after a 2-year absence with Smokin' Entertainment bringing them to Dooly's, New Minas on Friday, February 10th.

DIRTY DEEDS have built a grand following in The Valley and attracted over 10,000 people to Memorial Park in Kentville for Apple Blossom 2009 and 2010. When they weren't there last year, the public made it clear that they wanted the boys back. So back they will be, "Back in Black" to be exact.

They are bringing their cannons, their huge bell and a full slew of raunchy Rock classics, so fans of AC/DC are in for a night of fun, cheap drinks (\$2.50 beer/hi-balls) and a load of their favourite AC/DC songs, done by the best thing next to the real thing.

Tickets are available at: Everlasting Ink (New Minas), Fanfare (New Minas), Dooly's (New Minas), Moe's Music (Windsor), Mama Sofia's Pizzeria (Kingston) & Box of Delights (Wolfville). Limited amount of advance tickets 2 for \$25 or \$15 each, \$20 at the door...but there's a good chance it'll sell out. There will be lots of prizes, including weekend passes for 2 to SMOKIN' BLUES FEST 2, Everlasting Ink tattoos, Spa packages and much more. \$2 off at the door with a food bank item. For more info: 691-4747 / [smokinentertainment@hotmail.com](mailto:smokinentertainment@hotmail.com)

IT'S BEEN WAAAAY TOO LONG.....  
**SMOKIN' ENTERTAINMENT PRESENTS...**

**A DIRTY DEEDS VALENTINE'S**

**FOR LOVERS OF AC/DC**  
"CANADA'S #1 AC/DC TRIBUTE"

**FRIDAY, FEBRUARY 10TH**  
**DOOLY'S NEW MINAS**

TICKET INFO	AMAZING DRINK DEALS
<b>EARLY BIRD SPECIAL</b> 2 FOR \$25 / \$15 EACH (limited amount available) <b>AT THE DOOR \$20</b> (\$5 off with food bank item)	<b>\$2.50 BEER / HI-BALLS</b> <b>\$3.00 SHOOTERS</b> <b>\$4.00 COOLERS \$10.00 JUGS</b>
<b>LOCATIONS:</b> - Dooly's (New Minas) - Everlasting Ink (New Minas) - Fanfare (New Minas) - Moe's Music (Windsor) - Mama Sofia's Pizza (Kingston) MORE INFO 691-4747	<b>LOTS OF PRIZES</b> 2 weekend passes to SMOKIN' BLUES FEST 2 \$200 tattoo from Everlasting Ink (Best Rock tattoo) \$50 Dooly's Gift Card \$100 Spa gift card (Hottest Rocker Chick) Plus lots more...

Poster by Aaron McKinley and Smokin' Jay

Open Monday to Friday  
from 7:30am - 3:30pm  
for breakfast and lunch.  
Also open Thursday & Friday  
evenings from 5:30 pm - 7:30pm

February 2nd & 3rd:  
featuring an Italian menu.  
February 9th & 10th:  
featuring a Mexican menu.

*Reservations strongly recommended*

McGill's Cafe | 18 Kentucky Ct, New Minas | 681-3225

### Valentines - a Very Special Season

Make this a year to remember by bringing that special person in your life for Valentine's Dinner at the Blomidon Inn!

Valentine's Season Dinner's are served at the Inn from Feb 10-18th. See the menu on our website.

[www.blomidon.ns.ca](http://www.blomidon.ns.ca)

902 542-2291

# Should Governments Support Wikipedia?

On January 18, Wikipedia staged a service blackout to raise awareness about SOPA. We have become so dependent on Wikipedia for information that few people did not encounter the blackout message. This dependence brings to mind another Wikipedia notice we see frequently - the donation request.

Over their 2010-2011 fiscal year, Wikipedia cost \$17.9 million to run. They managed this year to make more than that in donations; however, I would argue that governments should provide donations or at least insure against donation shortfalls. If we use this resource so heavily, then surely our governments should help ensure its ongoing existence.

One problem with justifying funding for Wikipedia is the same for almost any public good - what is its value? That is a very problematic question to answer.

On the surface, one might estimate its value as the cost of providing a high quality, complete

encyclopedia to all people with access to Wikipedia. The Encyclopedia Britannica costs \$1395 USD for a full set. If we estimate using only the population of the US and Canada, we get a value of \$479 billion.

That's a great return on investment, isn't it?

But this number is a little absurd. First, it assumes everybody is willing and able to pay \$1395 for the resource. How many low-income families could afford \$1395 for a set of encyclopedias? How many others would choose to?

Second, it assumes that how much people are willing to pay for something is also the value they find in having it. A diamond has little use, but is very expensive. Water is essential to life, but one would not pay high prices for it. \$1395 is an amount enough people are willing to pay to return a sufficiently high level of profit for the company. It is not an actual representation of the usefulness of the product.

So, it comes down to cost and benefit.

To place an up-to-date encyclopedia in all public libraries in Canada and the US, it would cost \$27.7 million per year. To place a copy in everyone's hands would be \$479 billion.

Governments should help Wikipedia by insuring its shortfalls. At some small portion of \$17.9 million, it would cost far less than the other options, and would have more content and accessibility. In the meantime, if you can easily afford to, donate and help everyone continue to have access to this valuable resource.

~Duane Curry



## FARMWORKS



Having worked on agricultural policy for several years, I believe that the most important elements that must be dealt with are new entrants to agriculture and access to capital, and those two go together. Where can we find the support for those elements?

FarmWorks Investment Co-operative Limited is a community-based way to support those elements while building capacity throughout the food system. FarmWorks' mandate is financial support and mentorship and it's kind of like the spark plug that gets the engine going - the energy and entrepreneurship of young people are the fuel that will keep

the system running.

FarmWorks is also helping to create the atmosphere - through education and raising awareness - that will engage young people and help them find the entry points. Our communities and our rural areas are eroding - the loss of farms, schools and local businesses are the physical expression of the less-visible social impacts. New entrants, in financially-sound food sectors, will be part of the solution for rural Nova Scotia.

FarmWorks is a spark of innovation in a time of need, and gives us an opportunity to invest in ourselves. It provides one of the best opportunities we have to harness the strengths of citizens right across the Province to support a culture of economic, social, and environmental sustainability, while at the same time providing significant tax benefits for that

support. As Chair of FarmWorks, I encourage you to help provide that spark.

~ Richard Melvin

### MORE INFO:

Investing: Shares (\$100 each) in the FarmWorks CEDIF will be invested in farms and food production. Investments are eligible for a 35% Nova Scotia non-refundable Equity Tax Credit (may be carried forwards 7 years and backward 3 years) and for RRSP tax deferral. The investment is eligible for further Equity Tax Credits of 20% and 10% at the 5 and 10 year investment anniversaries, respectively provided the conditions described in the Offering Document are met.

The next information sessions are: Thursday, February 2<sup>nd</sup>, 7pm @ Perea Baptist Church, Monday, February 6<sup>th</sup>, 7pm @ Just Us! Cof-

feehouse Halifax and February 7<sup>th</sup> in Tatamagouche.

Board members include: Richard Melvin, Ann Anderson, Alison Scott Butler, Stephen Anderson, Carol Harris, Mark Parent and Sarah Story. Linda Best is the secretary-treasurer.


For more information contact: Linda, 542-3442 / lbest@ns.sympatico.ca or Ann 542-0572

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 brenda@gasperEAUvalleyfibres.ca  
 www.gasperEAUvalleyfibres.ca  
Photography: Ernest Gaudet

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

16<sup>TH</sup> ANNUAL *Hearts ON ICE* ANNUAL SKATING PARTY AND FUND RAISING EVENT



"HELPING PEOPLE WITH HEART DISEASE BUILD HEALTHIER FUTURES"

Sunday, February 12, 2012  
2:00-4:00 pm  
Acadia University Arena

For more information or pledge sheet please contact Valley Cardiac Rehab Society (902) 679-2657 ext 2618

On Feb 12<sup>th</sup>, 2 -4 PM, the Valley Cardiac Rehab Society will host the 16<sup>th</sup> annual Hearts on Ice at Acadia University Arena. This Family skating party is a great opportunity to celebrate winter and Heart Month. Come enjoy the free skate, Broom Ball championship, Frozen Turkey Races, and refreshments. Pledge sheets for this Fundraiser can be obtained by calling 679-2657 ext 2618 or donation made at the door.


NIGHT KITCHEN Sat Feb 4 2012 8pm - 10pm

**Incomparable** AL WHITTLE THEATRE (450 MAIN ST. WOLFVILLE)

Mark Bezanson	Oliver Lund & Bheagh Bauer
Alex Hickey	Dead Sheep Scrolls
Alex MacDonald	Jenny MacDonald
Amber Rowe	Liam Potter
Ariel Boesener	Matt McFarlane
Ava Piell	Micah O'Connell
Darrell Skinner	Paula Boesener


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

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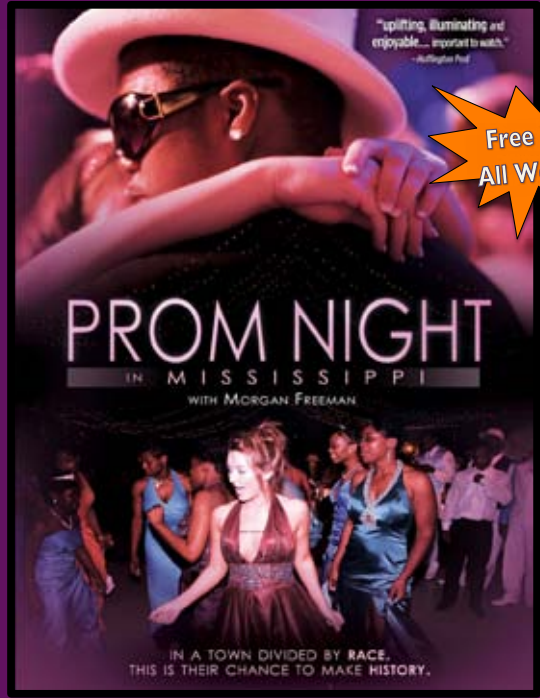


399 Main St, Wolfville  
542-4555  
mainstreetdental.com

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Annapolis Valley Regional School Board's Initiatives in Diversity (AVID) Series Presents the award-winning documentary



Free Event! All Welcome!

Followed by a community discussion with Director Paul Saltzman

**Wednesday, February 8, 2012**

(Windsor, NS) Mermaid Imperial Performing Arts Centre, in conjunction with the Annapolis Valley Regional School Board's AVID Series, will be hosting a screening of the powerful and profound documentary film *Prom Night in Mississippi* followed by a discussion led by the film's director Paul Saltzman on **Wednesday, February 8 at 7:00pm**. Admission is free to all members of the public within the AVRSB.

Saltzman's visit is part of the Annapolis Valley Regional School Board's Annapolis Valley Initiatives in Diversity (AVID) Series, which features guest lectures and presentations on Race Relations, Cross Cultural Understanding, and Human Rights (RCH) related issues. The AVID Series creates tools for inspiration, reflection and action by offering opportunities to engage with diversity issues in a meaningful and challenging way.

The film follows the 2008 effort, led by actor Morgan Freeman, to bring the first non-segregated prom to the high school students of Charleston, Mississippi,

Freeman's hometown. In 1997, he offered to pay for the prom if both black and white students could attend, but the offer was declined. In 2008 he tried again and the offer was at last accepted. The resulting film follows a group of young people who defy old prejudices and successfully stand up for their core values of diversity and inclusion.

Director Paul Saltzman founded an organization called "Moving Beyond Prejudice," whose mission is to "directly and positively impact the attitudes, beliefs and prejudices of students, youth-at-risk and adults" by using the film as a starting point. The director has facilitated the post-film discussions at screenings around the country with powerful results.

The MIPAC screening will begin at 7pm, with the lobby doors opening at 6:30pm. There is no charge for this event. For more information, please contact Mermaid Imperial Performing Arts Centre at 798-5841 or RCH Division of AVRSB at 538-4735.

**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](http://www.ballens.ca)



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

**Shakespeare understood the significance of Valentine's Day:**

*To-morrow is Saint Valentine's day, all in the morning betime, and I a maid at your window, to be your Valentine. Then up he rose, and donn'd his clothes, and dupp'd the chamber-door; let in the maid, that out a maid never departed more. & William Shakespeare, Hamlet, Act 1 O, Scene 5*

**SUGGESTED THEME:**

**What would you recommend from your business that would enhance the upcoming Valentine's Day?**

**Kate's Pantry**

183 Commercial St., Berwick,  
902-538-9405  
[www.katespantry.ca](http://www.katespantry.ca)

I love Coffee, I love Tea, I love the java jive and it loves me!



Kate has been in business for two years, two weeks and 6 days.

**Bluenose II Company Store –**

121 Bluenose Drive on Lunenburg's waterfront, 634-1963 / [www.bluenose2.ns.ca](http://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. Happy Valentine's!

**boso Bamboo Boutique –**

Harbourside Drive (Railtown) Wolfville, 542-7790 / [www.boso.ca](http://www.boso.ca) • We LOVE our customers, and the best way to show our LOVE is with a SALE. Treat your loved one to the softness of bamboo... they will LOVE you for it ;-)

**Sister Lotus Body Care Products, Belly Dance & Herbal Education –**

680-8839 / [www.sisterlotus.com](http://www.sisterlotus.com) • We have lots of lovely gifts for your Valentine Sweetie! For your women....our new Rose Perfume, Rose Cakes Soap, or Chocolate Rose Body/Bath/Massage Oil For your men....Bay Spice Aftershave or Brother Lotus Cologne, perhaps? You can find us at the Wolfville Farmer's Market every Saturday!

**Aspinall Pottery –** 9842 Main St., Canning, 582-7028 / [aspinallpottery@eastlink.ca](mailto:aspinallpottery@eastlink.ca) • Flowers in vases, chocolates on plates and bowls, it's the perfect Valentine match! Aspinall Pottery will be back at the Wolfville Farmers Market in February. The pottery is also available at Saunders Tartans and Gifts, New Minas and at the Canning Studio.

**Abs-o-lute Health Club –**

8934 Commercial St, New Minas, 365-3210 / [www.absolutehealthclub.com](http://www.absolutehealthclub.com) • Come in between Feb. 9th and 14th and purchase a 3-month membership for yourself or a Special Someone and receive a free month for yourself or to give to a Special Someone.

**Apple Valley Driving School Inc.–**

30 Highland Ave, Office 628, Acadia U. Students' Centre, Wolfville, 542-4422 / 698-2332 / [www.applevalleydriving.ca](http://www.applevalleydriving.ca) • Learn to drive with us so you can take your sweetie on a ROAD TRIP!!

**Inner Sun Yoga Centre –**

112 Front St. Wolfville, 542-YOGA / [www.innersunyoga.ca](http://www.innersunyoga.ca) • To love is the greatest thing in life; it is very important to talk about love, to feel it, to nourish it, to treasure it. The moment you have in your heart this extraordinary thing called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed. - Yogananda

**FELTasticFashion –**

Port Williams, 692-1462 / [www.FELTasticFashion.com](http://www.FELTasticFashion.com) • Here's a tweet for your sweet! Remember to pick up the handmade FELTastic Wine Glass Glove (2-in-1 coaster/tag) from the NS icewine festival. Makes a nice hostess gift too! Now available at Gaspereau Valley Fibres. Custom orders welcomed.

**Applewicks –**

10 Gaspereau Ave. Wolfville, 542-9771 / [www.larche-homefires.org/applewicks](http://www.larche-homefires.org/applewicks) • Come to Applewicks for all your Valentine needs! Stunning scarves and delectable smelling candles for your loved one. Beautiful custom gift baskets, tea cozies, custom candles, placemats...the possibilities are endless!

**Oakhaven Organic Bakery**

Belleisle, 665-5044 / [oakhaven@eastlink.ca](mailto:oakhaven@eastlink.ca) • Whether spelt or wheat / Our bread is hard to beat / 9 grain or toast / Sunflower or with oats / Your valentine is sweet / Come to EOS for this treat!

**Treasures Gift Shop –**

3 Elm Ave, Wolfville, 542-4404 / [www.treasuresgiftshop.ca](http://www.treasuresgiftshop.ca) • Visit us during our "14 days of Valentines," starting Feb. 1st. Each day leading up to Valentine's we will feature a product that will make Valentine's giving satisfying and joyful....all waiting to be wrapped by us! Happy Valentine's!

**Atlantic Lighting Studio –**

16 Elm Ave. Wolfville, 542-3431 / [www.atlanticlightingstudio.com](http://www.atlanticlightingstudio.com) • Set the mood for romance with perfect lighting from Atlantic Lighting Studio.

**Pumpkin Moon Farm & Herbs –**

Welsford, 538-3079 / [www.pumpkinmoonfarm.com](http://www.pumpkinmoonfarm.com) • Pumpkin Moon Farm wishes you a wonderful winter, full of love!

**Tempest Restaurant –**

117 Front St. Wolfville, 542-0588 / [www.tempest.ca](http://www.tempest.ca) • Tempest is a Shakespeare Play / to be remembered for e'er and a day / but for a truly fruitful deal / visit Tempest for a romantic meal. Our fantastic Valentine's menu is available Feb. 11th, 12th and 14th.

**Pie r Squared –**

35 Minas View Dr., Wolfville, 697-2502 / [info@pie-r-squared.ca](mailto:info@pie-r-squared.ca) • Roses are red / Quiches are yummy / Come to the market / And fill up your tummy!!! Thanks for choosing local!

# eat to the beat

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info@moesplace.ca | 798 5565 | www.moesplace.ca

## THURSDAYS:

**SPITFIRE ARMS ALEHOUSE** (Windsor): Open Jam w/ Kevin Myers (2nd, 9th & 16th) 7pm

**PADDY'S PUB** (Kentville): The Hupman Brothers (2nd, 9th & 16th) 9pm

**LIBRARY PUB** (Wolfville): Amsterjam Live Music (2nd, 9th & 16th) 9pm

**MUD CREEK GRILL** (Wolfville): Karaoke (2nd, 9th & 16th) 9pm

**WESTSIDE CHARLIE'S** (New Minas): DJ Epic (2nd & 9th) 10pm

## FRIDAYS:

**BLOMIDON INN** (Wolfville): Jazz Mannequins (3rd & 10th) 6:30 - 10pm

**SPITFIRE ARMS ALEHOUSE** (Windsor): Booty Boppin' Blues Band (3rd), Dave Jeffries (10th) 7pm

**THE PORT PUB** (Port Williams): Aarian Sorochan (3rd), TripALady (10th) 8:30pm

**UNION STREET CAFÉ** (Berwick): Open Mic w/ Micah O'Connell (3rd), w/ Little Derek & the House Cats (10th) 8:30pm

**MUD CREEK GRILL** (Wolfville): Open Mic w/ Jessica & Scott (3rd) Open Mic (10th) 9pm

**DOOLY'S** (New Minas): All Request DJ (3rd), AC/DC Tribute (10th) \$20 10pm

**WESTSIDE CHARLIE'S** (New Minas): DJ Fade (3rd & 10th) 10pm

## SATURDAYS:

**T.A.N. COFFEE** (Windsor) Jam Session (4th & 11th) 5pm

**KINGS ARM PUB** (Kentville): Mark Riley Band (11th) 8:00pm

**SPITFIRE ARMS ALEHOUSE** (Windsor): Jim Cochrane (4th), Dave Jeffries (11th) 7pm

**LEW MURPHY'S** (Coldbrook): Matt Millet and Rob Hunt (4th), Jon Duggan (11th) 8:30pm

**UNION STREET CAFÉ** (Berwick): The Hupman Brothers, Ian Sherwood & JD Edwards (4th) 9pm

**PADDY'S PUB** (Wolfville): Al King (4th), Arrian (11th) 9pm

**MUD CREEK GRILL** (Wolfville): Groovy Avalon (4th) Live Music TBA (11th) 9:30pm

**WESTSIDE CHARLIE'S** (New Minas): Natural Talent Show Band (4th), DJ Fiddy Fo (11th) 9:30pm

**DOOLY'S** (New Minas): DJ Gizmo (4th), Classic Rock DJ (11th) 10pm

**TOMMY GUN'S** (New Minas): Lighted Up (11th) 10pm

## SUNDAYS:

**WESTSIDE CHARLIE'S** (New Minas): Matt Millet (5th) 3pm

**MUD CREEK GRILL** (Wolfville): Super Bowl Party (5th) 7pm

**PADDY'S PUB** (Wolfville): Irish Music Session (5th & 12th) 8pm

## MONDAYS:

**PADDY'S PUB** (Wolfville): Open Mic w/ JD Edwards (6th), w/ Al King (13th) 8pm

## TUESDAYS:

**THE PORT PUB** (Port Williams): Open Mic w/ Port Pub House Band (7th) w/ Mark Riley Band (14th) 7:30pm

**PADDY'S PUB** (Kentville): Irish Music Session (7th & 14th) 8pm

**T.A.N. COFFEE** (Wolfville): Open Mike & Donna (7th & 14th) 8pm

## WEDNESDAYS:

**WESTSIDE CHARLIE'S** (New Minas): West Side Idol (8th & 15th) 8pm

# Weekly Events

## THURSDAYS

**Babies & Books** - Wolfville Memorial Library 10. 11am. Babies and caregivers can join us for stories, songs and playtime. Newborn to 2 years. **INFO:** 542-5760

**Cochrane's Walk & Talk** - Pharmasave, Wolfville 10am A Heart & Stroke walkabout program. **TIX:** no charge **INFO:** 542-3972

**Lifelong Learning Brown Bag Lunch** - Fountain Commons, Acadia 12-1pm. Uwe Kaufmann: Kulschap, Blomidon and Wabenaki mythology (9th), Chris Mansky: Evolution's greatest mystery in our backyard - Blue Beach fossils (16th) **INFO:** [joan.boutillier@ns.sympatico.ca](mailto:joan.boutillier@ns.sympatico.ca)

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

**Seniors Afternoon Out** - Wickwire Place, Wolfville 1:30-4:30pm. Gather in an attractive, supervised and friendly environment and spend time engaged in a social afternoon with peers. **INFO:** 698-6309

## FRIDAYS

**Yoga For Everyone (Community Yoga)** - Farmers' Market, Wolfville 12-1pm. All-levels yoga (mats available) **TIX:** \$5 donation drop-in

## SATURDAYS

**Wolfville Farmers' Market** - DeWolfe Building, Elm Ave. Wolfville 8:30am-1pm. Feb 4th Theme: Melt in You Mouth Icewine Pairings Music: Alex Hickey. Feb 11th Theme: Food Freedom Day Music: Ron Edmunds. **INFO:** [www.wolfville-farmersmarket.ca](http://www.wolfville-farmersmarket.ca)

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

## MONDAYS

**Meeting: BestWord Writing Group** - Wolfville, 7pm. Small creative writing group open to all ages, genres, and writing levels. Every 2nd Monday at TAN Coffee,

Wolfville (Feb 13th) **TIX:** no charge **INFO:** [liz@bestword.org](mailto:liz@bestword.org)

## TUESDAYS

**Book in the Nook** - Wolfville Memorial Library 10-10:30am. Curl up, relax listen to a story in our book nook. Suggested age range: 3-5 **INFO:** 542-5760

**Cochrane's Walk & Talk** - Pharmasave, Wolfville 10am. A Heart & Stroke walkabout program. **TIX:** no charge **INFO:** 542-3972

**Seniors Afternoon Out** - Wickwire Place, Wolfville 1:30-4:30pm. Gather in an attractive, supervised and friendly environment and spend time engaged in a social afternoon. **INFO:** 698-6309

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

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

**Chaoyi Fanhuan Qigong (CFQ) Practice Group** - St. Francis of Assisi Church Hall basement, Wolfville, 7-8:30pm. Open to all who have taken CFQ Level 1. **TIX:** free will donation **INFO:** [roche@eastlink.ca](mailto:roche@eastlink.ca)

## WEDNESDAYS

**Home Schooling Play Group** - 10am. Explore our community by learning about how things work and having fun. All ages welcome. Email for location. **TIX:** no charge **INFO:** Alisa @ [nguyenalisa1@gmail.com](mailto:nguyenalisa1@gmail.com)

**Yoga For Everyone (Community Yoga)** - Farmers' Market, Wolfville 12-1pm. All-levels yoga (mats available) **TIX:** \$5 donation drop-in

**Tots 'n' Tales** - Family Resource Centre, Kentville, 1-2pm. Kids aged 3-5 are invited songs and crafts. Childcare is provided for siblings. **INFO:** 678-5760 to pre-register



Follow us on Facebook & Twitter for specials.

12 D Elm Ave, Wolfville | 697 3500

## ABS-O-LUTE HEALTH CLUB



The Chocolate will melt away quicker here at Abs-o-lute

Come in between February 9th - 14th and purchase a 3 month membership for yourself or someone special and receive a free month!

8934 Commercial Street, New Minas  
365-3210 • [www.absolutehealthclub.com](http://www.absolutehealthclub.com)

## EXHIBITS ▶

The Designer Café  
DESIGNERKENTVILLE.CA 902.365.3322

**Paintings by Beverly Smith** —  
*Apple Bin Gallery, Valley Regional  
Hospital, Kentville until March  
29th • INFO: 678- 5414*

**Winter & Water** — *Cafe  
Central, Kentville • Watercolours  
by Linda Barkhouse INFO: 678-  
0854 / cafecentralkentville.com*

**The Tours and Jaunts of  
Dr. Barry Fox** — *Side Gallery,  
Acadia University Art Gallery.  
Until Feb 16th • A text-based  
conceptual project; a single  
piece comprising seven panels  
of words, images and arrows.  
INFO: 585-1373 / laurie.dalton@  
acadiau.ca*

**Jane Rovers: Layered  
Landscapes** — *CentreStage  
Theatre, Kentville. Until Feb 11th  
• Rovers chooses to "paint" with  
photos. Each image is made up  
of several layers, some with up  
to 25 layers. She uses photos of  
people, places and things and  
layers them with textures, light  
and colour. INFO: 678-8040 /  
centrestagetheatre.ca*

**Woods and Water by Greg  
Dickie** — *Designer Café,  
Kentville. Until March 1st •  
Pieces inspired by his passion of  
adventures out in nature. INFO:  
365-3322 / designerkentville.  
com*

**Paintings by Keshena  
Williams** — *Jack's Gallery,  
Back lobby, Acadia Cinema,  
Wolfville. Until Feb 15th • INFO:  
jacksgallerywolfville@gmail.com*

**Art Practice: Carly Butler** —  
*Ross Creek Centre for the Arts,  
Canning. Until Feb 5th • Come  
follow Carly while she does her  
residency and while she tried to  
make a work of art every day  
for 4 weeks INFO: 582-3842 /  
artscentre.ca*

**Annual Art Exhibition** —  
*University Art Gallery, Acadia.  
Until Feb 16th • This annual  
exhibition celebrates visual  
creativity in our community,  
featuring the diverse work of  
gallery members. TIX: no charge  
INFO: 585-1373 /  
gallery.acadiau.ca*

## LIVE THEATRE

**JUMP! An 80's Musical** —  
*Al Whittle Theatre, Wolfville  
February 8th - 11th 7:30pm  
with a 2pm matinee on the 11th  
• Inspired by John Hughes'  
Brat Pack movies from the  
80's, this original musical is set  
during one zany semester of  
high school when the girls from  
Fairview Academy are forced to  
attend the boys school - George  
Downing. This show promises to  
be an experience you won't want  
to miss! See page 11. TIX: \$12  
advance, \$15 @ door for adults,  
\$10 aged 16 and under, \$45 for  
groups of four INFO: 697-2515 /  
jump\_musical@hotmail.com*

**There Goes the Bride** —  
*CentreStage Theatre, Kentville  
Fri and Sat evenings at 8pm until  
Feb 11th with a 2pm matinee Feb  
5 • When harassed advertising  
executive Timothy Westerby  
hits his head on the morning of  
his daughter's society wedding,  
he awakes to find himself in  
the company of Polly Perkins,  
a 1920's Flapper girl straight  
out of his current advertising  
campaign. A delightful comedy  
and a must see for lots of  
laughter for both teens and  
adults. TIX: \$12 adults, \$10  
seniors / students INFO: 678-  
8040 / centrestagetheatre.ca*

## YOUR WAY TO WELLNESS

**D**o you have a chronic (on-  
going) health condition such  
as Diabetes, Arthritis, High Blood  
Pressure, Heart Disease, or COPD  
to name a few?

Do you want to take control of  
managing your symptoms?

**Your Way to Wellness** is a **FREE**  
self-management program for  
people living with a chronic health  
condition. It is designed to help  
participants manage symptoms  
and gain the confidence needed  
to cope with on-going health  
conditions. The program was  
developed at Stanford University's  
School of Medicine in California  
and is offered in over 15 countries  
throughout the world. In Nova  
Scotia, it is offered free of charge  
to participants; this is not so  
everywhere. Statistics prove that

the benefits derived from taking  
the program not only help the  
individual but also their families  
and in the long term puts less of  
a drain on the health care system  
because people learn how to self-  
manage.

The program is being offered in  
**Wolfville** in the Multi-purpose  
Room of Eastern Kings Memorial  
Health Centre beginning  
Thursday, February 9/12 for six  
consecutive Thursdays from 1 -  
3:30pm. Learn how to take action  
toward a healthier life!

Registration is required. Contact  
Pat (Lithgow) Rose 538.1315 /  
plithgow@avdha.nshealth.ca

*Co-sponsored by Nova Scotia Health  
& Wellness and Annapolis Valley  
Health.*

## Winter/Spring Brown Bag Lunches Line-Up

Thursday noon talks on the 2nd floor of Fountain Commons, Acadia  
INFO: joan.boutilier@ns.sympatico.ca

<b>2 February</b>	<i>Marilyn Manzer</i>	In Search of the Moral Economy
<b>9 February</b>	<i>Uwe Kaufmann</i>	Kulscap, Blomidon and Wabenaki mythology
<b>16 February</b>	<i>Chris Mansky</i>	Evolution's greatest mystery in our backyard: Blue Beach fossils
<b>23 February</b>	<i>Bill Zimmerman</i>	Seniors as agents of change
<b>1 March</b>	<i>Howard Selig</i>	Machu Pichu
<b>8 March</b>	<i>Robert Connell</i>	Cornwallis River Greenway and Watershed
<b>15 March</b>	<i>Ray Ivany</i>	Successes and Challenges at Acadia University
<b>22 March</b>	<i>Dave and Trudy Ward</i>	Travels in Iceland
<b>29 March</b>	<i>Kathy Didkowsky</i>	Hiking some of the world's great trails
<b>5 April</b>	<i>Fraser Keppie</i>	Tectonic plates

The "Brown Bag Lunch" first began as an Acadia Lifelong Learning program about four years ago. It is held on Thursdays at noon during the fall and winter terms, its current location being the Alumni Board Room on the 2nd floor of the Fountain Commons on the Acadia campus. The 24 talks presented each academic year feature a wide variety of topics purposely designed to appeal to a diverse range of interests. Each session begins with the guest speaker discussing (and often illustrating with slides) their subject and ends with a 15 minute Q & A encouraging active audience participation.

While those who come are expected to be members of Acadia Lifelong Learning (a \$25 per year annual fee gains this status) and 50 years of age or over, there are no iris scans done to block the casual observer interested in a specific topic! Most of the courses offered through Open Acadia --- of which A. L. L. is a subsidiary --- feature one instructor providing between 3 and 6 classes on the same topic. In contrast, Brown Bag Lunch is intentionally more eclectic, but a different topic each week results in less opportunity to explore a topic in detail.

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# THE ACADIA PAGE



**Acadia University**

15 University Ave, Wolfville. 542-2201

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

[agi@acadiau.ca](mailto:agi@acadiau.ca) – General Inquiries

## Acadia Perspective: DAVE SHEEHAN IS ACADIA UNIVERSITY'S VIDEO PRODUCER.

**D**ave Sheehan is Acadia University's video producer. His video studio is located in the Vaughan Memorial Library and is operated by the Communications and Marketing department.

For more than two decades, the studio has produced content to support faculty project development, in both classroom and research activities, as well as create promotional, recruiting, and fundraising materials for the university. Over the years, thousands of hours of video content has been recorded and produced.

"While we are producing programming that is relevant today we are recording individuals, development, and progress on campus for future generations." says Sheehan, "almost as a byproduct, we are creating the Acadia archives of tomorrow."

Over the years, innovative projects such as The Acadia International Executive Speaker Series, Virtual Learning Environments, MusicPath, and many others have been produced' projects totalling well over a million dollars in external funding and grants. Many of the projects involved private sector partnerships and knowledge transfer.

One of the popular on-going projects is AcadiaTV ([acadiatv.acadiiau.ca](http://acadiatv.acadiiau.ca)). AcadiaTV informs and builds community both on campus and beyond. Co-Produced with colleague Sherri Turner, AcadiaTV is distributed to prospective students and alumni, promoting the diverse activities on campus to a broad audience. The AcadiaTV site has been viewed nearly 250,000 times in the last two years and has won two national awards.

The Acadia International Executive Speaker Series is a partnership with Dr. Conor Vibert of the Manning School of Business Administration. Nearly 400 interviews have been conducted in more than 12 countries during the last seven years. The video database now contains nearly 8,000 sortable, searchable video clips and transcripts. Partnerships with Dell Computer, Deloitte, the Atlantic Gateway, UPEI and Curtin University in Perth, Australia have allowed the Acadia team to create international content in all fields of business.

"Acadia retains rights and use of the content so our students benefit directly, while we generate revenue for the university through these partnerships," explains Sheehan.



A recent project with Dr. Jonathon Fowles is being adopted nationally by the Canadian Diabetes Association. It's an exercise toolkit to promote active living for people with diabetes.

"It's nice to think that your work is having an impact on people, whether it's sharing ways to improve health issues or to preserve Inuit traditional knowledge," says Sheehan.

As a long time resident of the Valley, Sheehan continues to be involved in a number of organizations and groups. A volunteer youth soccer coach for more than 15 years, and a former assistant coach with the Axemen, Sheehan continues to coach at the Senior Men's level which supports the Axemen by training the varsity players during the off season. Along with Michael Bawtree, Sheehan's son Dylan, Axemen Zach Shaffelburg, and others have formed a not-for-profit society called *Alive and Kicking SC* to raise funds for an initiative that promotes soccer and healthy living in Africa. Money raised is sent to Africa where Africans are employed to make soccer balls for African youth. The balls include positive messages about health issues such as AIDS and TB. Dave has also participated with local environmental groups and community efforts.

"As a video producer, I've had the chance to work with a number of local groups, such

as, ATF, Deep Roots, WOW, EKCC, AVH and others. I've also had the good fortune to work with and meet people like Jim Henson, Alex Colville, celebrities, artists, royalty and heads of state." says Sheehan. "I joke, have camera will travel; and luckily I've worked from Nunavut to Australia, Europe to Asia, maybe 20 countries in total. It's a great part of the job." He says it's always nice to return home to his house on the lake where his wife Kelly and two children Dylan and Jessica have lived since 2000.

He continues, "We have a wonderful lifestyle here in the Valley; when I travel I often tell people that I drive 25 minutes to work and have only one traffic light. Of course, when you're in the middle of Tokyo or Hong Kong it's hard for people to believe."

In the coming months, both of Sheehan's married children will soon be bringing new grandchildren back to the lake to visit their grandfather and grandmother. Where did the time go?

"It's wonderful to have both of the kids and their spouses so close to home, and now they are both expecting. I've told them that Kelly and I will fill the grandkids with ice cream and sand and send them home." he says with a laugh.

David Sheehan, Technical Director for the Acadia Centre for Virtual Learning Environments  
585-1716 / [dave.sheehan@acadiau.ca](mailto:dave.sheehan@acadiau.ca)



On February 01, over 200 students and supporters in Wolfville marched down Main from Willow Park to Clock Park, then to UHall for the National Student Day of Action. Acadia joined over 50 campuses and thousands of students across Canada demanding more federal and provincial spending to post secondary education to make university more accessible to all.

# What's Happening from February 2 - 16, 2012

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

**Thursday, 2**  
**2012 Ice Wine Festival runs today until Feb. 12th or a complete list events:**  
[www.nsicewinefestival.ca](http://www.nsicewinefestival.ca)

**Editorial Cartoon Exhibit: Freedom of Expression in Broad Strokes** — NSCC Kingstec Campus, Until Feb 10th • The only stop in NS, the exhibit showcases the best work of editorial cartoonists from around the world. **TIX:** no charge **INFO:** 690-6133 / [race.relations@county.kings.ns.ca](mailto:race.relations@county.kings.ns.ca)

**Comic Layout Techniques** — Memorial Library, Wolfville 6:30-8pm • This week: Layout - Take your comic writing to the next level; learn how to see it. Come for just one workshop or join us for all four! **TIX:** no charge **INFO:** 542-5760 [www.valleylibrary.ca](http://www.valleylibrary.ca)

**Can you Say Talent?!** — Farmers Market, Wolfville 7-9pm • Ages 12-18 are welcome to perform and support each other at this event. Rock On! **TIX:** no charge **INFO:** [saytalent@gmail.com](mailto:saytalent@gmail.com)

**FarmWorks Community Information Meeting** — Perea Baptist Church, Canning 7-9:30pm • See article page 2. **TIX:** no charge **INFO:** Linda 542-3442 / [lbest@ns.sympatico.ca](mailto:lbest@ns.sympatico.ca)

**Fire & Ice Gala** — NSCC Kingstec, Kentville 7-9:30pm • Celebrate the 2012 Nova Scotia Winter Icewine Festival at a Gala evening showcasing local Nova Scotia wine, beer and culinary experiences. Check out award-winning local wines, fantastic ice sculptures, music and award-winning NSCC student chefs. **TIX:** \$50 **INFO:** 690-2183 / [Patti.Shepherd@nssc.ca](mailto:Patti.Shepherd@nssc.ca)

## Friday, 3

**Presentation: George Elliott Clarke with El Jones** — Beveridge Arts Centre, Acadia 2pm • In celebration for Black History Month, Acadia hosts a presentation by Governor

General's Award-winning writer and teacher George Elliott Clarke. Joined by El Jones, a spoken-word artist, to bring awareness to the story of the Black Refugees from the War of 1812 who arrived and settled in Nova Scotia. **TIX:** no charge **INFO:** [stephen.ahern@acadiau.ca](mailto:stephen.ahern@acadiau.ca)

**Acadia Athletics: Hockey** — Acadia Sports Complex, Wolfville 7pm • Acadia vs. UNB. **TIX:** \$12 adult \$6 external student **INFO:** 542-5500 / [sports.acadiau.ca](http://sports.acadiau.ca)

**Movie: The Art of Flight** — Al Whittle Theatre, Wolfville 7pm • Two years in the making, "The Art of Flight" gives iconic snowboarder Travis Rice and friends the opportunity to redefine what is possible in the mountains. For the first time, viewers are immersed in the sometimes successful, often trying quest to open up new, unexplored mountains in remote corners of the world. **TIX:** no charge **INFO:** [artofflightmovie.com](http://artofflightmovie.com)

## Saturday, 4

**20th Annual Eagle Watch** — Community Hall, Sheffield Mills 8am-2pm • Hundreds of Bald Eagles come to our area each year and Sheffield Mills welcomes you to experience these spectacular birds. See page 16 for more. **TIX:** no charge for viewing **INFO:** [www.eaglenz.ca](http://www.eaglenz.ca)

**Special Olympics Bonsel Fundraiser** — Glooscap Curling Club, Kentville 8:30am-5pm • The Kings Special Olympic curling team is inviting anyone interested in curling to take part in their bonspiel. Entry is by individual or team. Sign-up sheets are in any curling rinks from Berwick to Windsor. Funds raised go to getting the team to Edmonton to compete in the Canada Winter Games. **TIX:** \$25 per person **INFO:** 679-2373 / [donandsharon\\_sanford@hotmail.com](mailto:donandsharon_sanford@hotmail.com)

**Icewine Festival Snowshoe Hike** — *Domaine de Grand Pre, Grand Pre 9am* • Guided Snowshoe Hike from Grand Pre Wines to Lockett Vineyards. Includes a glass of wine & transportation. **TIX:** \$10 **INFO:** 542-1753 / [mail@grandprewines.ns.ca](mailto:mail@grandprewines.ns.ca)

**Stars on Ice** — *L'Acadie Vineyards, Gaspereau 12-4pm: Feb 4th, 5th, 11th & 12th* • Join us in our geothermally heated winery to sample internationally acclaimed traditional method sparkling wines and a unique appassimento dessert wine paired with a cheese fondue and chocolate. See ad page 2. **TIX:** \$10 **INFO:** 542-8463 / [lacadievineyards.ca](http://lacadievineyards.ca)

**Wine & Wool** — *Gaspereau Valley Fibres, Wolfville 12-4pm: Feb 4th, 5th, 11th & 12th* • Gaspereau Valley Fibres, and our neighbours L'Acadie Vineyards serve a sample of Innovation Series Red wine and local lamb stew, among other tasty morsels. Wine and lamb will be available for purchase as well. **TIX:** no charge **INFO:** 542-2656 / [brenda@gaspereauvalleyfibres.ca](mailto:brenda@gaspereauvalleyfibres.ca)

**Grow with Art (for Children)** — NSCC Kingstec, Kentville 1-3pm • Children's art rental program and monthly art workshops with painter Peter Gordon. Ages 5 - 14. **TIX:** \$2 per child for workshop and \$2 per art work for a month's rental **INFO:** 542-0234 / [irenehazell@hotmail.com](mailto:irenehazell@hotmail.com)

**Benefit Show** — *Lions Club, Wolfville 7pm* • Proceeds for Doug Atwell to assist with travelling expenses for cancer treatments. Music by Ken Best and the Silverado Band and other local talent. **TIX:** freewill offering **INFO:** 679-6595

**Acadia Athletics: Hockey** — Acadia Sports Complex, Wolfville 7pm • Acadia vs. PEI. **TIX:** \$12 adult \$6 external student **INFO:** 542-5500 / [sports.acadiau.ca](http://sports.acadiau.ca)

**Night Kitchen Incomparable** — *High-end local NS talent featuring: Oliver Lund & Bhreagh Bauer, Mark Bezanson, Micah O'Connell, Liam Potter & more! See ad page 3.* **TIX:** \$8 advance @ Just Us!, \$10 @ door **INFO:** [ariana@tabmusic.ca](mailto:ariana@tabmusic.ca)

## Sunday, 5

**20th Annual Eagle Watch** — Community Hall, Sheffield Mills 8am-2pm • See Saturday, the 4th **TIX:** no charge for viewing **INFO:** [www.eaglenz.ca](http://www.eaglenz.ca)

**Icewine Festival Snowshoe Hike** — *Domaine de Grand Pre, Grand Pre 1pm* • Guided Snowshoe Hike from Grand Pre Wines to Lockett Vineyards. Includes a glass of wine & transportation. **TIX:** \$10 **INFO:** 542-1753 / [mail@grandprewines.ns.ca](mailto:mail@grandprewines.ns.ca)

**RCMP vs. Axemen Hockey Game** — *Hants Exhibition Arena, Windsor 2pm* • Puck drops at 2pm, tickets available at Windsor Home Hardware. **INFO:** 798.6679 / [vanessa@town.windsor.ns.ca](mailto:vanessa@town.windsor.ns.ca)

**Sunday Music in the Garden Room** — *K.C. Irving Centre, Acadia 2pm* • Featuring four members of Acadia's full and part-time School of Music faculty playing three wonderful chamber music works. **TIX:** no charge **INFO:** Chris 542-5520 / [christopher.olsen@utoronto.ca](mailto:christopher.olsen@utoronto.ca)

**Mission Dominican Republic 2013** — *St. James Anglican Church, Kentville 3-4:30pm* • A group of community people are preparing a mission trip to the DR with Servant's Heart Ministries and welcome anyone who feels called to join us. **INFO:** Judy 679-3245 / [dhilchie@ns.sympatico.ca](mailto:dhilchie@ns.sympatico.ca)

**Fundy Film screens: The Way** — *Al Whittle Theatre, 4 & 7 pm* • Tom (Martin Sheen) embarks on a 800 km pilgrimage — "The Way of St. James" — to honour his son's memory. Emilio Estevez directs his father (Sheen)

"I took a chance on love for you, now your silence is truly making me blue...won't you respond, Valentine?" ~ Anonymous





**VALLEY EVENT TICKET GIVEAWAY: Chance to win  
 2 tickets to the Feb 18th Chimney Swifts Concert**  
 Draw happens Feb 16th, enter at [valleyevents.ca/win](http://valleyevents.ca/win)

through the journey revealing the testy, yet unbreakable bond between father and son, as well as the familial connection of strangers. See ad page 15 **TIX:** \$8 **INFO:** 542-5157 / fundyfilm.ca

## Tuesday, 7

### Valentines Jewelry Sale

— *Applewicks, Wolfville 10am-4pm* • The Kings-Kikima Grannies invite you to this sale in support of grandmothers and their grandchildren in Kikima Village Kenya. Jewelry donations accepted. **INFO:** 542-7591

### Wolfville and Area Newcomers Club

— *Farmers Market, Wolfville 7-9pm* • Speaker: Dwight Bishop will speak about his role as Nova Scotia Umbudsman and the Advocacy for Seniors Programming. All welcome. **TIX:** no charge **INFO:** [wolfvillenewcomers@hotmail.com](mailto:wolfvillenewcomers@hotmail.com) / [www.wolfvillenewcomers.org](http://www.wolfvillenewcomers.org)

## Wednesday, 8

### Artist in Residence - Mark Oakley

— *Memorial Library, Wolfville 1-8pm* • Writer in Residence Mark Oakley will be working on projects in the library; library visitors can come watch his work in progress and ask questions. All welcome. **TIX:** no charge **INFO:** 542-5760 / [www.valleylibrary.ca](http://www.valleylibrary.ca)

### Movie & Discussion: Prom Night in Mississippi

— Mermaid Imperial Performing Arts Centre, Windsor 7pm • MIPAC, in conjunction with the Annapolis Valley Initiatives in Diversity, screens this powerful documentary followed by a discussion led by the film's director Paul Saltzman. Follow the 2008 effort, led by actor Morgan Freeman, to bring the first non-segregated prom to the high school students of Charleston, Mississippi, Freeman's hometown. See page 3. **TIX:** no charge to public within the AVRSB **INFO:** 798-5841 / [puppets@mermaidtheatre.ns.ca](mailto:puppets@mermaidtheatre.ns.ca)

### Booker School Info Session

— Memorial Library, Wolfville 7-8pm • A public information session for parents interested in learning more about the New Booker School and the International Baccalaureate. **INFO:** Johanna 585-5000 / [www.newbookerschool.ca](http://www.newbookerschool.ca)

### Acadia Athletics: Basketball

— *Acadia Sports Complex, Wolfville 6pm Women & 8pm Men* • Acadia vs. St. Mary's **TIX:** \$10 adult \$5 external student **INFO:** 542-5500 / sports.acadiau.ca

## Thursday, 9

### Photostory

— *C@P Lab, Wolfville 3:30-5pm* • Afterschool program: make your own movie using pictures and music! Ages 7-12 **TIX:** no charge **INFO:** 542-5760 / [wolfvillecapradio@gmail.com](mailto:wolfvillecapradio@gmail.com)

### Meeting: The Innovative Valley Business Network

— *Recreation Centre, Kentville 6:30-8:30pm* • If you own a business in the Valley please attend and talk to us about your vision for the future. **TIX:** \$2 **INFO:** [nseyegirl1@hotmail.com](mailto:nseyegirl1@hotmail.com)

### Lecture: US Militarism & the New Homonationalist Fantasy

— K.C. Irving Centre, Acadia 7-8:30pm • Dr. Maggie Werner analyzes the ways that members of the Don't Ask, Don't Tell (DADT) repeal movement reacted to president Obama's signing of legislation allowing lesbian, gay, and bisexual people to serve openly in the military. **TIX:** no charge **INFO:** 585-1431 / [phyllis.rippeyoung@acadiau.ca](mailto:phyllis.rippeyoung@acadiau.ca)

## Friday, 10

### Valentine Ham Dinner

— *Lions Club, Wolfville 5-6:30pm* • Tickets available from any Lions member, or at Wolfville Save Easy. Take out available. Proceeds to Lions Community Work **TIX:** \$12 adult, \$6 kids 10 & under **INFO:** 681-1798

### Acadia Athletics: Hockey

— Acadia Sports Complex, Wolfville 7pm • Acadia vs. Dal. **TIX:** \$12 adult \$6 external student **INFO:** 542-5500 / sports.acadiau.ca  
**Dance with the Hupman Brothers** — *Curling Club, Wolfville 8pm* • Dance to the sounds of this fabulous local band. **TIX:** \$12 @ Box of Delights **INFO:** 542-5305 / [info@deeprootsmusic.ca](mailto:info@deeprootsmusic.ca)

### Craig Cardiff Album Release

— *Michener Lounge, SUB, Acadia 8-10pm* • New album Floods & Fires. Open to the public for those who are 19 and older **TIX:** \$15 advance, \$20 door **INFO:** [craig@craigcardiff.com](mailto:craig@craigcardiff.com)

### "Dirty Deeds" AC/DC Tribute — Doolys, New Minas 10pm-2am

• Come in and listen to the #1 AC/DC tribute band in North America. Drink specials and prizes, see cover page for more. **TIX:** \$15 advance, \$20 at the door (bring food item for discount) **INFO:** 691-4747 / [smokinentertainment@hotmail.com](mailto:smokinentertainment@hotmail.com)

## Saturday, 11

### Orchid Display & Sale

— *K.C. Irving Centre, Acadia 10:30am-4pm* • Orchids in bloom on display in the conservatory, sale of plants and potting supplies in the lobby, and informative talk at 2pm on "Growing Orchids in a Sunroom". See page 14. **TIX:** no charge **INFO:** 542-5972 / [pcabilio@gmail.com](mailto:pcabilio@gmail.com)

### Long Pond Heritage Classic

— *Dill Family Farm, Windsor 1pm* • Come celebrate the birthplace of hockey. Watch as former NHLer's play along side locals in this celebratory event. **INFO:** 798.6679 / [vanessa@town.windsor.ns.ca](http://vanessa@town.windsor.ns.ca) / [www.longpondclassic.com](http://www.longpondclassic.com)

### Family Art Day

— *Art Gallery, Acadia 1-4pm* • Visit our exhibition followed by hands-on activities in the Art Education

Studio. **TIX:** suggested donation of \$5 per participant **INFO:** 585-1373 / [artgallery@acadiau.ca](mailto:artgallery@acadiau.ca)

### Icewine & Chocolate Tasting

— *Domaine de Grand Pre, Grand Pre 1-4pm* • Enjoy a paired tasting of wines and icewines with chocolate. **TIX:** \$12 **INFO:** 542-1753 / [mail@grandprewines.ns.ca](mailto:mail@grandprewines.ns.ca)

### 25th Annual Valentines Gala

— *Old Orchard Inn, Wolfville 6pm* • The Rotary Club of Kentville puts on: music by Men Will Be Boys, silent auction items, and a chance to enter to win sterling silver jewellery from DM Reid Jewellers. Door prizes and entry into the Grand Prize draw for a trip for two valued at \$2500! **TIX:** \$75 per ticket includes delicious 3 course dinner with wine **INFO:** 678-0056 / [kentvillerotary@gmail.com](mailto:kentvillerotary@gmail.com)

### Annual Tom Regan Memorial Concert

— *Festival Theatre, Wolfville 7:30pm* • Acadia School of Music students, faculty, alumni, and friends presents their annual showcase of the diversity and depth of the musical talent at Acadia. Always a special evening! **TIX:** \$26 adults, \$20 students @ 1-800-542-8425 **INFO:** Peter 585-1282 / [peter.smith@acadiau.ca](mailto:peter.smith@acadiau.ca)

### Bluegrass Musical Show

— *Legion, Wolfville 7:30pm* • Featuring: Mountain Fever, Valley Blue, Bill Sherman & Ryan Roberts and more. **TIX:** \$5 **INFO:** [ellen.hunt@ns.sympatico.ca](mailto:ellen.hunt@ns.sympatico.ca)

## Sunday, 12

### Hearts on Ice

— *Acadia Arena, Wolfville 2-4pm* • Valley Cardiac Rehab Society's Annual Skating Party Fundraiser to support community programs. Please call for a pledge sheet. See page 3. **TIX:** no charge (donations accepted) **INFO:** 679-2657 / 678-1411 / [hwightman@avdha.nshealth.ca](mailto:hwightman@avdha.nshealth.ca)

Events Con't on Page 9

WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE THEN, IS NOT A SINGLE ACT, BUT A HABIT. - ARISTOTLE



**ARIES** (March 21-April 19): Sad but true: A lot of people seem to be perpetually in a state of wanting what they don't have and not wanting what they actually do have. I'm begging you not to be like that in the coming weeks, Aries. Please? I'll tell you why: More than I've seen in a long time, you will have everything going for you if you want precisely what you do have -- and are not full of longing for what's unavailable. Do you think you can you manage that brilliant trick? If so, you will be amazed by the sublimity of the peace that will settle over you.

**TAURUS** (April 20-May 20): Of all the signs of the zodiac, Taurus are the least likely to be arrogant. Sadly, in a related development, they're also among the most likely to have low self-esteem. But your tribe now has an excellent opportunity to address the latter problem. Current cosmic rhythms are inviting you rather loudly and dramatically to boost your confidence, even at the risk of you careening into the forbidden realm of arrogance. That's why I recommend Taurus musician Trent Reznor as your role model. He has no problem summoning feelings of self-worth. As evidence, here's what he confessed when asked about whether he frequents music social networks: "I don't care what my friends are listening to. Because I'm cooler than they are."

**GEMINI** (May 21-June 20): "If Mark Twain had had Twitter," says humorist Andy Borowitz, "he would have been amazing at it. But he probably wouldn't have gotten around to writing Huckleberry Finn." I think you're facing a comparable choice, Gemini. You can either get a lot of little things done that will serve your short-term aims, or else you can at least partially withdraw from the day-to-day give-and-take so as to devote yourself with more focus to a long-range goal. I'm not here to tell you which way to go; I just want to make sure you know the nature of the decision before you.

**CANCER** (June 21-July 22): You now have a special talent for helping your allies tap into their dormant potentials and latent energy. If you choose to use it,

you will also have a knack for snapping lost sheep and fallen angels out of their wasteful trances. There's a third kind of magic you have in abundance right now, Cancerian, and that's the ability to coax concealed truths out of their hiding places. Personally, I'm hopeful that you will make lavish use of these gifts. I should mention, however, that some people may resist you. The transformations you could conceivably set in motion with your superpowers might seem alarming to them. So I suggest that you hang out as much as possible with change-lovers who like the strong medicine you have to offer.

**LEO** (July 23-Aug. 22): "Publishing a volume of poetry is like dropping a rose petal down the Grand Canyon and waiting for the echo," said author Don Marquis, speaking from experience. Something you're considering, Leo, may seem to fit that description, too. It's a project or action or gift that you'd feel good about offering, but you also wonder whether it will generate the same buzz as that rose petal floating down into the Grand Canyon. Here's what I think: To the degree that you shed your attachment to making an impact, you will make the exact impact that matters most. Give yourself without any expectations.

**VIRGO** (Aug. 23-Sept. 22): Comedian Louis CK told a story about his young daughter. She had a fever, and he gave her some Tylenol that was bubble gum flavored. "Ewwwww!" she complained. Louis was exasperated. "You can't say 'ewwww,'" he told her. What he meant was that as a white kid in America, she's among the most privileged characters in the world -- certainly far luckier than all the poor children who have no medicine at all, let alone medicine that tastes like candy. I'm going to present a similar argument to you, Virgo. In the large scheme of things, your suffering right now is small. Try to keep your attention on your blessings rather than your discomfort.

**LIBRA** (Sept. 23-Oct. 22): I stumbled upon an engineering textbook for undergraduates. There was a section on how to

do technical writing, as opposed to the literary kind. It quoted a poem by Edgar Allan Poe: "Helen, thy beauty is to me / Like those Nicean barks of yore / That gently, o'er a perfumed sea, / The weary way-worn wanderer bore / To his own native shore." Then the book gave advice to the student: "To express these ideas in technical writing, we would simply say, 'He thinks Helen is beautiful.'" Don't take shortcuts like that, Libra. For the sake of your emotional health and spiritual integrity, you can't see or treat the world anything like what a technical writer would.

**SCORPIO** (Oct. 23-Nov. 21): Are you ready to start playing in earnest with that riddle wrapped in a mystery inside an enigma? Are you looking forward to the rough and tumble fun that will ensue after you leap into the middle of that sucker and start trying to decipher its impossibly interesting meaning? I hope you are primed and eager, Scorpio. I hope you can't wait to try to answer the question that seems to have no answer. Be brave and adventurous, my friend -- and be intent on having a blast.

**SAGITTARIUS** (Nov. 22-Dec. 21): Lessons could come to you from unforeseen sources and unanticipated directions during the next few weeks, Sagittarius. They will also come in expected forms from all the familiar influences, so the sum total of your learning could be pretty spectacular. To take maximum advantage of the opportunity, just assume that everyone and everything might have useful teachings for you -- even people you usually ignore and situations that have bored you in the past. Act like an eager student who's hungry for knowledge and curious to fill in the gaps in your education.

**CAPRICORN** (Dec. 22-Jan. 19): "The consuming desire of most human beings is deliberately to plant their whole life in the hands of some other person," said British writer Quentin Crisp. If you harbor even a small tendency in that direction, Capricorn, I hope that in the coming days you will make a concentrated effort to talk yourself out of it. In my astrological opinion, this is a critical moment in the long-term

evolution of your healthy self-sufficiency. For both your own sake and the sake of the people you love, you must find a way to shrink your urge to make them responsible for your well-being.

**AQUARIUS** (Jan. 20-Feb. 18): If you go to California's Yosemite National Park this month, you might get the chance to witness a reddish gold waterfall. Here's how: At sunset, gaze up at the sheer east face of the rock formation known as El Capitan. There you will see what seems to be a vertical river of fire, also known as Horsetail Fall. I nominate this marvel to be your inspirational symbol for the coming weeks. According to my reading of the astrological omens, you will have the power to blend fire and water in novel ways. I encourage you to look at the photo here -- [bit.ly/fluidicfire](http://bit.ly/fluidicfire) -- and imprint the image on your mind's eye. It will help unleash the subconscious forces you'll need to pull off your own natural wonder.

**PISCES** (Feb. 19-March 20): After singer Amy Winehouse died, actor Russell Brand asked the public and media to scale back their derisive opinions about her struggle with intoxicants. Addiction isn't a romantic affectation or glamorous self-indulgence that people are too lazy to overcome, he said. It's a disease. Would you mock a schizophrenic for his "stupid" propensity for hearing voices? Would you ridicule a victim of multiple sclerosis for not being vigorous? I'm of the opinion that all of us have at least one addiction, although it may not be as disabling as Winehouse's weakness for liquor and narcotics. What's yours, Pisces? Porn? Sugar? Internet? Bad relationships? The coming weeks would be a very good time to seek help in healing it.



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## Mike Uncorked: GO AHEAD AND JUMP!!!!!!

Oh the 80's! A time of big hair, slap bracelets, new technology, Marty McFly, shoulder pads and of course, great music! I was a kid of the 80's, filling my days with GI Joe battles, learning the moonwalk, playing



are a group of rebels, a band of jocks, your token "nice guy/girl", some preppy glee club students, cheerleaders and a few awkward geeks. Ruling over the school is the ultra uptight vice principal and

trivial pursuit, or watching stand out 80's classics like the Breakfast Club, Ferris Bueller's Day off, or Sixteen Candles. Writer-Director John Hughes influenced a multitude of filmmakers with his influential 80's comedies depicting teen life to the fullest. He captured a generation with his work and left an indelible mark on cinema. He also influenced a girl named Kerri Leier to write a full scale script called JUMP!

the laid back hippy principal of George Downing. And we can't forget the addition of Jesse James, the janitor with the lyrical tongue! The show is directed by Kerri Leier, with spectacular choreography by Tracy Fritz Nasson, and musical arrangement by Melissa Vidityo. JUMP! features the iconic music of Heart, Bonnie Tyler, Michael Jackson, Cyndi Lauper and other 80's hits. Mounted 5 years ago to sold out crowds, the show has gotten a face lift and promises to be an experience you won't want to miss, and will never forget.

Edelane Theatre, the company that brought you Brand New Year, Little Shop of Horrors, and last year's smash hit The Wedding Singer was started in 2006 by Kerri Leier as a way to produce Kerri and friend Tracy Fritz Nasson's first show Jump! An 80's Musical, in Halifax. The show was a great success and later made its way to Wolfville. Five years ago, Kerri promised a group of students that she would re-mount the show when they were all old enough to play the teen roles and here we are, 2012 and Jump is ready to go with a new cast of very talented kids and adults.

Jump: An 80's Musical is being performed at the Al Whittle Theatre at 450 Main Street Wolfville from February 8<sup>th</sup>-10<sup>th</sup> at 7:30pm and on Saturday February 11<sup>th</sup> at 2:30pm and 7:30pm. Tickets costs are \$10.00 for children under 16, \$12.00 for adults when purchased in advance or \$15.00 at the door and you can get a group of 4 tickets for \$45.00. Tickets can be purchased by calling 697-2515 or emailing jump\_musical@hotmail.com.

Inspired by John Hughes' Brat Pack movies, this original musical is set during one zany semester of high school when the girls from Fairview Academy are forced to attend the boys school-George Downing. Among the teenagers

So, have a total eclipse of the heart with some tainted love. Be a material girl while walking on sunshine ...because Nothing's gonna stop us now!!!! Go ahead and JUMP!

~Mike Butler

# The crossword

CREATED BY MARYBETH CLARKE

THEME: Valentine's Day

brought to you by

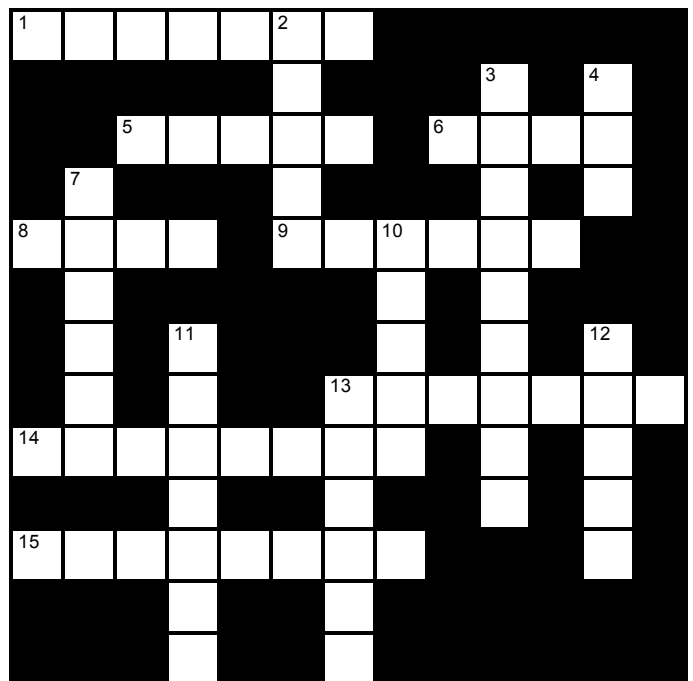


### ACROSS

- 1 send these (7)
- 5 when you like someone, but they don't know (5)
- 6 a number on the calendar (4)
- 8 another word for boyfriend (4)
- 9 shhh...it's a \_\_\_\_ (6)
- 13 some have a secret one (7)
- 14 the month of love (8)
- 15 three special words (8)

### DOWN

- 2 long stems (5)
- 3 be mine (9)
- 4 the colour of the day (3)
- 7 what a valentine may typically say (6)
- 10 a sweet treat (5)
- 11 a very long time (7)
- 12 an organ that pumps (5)
- 13 cupid shoots these (6)



## "WOODS AND WATER" BY ARTIST GREG DICKIE AT THE DESIGNER CAFÉ


From February 2 to March 1, Main St, Kentville, 365 3322

Greg has lived his art as a backwoods hiker, paddler and wilderness camper, turning each adventure into sketches and photographs to develop into art pieces.



Years near and on the ocean have given him a unique perspective of life on fishing boats and sailing craft. Hopefully this small show will pass on some of that passion to those who view the pieces.

More work can be seen at Copper Fox Gallery at Halls Harbour, Art Sales and Rental Shop (Art Gallery of Nova Scotia) or The Apple Bin Gallery at Valley Regional Hospital.



## How will you eat in 2012?

WWW.TAPROOTFARMS.CA

# 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:

**ZUMBA:** Saturday mornings, 10-11am @ St. John Parish Hall, 341 Main St., Wolfville. Everyone welcome! **TIX:** \$7/class **INFO:** 847-0097 / elena\_basevich@hotmail.com / Facebook: Yoga with Elena.

**MARVELLOUSLY MATURE YOGA:** Starts Feb. 6th, for 6 weeks, @ Stems, Blomidon Nursery, Wolfville. For individuals who have a good grounding in yoga asanas (poses) and want to continue in a weekly practise with other yoginis. **TIX:** \$55/6 weeks, or \$50/5 weeks, starting Feb. 13th **INFO:** Jennifer, 300-9190 / whitejenniferc@gmail.com

## COOKING CLASSES W/ CHEF MICHAEL HOWELL:

Tuesdays, 6:30-10pm @ Tempest Restaurant, Wolfville. Want to learn how to cook something special? Hands-on instruction includes a meal and matching beverages after the knifework is over. Feb. 7th is "Bermuda Traditions" & Feb. 21st is "Mexican". **TIX:** \$89.95 **INFO:** 542-0588

**FITNESS CLASSES:** Starts Jan. 28th, for six Saturdays, 11:30am-12:30pm. @ White Rock Community Centre. Instructor is Gillian Forgeron. **TIX:** \$30 **INFO/Reg:** Deanna 542-7234

## YOUR WAY TO WELLNESS:

Starts Feb. 9th, for six Thursdays, 1-3:30pm @ the Multi-purpose Room of Eastern Kings Memorial Health Centre. This self-management program is for people living with a chronic health condition, such as diabetes, arthritis, and heart disease. See page 6. **TIX:** Free **INFO/Reg:** Pat 538-1315 / plithgow@avdha.nshealth.ca

## Workshops:

**WATERCOLOUR WORKSHOP:** Sat. March 3rd, 9:30am-4pm @ United Baptist Church, Port Williams. Presented by watercolour artist, Golumba Kim, and sponsored by the Evangeline Artists Co-op. **TIX:** \$75 **INFO/**

Reg: Gail, 757-2107 / trooper\_ns@yahoo.ca

**ACTING WORKSHOP FOR YOUTH:** Sat., Feb. 4th, 9:30am-4:30pm @ CentreStage Theatre, Kentville. Marlowe Krueger-Kaufmann (The Kids only performing arts centre) works on improv skills, characterization/character development, setting scenes, etc. For ages ~15-17. Please pre-register. **INFO/Reg:** Mindy mindyvt@gmail / kidsonly-performingartsacademy.webs.com

**PLAYWRIGHTS WORKSHOP:** Pan Theatre to host in the Wolfville Elementary School on Tuesdays and Thursdays from 7 - 9pm beginning on Feb 7 **INFO:** Uwe Kaufmann 697-2855

## Camps:

**AUDITION BOOT CAMP:** Feb 17th 6pm -19th, 4pm @ Ross Creek Center, North Mountain. Intensive workshop led by professional artists for emerging artists preparing for school auditions of professional theatre opportunities. **TIX:** \$115 (includes meals & accommodation) **INFO/Reg:** programs@artscentre.ca / artscentre.ca

## MARCH BREAK CAMP - WHERE IN THE WORLD?!

March 12th - 16th, 9am-4pm @ Wolfville Rec. Centre. Travel the world & discover many cultural traditions & celebrations. Learn about different types of music, art, fashion, & cuisine & uncover unusual types of wildlife & their natural habitats. For grades P - 6. **TIX:** \$35/day, \$150/week (Family discount available) **INFO:** Meagan, mgriffin@wolfville.ca / www.wolfville.ca

## For Hire:

**PRIVATE ART LESSONS:** /w Ron Hayes. Want to try drawing or painting? Want to get back to drawing or painting and need a boost? 3 private sessions for 1 hour each for \$100.00 or 1 hour lesson for \$35. All materials included. **INFO:** Art Can Gallery, 582-7071

**PIANO LESSONS:** w/ Jessica Hansen, M. Mus. (U. de Montréal). Over 15 Years of Teaching Experience. All Ages & Levels Welcome - Special Course for Beginners! New Classes Starting Monthly! **INFO:** 681-8938

## PET & HOUSE SITTER:

Reliable, responsible & available anytime. **FEE:** Starts at \$15/day and up **INFO:** Tracy, tlc2007@yahoo.ca

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

**SLEEP COACHING:** Learn how to improve your sleep. Free two-hour intro session about sleep basics. **INFO:** James, james@istop.com

## For Rent:

**ROOM FOR RENT:** Aware Massage Therapy Clinic has a room for rent for a Medical Professional, on Main St. Wolfville. Available April 1st **INFO:** awaremt@ns.aliantzinc.ca

**ROOM FOR RENT:** 13 Prospect St. \$425/month includes shared use of big house, washer/dryer, internet, cats and dogs. **INFO:** Lisa 542-2361 / lihv@eastlink.ca

## General:

**AUDITIONS:** Evelyn Strange: Tues. Feb. 21st, 7:30pm @ CentreStage, Kentville. In this dark comedy, a young woman has been so traumatized that she cannot remember her own name. Needed are two men, 30-40 years of age, and two women, one 30-40 and the other early 20s. The show starts June 8th. **INFO:** Tracy tracy\_churchill@hotmail.com

**PRIMARY REGISTRATION FOR SEPT. 2012:** February

10th @ Wolfville School. If you are a resident of the Town of Wolfville and your child turns five by Dec. 31st, 2012, call the school to set an appointment. **INFO/Reg:** 542-6055

## ORGANIC VEGETABLES:

Would you like fresh, organic vegetables delivered to your door? **FEE:** \$28/week over 16 weeks **INFO:** Justin & Carla, 542-9410 / eartheatsorganics.wordpress.com

## Donate/Volunteer:

**FUNDRAISER FOR 'BUDDY':** Buddy is an 8-year-old Sheltie/Pomeranian who resides at the North Mountain Animal Sanctuary. He is essentially a therapy dog for the other animals. Recently he needed emergency care and surgery, totalling \$2,156.67. To offset the costs we are selling Gourmet Chocolate/Peanut Butter Cups, 6 for \$12, 12 for \$24. Delivery available to Valley & HRM. **INFO/Order:** 538-3662 / nmanimalsanctuary@hotmail.com

**SILENT AUCTION DONATIONS:** Items/services are now being collected for the Silent Auction in the lobby of the Women of Wolfville show. A big source of funds for our charities, please donate craft items, art of any kind, or a service you can offer up for bids. **INFO:** Susan 542-0028 / slpaddock@ns.sympatico.ca

## Upcoming Events:

**BOOK A BOOTH AT THE VALLEY SMALL BUSINESS EXPO:** March 24th, 10am-4pm @ NSCC Kingstec Campus. This expo will bring the faces behind Annapolis Valley small businesses to hundreds of potential new customers, creating new relationships, generating leads and building business profiles. The fee gets you an 8' x 8' exhibit space and your business name/info will appear in the brochure. Register by Feb 29th **FEE:** \$75 **INFO/Reg:** Krista, 441-7229 / krista@kismetmatchmaking.ca



**The Grapevine Annual Survey:** if you have ten minutes, find the survey link on our website or Facebook page so you can anonymously tell us how we're doing. We'll be awarding a randomly-drawn worthwhile prize in the New Year for your efforts.

# Valley Mushrooms

From Jenny Osburn of Union Street Cafe. Find her Kitchen Witch blog at: [www.localfoodlover.blogspot.com](http://www.localfoodlover.blogspot.com)

Mushrooms. I used to find them unappealing, gross actually. And now I adore them, crave them, *dream* about them. This has happened with plenty of foods since I've grown up-egg-plant and cilantro among them.

Luckily for me, a mushroom fix is always close by. Julia and Leonard North of Valley Mushrooms grow gorgeous Button, Cremini and Portabello mushrooms just down the road, and we've incorporated them into all kinds of dishes at the Cafe: a fabulous burger topped with Garlic Portobellos and Swiss Cheese, Spinach Salad with Button Mushrooms, Wicked Fries (our version of potato skins, with portobellos, bacon and green

onions) and our ever-popular Cream of Mushroom Soup. At Christmastime, I was taken by a sign advertising oyster and shitake mushrooms for sale, an experiment that I hope Leonard repeats regularly! I sauteed them along with portobellos and garlic as part of our Christmas feast.. they were amazing.

Mushrooms are a rich source of tasty. Their mouthwatering deliciousness is partly due to the presence of glutamic acid. You've heard of the fifth taste, or *umami*? This refers to a savouriness, a meatiness, that is present in foods containing glutamic acid, the natural form of monosodium glutamate. Mushrooms have it, so

do tomatoes and dulse.

If you live in the Valley, choose Valley Mushrooms. Otherwise, the closest growers are in Ontario, and by the time their mushrooms get here, they are usually old and leggy (mushrooms keep growing in the box, their stems lengthening). You can buy Valley mushrooms at grocery stores, at the Wolfville Farmer's Market at Elena Basevich's Bakery stand (have a Pecan Cinnamon Bun for me, too) or at their retail outlet across from the Michelin plant in Waterville. Go ahead and stock up-mushrooms freeze very well once cooked!

## Cream of Valley Mushroom Soup

1/3 C. Butter  
1 lb. Mushrooms, sliced (a mix of white, cremini and portabello mushrooms are nice)  
1 Onions, diced  
2 cloves Garlic, minced  
1/3 C. Flour  
5 C. Chicken Stock  
3/4 C. Whipping Cream  
1 t. Salt  
1/4 t. freshly ground Pepper  
1/8 t. freshly Grated Nutmeg  
2 T. chopped Parsley



Heat the butter in a heavy pot over medium high heat and add the onions and mushrooms. Stir and cook until mushrooms have released their liquid, then add the garlic. Continue to cook, stirring often, until liquid has evaporated and mushrooms are beginning to brown. Add the flour and cook another minute, then whisk in half the stock. When the mix is smooth, add the rest of the stock. Whisking frequently to prevent lumps, bring the soup to a boil. Remove from the heat and add the cream, nutmeg, parsley and salt and pepper. Taste for seasoning.

## HERBAL HELP FOR THE FEBRUARY BLAHS

By Angie Oriana Jenkins, B.A., Herbalist

*Are you feeling it?* Melancholic, low energy, & with a humdrum attitude for no particular reason? First thing to remember is that it is a completely normal & temporary seasonal phenomenon.... this too shall pass! Think of it as a birthing process; a time to go back into the womb, into the cave, into the darkness, in order to recharge & rejuvenate. Once you "Spring" back, you will feel wonderful so long as you embrace the natural rhythm of this time of the year. Having said this, there are some herbs we can ingest to make this time more manageable especially if your emotional state is beyond minor "blahs". In extreme cases, professional help should be sought. Keep in mind, too, that diet & exercise & other lifestyle

choices also play a huge role in our emotional health.

**St. John's Wort:** is one of the primary herbal anti-depressants. It is particularly effective in cases of Seasonal Affective Disorder (S.A.D.). It may take a bit of time to kick in so be patient. Also, be sure to avoid strong sun exposure while taking it & to ask a pharmacist about contraindications. In my experience with clients, this herb works best in an oil-based pill form.

**Holy Basil (Tulsi):** is one of the best adaptogen herbs, meaning it helps your body adapt to stress. It is also very uplifting & is an excellent immune booster (stressed & depressed people are generally more prone to catching

colds & flus). Take as a tea or tincture.

**Lemon Balm:** is both calming & cheering at the same time. This herb is excellent for both adults & children & is very safe. A simple tea 1-3 times daily is my prescription.

\*NOTE: Please consult with your health care professional before using any of the above herbs as they may be contraindicated in certain conditions & with certain medications.

Angie Oriana Jenkins is a practicing Herbalist in Wolfville. For personal consultations, call 680-8839 or e-mail [oriana@sisterlotus.com](mailto:oriana@sisterlotus.com). [www.sisterlotus.com](http://www.sisterlotus.com).

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### Professionally Speaking:

## SMALL CHANGES

Small changes and up-dates to the interior of your home can help rid the winter blues. Here are some simple and fun ideas.

MaryAnn at The Perfect Corner ([theprecorner@ns.sympatico.ca](mailto:theprecorner@ns.sympatico.ca)) suggests "refreshing a framed family treasure by replacing the matting and glass with updated colours and preservation techniques. Drop by for a free consultation."

"Rid your home of the winter blahs" suggests Stephanie at Mariposa Interiors ([www.mariposainteriors.ca](http://www.mariposainteriors.ca)) "by infusing colour into your space with the use of paint and fabrics." That sounds refreshing!

Sandra at Botanique Body Bath Home Garden (12 Elm St.) recommends "a new look for your table with tableware from Vera Wang for Wedgewood and a splash of colour and pattern with Garnier-Thiebaut tablelinens from Paris."

Enjoy your home this winter!

Submitted by your Local Professionals.

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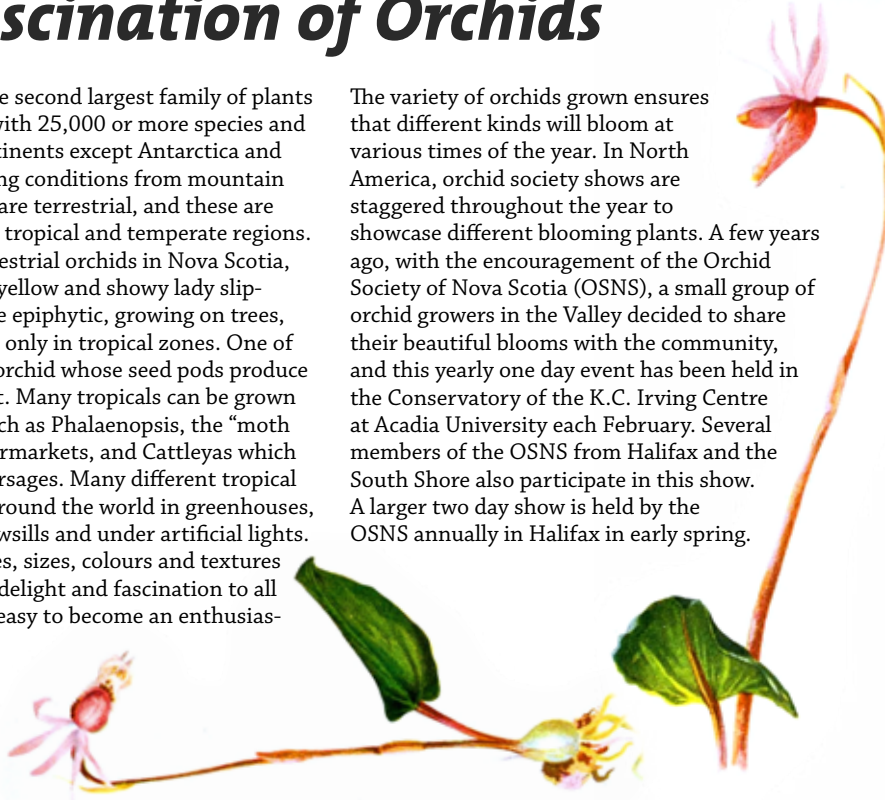
Find us at the  
Wolfville Farmers' Market!

697-2502 [www.pie-r-squared.com](http://www.pie-r-squared.com)

# The Fascination of Orchids

Orchids form the second largest family of plants in the world, with 25,000 or more species and are found in all continents except Antarctica and in all sorts of growing conditions from mountain tops to bogs. Many are terrestrial, and these are represented in both tropical and temperate regions. There are many terrestrial orchids in Nova Scotia, including the pink, yellow and showy lady slippers. Many more are epiphytic, growing on trees, and these are found only in tropical zones. One of these is the vanilla orchid whose seed pods produce the flavouring agent. Many tropicals can be grown as "houseplants" such as Phalaenopsis, the "moth orchid" sold in supermarkets, and Cattleyas which are often used in corsages. Many different tropical orchids are grown around the world in greenhouses, sun porches, windowsills and under artificial lights. The variety of shapes, sizes, colours and textures of the flowers offer delight and fascination to all who see them. It is easy to become an enthusiastic grower.

The variety of orchids grown ensures that different kinds will bloom at various times of the year. In North America, orchid society shows are staggered throughout the year to showcase different blooming plants. A few years ago, with the encouragement of the Orchid Society of Nova Scotia (OSNS), a small group of orchid growers in the Valley decided to share their beautiful blooms with the community, and this yearly one day event has been held in the Conservatory of the K.C. Irving Centre at Acadia University each February. Several members of the OSNS from Halifax and the South Shore also participate in this show. A larger two day show is held by the OSNS annually in Halifax in early spring.



Preparing for Life in the 21st Century

The New  
Booker  
School

Public Information Sessions:  
Wednesday, February 8 and  
Thursday, March 1 at 7pm  
in the Wolfville Memorial Library.

Scott Brison, M.P.



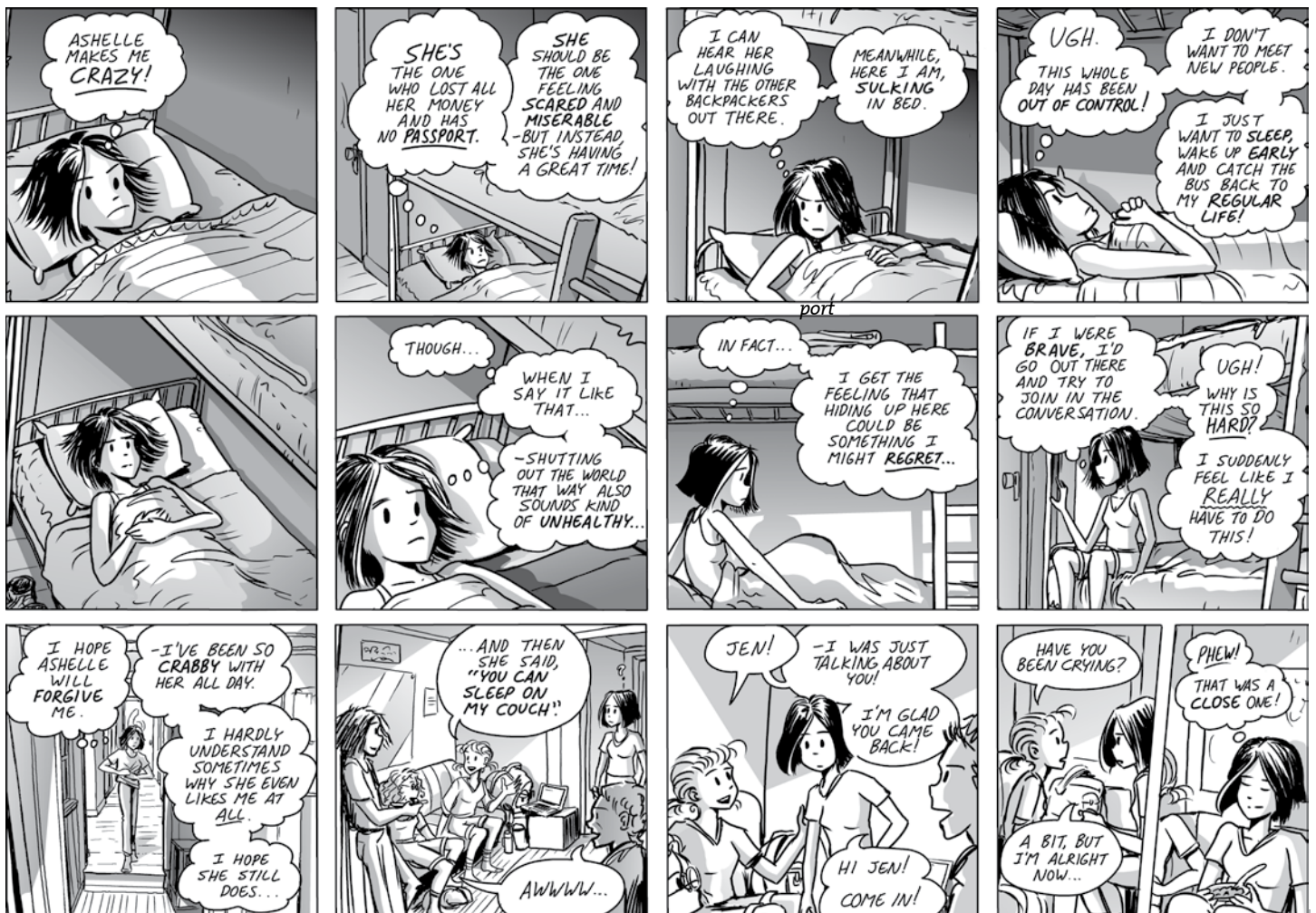
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## STARDROP by Mark Oakley: [www.iboxpublishing.com](http://www.iboxpublishing.com)



# WHO'S WHO: *Jacob Sheffield: You make us want to JUMP!*

**J**acob Sheffield I have two things to say to you: You floor me with your many talents and I adore your mother! I have a lot more to say to you but those two things came to mind first when I started writing this profile. Let's address these statements shall we?

I had seen you perform in Footloose and Newsies but we didn't meet until November 2009 when I was asked to join (last minute) the cast of Edleane Theatre's Brand New Year. That cast was filled with so much talent it scared me half to death. Everyone could either sing or dance or act or like you, do it all! I was nervous meeting you all and I remember finally approaching you to say hello and tell you what a great job you were doing. I asked you what you were listening to on your IPOD and you said, "That's not my IPOD... it's my insulin pump, I have Type 1 Diabetes" and with that, our working

relationship and friendship began.

Since then Mr. Sheffield I have been witness to countless performances by just some of the organizations you're affiliated with like Horton Sr. Concert and Sr. Jazz Band, Horton Glee, Horton Choir, Dance performances including Tap, Jazz, Hip Hop and Ballet, Annapolis Valley Honour Choir and Nova Scotia Youth Choir and theatrical performances like Oliver, Sound of Music, and 42nd Street. And the list goes on ... to include being Student Council President and a member of many special clubs at Horton High School.

And now look at you. You're rehearsing for The Wiz, coming up at Horton High School at the end of March and you're rehearsing for Anne of Green Gables with the Stage Prophets being performed in May. And not to mention, from February 8<sup>th</sup>-11<sup>th</sup>, 2012

you'll be performing in Jump: An 80's Musical here in Wolfville. You must really love theatre and performing and especially the people you work with....like me! Stupid IPOD/Insulin Pump moment aside, I had the pleasure of working with you in Cinderella, Cinderella at Centrestage (not that it was work!) and in last year's The Wedding Singer when you almost back flipped into my wig and both shows were too much fun. And now you and I get to throw on the 80's garbs again in Jump for what could be our last show together. I say that with a heavy heart and sincere unhappiness because I'm going to miss working with you Jacob. And most of all, I'll miss watching your infectious energy spill out over your cast mates. Your humour, your attention to detail, your zest and your huge bag of snacks are just some of the reasons I love working with you. Thanks for making the great shows you're in even greater!



And best of luck at Ryerson in the Fall Mr. Sheffield where I am sure you will excel at either Dance Performance or a Bachelor of Science in Nursing. Keep up that energy, keep spreading that humour (that I taught you) and keep flooring people with your talent!

Oh, and I almost forgot... I adore your Mother!!!!

~Mike Butler

## Events Con't from Page 9

**Fundy Film screens: Café de flore** — *Al Whittle Theatre*, 4 & 7 pm • An unconventional dramatic love story in which two narratives are rhythmically intertwined: the relationships between Antoine, his girlfriend and ex-wife in present-day Montréal, and a devoted single mother and her young son with Down syndrome in Paris, 1969. Music plays a crucial role, weaving together powerful tales of emotion and destiny. See ad page 15 **TIX:** \$8 **INFO:** 542-5157 / fundyfilm.ca

**Sing for Your Supper Dinner Cabaret** — *Paddy's Pub, Kentville 5-10pm* • Enjoy a three-course meal followed by an evening of musical entertainment all revolving around one of our favourite pastimes – eating. Entertainment will be provided by Sharon Churchill Roe, Christianne Rushton, Laura Churchill Duke and Stephen Roe. **TIX:** \$40 **INFO:** 678-3199 / lauracd@ns.sympatico.ca

## Monday, 13

Editorial Cartoon Exhibit:

**Freedom of Expression in Broad Strokes** — *Acadia Athletic Complex, Wolfville 8am-10pm, Until Feb 22nd* • The only stop in NS, the exhibit showcases the best work of editorial cartoonists from around the world. Please note location change. **TIX:** no charge **INFO:** 690-6133 / race.relationships@county.kings.ns.ca

**Film: Bullshit** — *Al Whittle Theatre, Wolfville 7-9pm* • In anticipation of Vandana Shiva's visit to the Annapolis Valley on Friday Feb. 24, Just Us! Coffee is showing the documentary film "BULLSHIT". The film was made in 2005 on the life and work of Dr. Vandana Shiva, environmental and food activist. The film follows her over a two year period from her organic farm in northern India to institutions of power all over the world, including American bio-tech giant Monsanto, one of her greatest opponents. **TIX:** \$6 **INFO:** 542-7474 / kathy@justuscoffee.com

**Valley Gardeners Club** — *NSSC Kingstec Campus, Kentville 7:30-9:30pm* • Join members to hear Laura Budde speak on the topic "New Cultivars and Overlooked Plants for our

Gardens." As a proprietor of Glad Gardens in Waterville, Laura is knowledgeable in both greenhouse and field cultivation of plants. Bring garden catalogues to share with fellow gardeners. All are welcome. **TIX:** no charge **INFO:** colbo@eastlink.ca

## Wednesday, 15

**Fundy Film screens: Urbanized** — *Al Whittle Theatre, 7pm* • The final of a design trilogy from the director of Helvetica, this feature-length doc looks at issues and strategies behind urban design. While exploring questions "Who is allowed to shape our cities, and how do they do it?" the film also frames a global discussion on the future of cities. See ad on this page. **TIX:** \$8 **INFO:** 542-5157 / fundyfilm.ca

## Thursday, 16

**Blurb** — *C@P Lab, Wolfville 3:30-5pm* • Afterschool program: make your own book using this cool program! Ages 9-14 **TIX:** no charge **INFO:** 542-5760 / [wolfvillecapradio@gmail.com](mailto:wolfvillecapradio@gmail.com)



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

**The Way**  
Sunday, Feb 5: 4 & 7 p.m.

**Café de flore**  
Sunday, Feb 12: 4 & 7 p.m.

**Urbanized**  
Wednesday, Feb 15: 7 p.m.

**tiff**  
**FILM CIRCUIT**  
Al Whittle Theatre  
542-5157  
[www.fundyfilm.ca](http://www.fundyfilm.ca)  
[www.facebook.com/fundyfilm](http://www.facebook.com/fundyfilm)

**E-Readers** — *C@P Lab, Wolfville 5:30-7pm* • Adult workshop to learn how to use your e-reader to read library books. **TIX:** no charge **INFO:** 542-5760 / [wolfvillecapradio@gmail.com](mailto:wolfvillecapradio@gmail.com)

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There are lots of great activities happening this second weekend of Eagle Watch 2012:

- Pancake breakfast, live music and eagle displays 8 am-2pm every Eagle Watch day, Sheffield Mills Community Hall, 98 Black Hole Road, Sheffield Mills. Eagle viewing maps available at Community Hall.

- Food placed for eagles at the corner of Bains Rd and Middle Dyke Rd between 8 am and 10 am every Eagle Watch day (please note, eagles are wild animals and may or may not choose to feed at these times).

- Soup, chowder and chili lunch, Feb. 4 from 11:30 am to 2 pm, First Cornwallis Baptist Church, 1012 Middle Dyke Rd. Visit [www.eagles.ca](http://www.eagles.ca) for a complete schedule of events



**Registered  
Massage Therapy  
& Yoga**

Tues	level 1-2	5:30 - 7:00pm
Thurs	level 1	9:00 - 10:15am

Yoga schedule effective Jan 3

7 Gaspereau Avenue, Wolfville  
[heatherpiercenyoga.com](http://heatherpiercenyoga.com)

**♥ NS Valentine Theme!**

- 1 What local man walked across an ice-jammed Minas Channel from Amethyst Cove to the Parrsboro shore, to propose to his beloved?
- 2 In what Pictou County cemetery does a stone sculpture of Mary Sutherland Morrison stand, commissioned by her grieving husband upon her untimely death?
- 3 What is the name of the heart-shaped pond at Hemlock Ravine Park, constructed by Prince Edward, Duke of Kent, in honour of his mistress?
- 4 Whose headstone in Fairview Lawn Cemetery attracted enormous attention from fans (especially teenage girls) of the movie Titanic?
- 5 What song laments having to leave 'the bonnie, bonnie lass that I do adore'?

**RANDOM ACTS OF KINDNESS**

Brought to you by: **Daniels Flower Shop Ltd.** 40 Water St, Windsor  
798-5337 [WWW.DANIELSFLOWERSHOP.COM](http://WWW.DANIELSFLOWERSHOP.COM)

**A**t my workshop the other night one of my "wonderful clients" told me this story.

She and her husband were driving along the highway in the New Minas area and they came across a car that had stalled partway on the highway coming from an onramp. It was a really cold day and the young woman who the car belonged to was busily direct-

ing traffic past her car from the ramp. Although she was doing a great job, she wasn't wearing any mittens and she looked freezing. So my wonderful client asked her husband to slow down in order to roll down the window and hand her the very mittens she was wearing! How cool is that! I love this story and I thought I would share it.

MaryBeth

**SOLUTIONS:**

1. Ebenezer Bishop; 2. Garden of Eden Cemetery; Moose River; 3. Julie's Pond; 4. J. Dawson; 5. Farewell to Nova Scotia

**The Grapevine**



Brought to you by: Jeremy Novak & Jocelyn Hatt with contributions by Manda Mansfield, Mike Butler, Lisa Hammett Vaughan & Monica Jorgensen.

Printed at: The Acadia Print Shop  
585-1129

Contact us: 902 . 692 . 8546  
[grapevine.wolfville@gmail.com](mailto:grapevine.wolfville@gmail.com)

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{ We encourage submissions of: Cover Page Banners, Random Acts of Kindness, Events and Articles }

**The Grapevine**

**Advertising Rates (per issue) + HST**

Submission deadline for  
February 16th issue is February 14th

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	\$10

**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 Cafe, Aspinall Studios. • Windsor - Moe's Place Music, Yum Bakery, T.A.N. cafe • Hantsport - R & G's Family Restaurant, Pizzeria • Berwick - Kate's Pantry, Rising Sun Cafe, Drift Wood • Kentville - Designer Cafe. **Hall's Harbour -** Copper Fox Gallery

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

**Our community Our health** GOAL: \$8 MILLION RAISED: \$6.1 MILLION  
VALLEY HEALTH REVITALIZATION CAMPAIGN  
**Hospice and Palliative Care Centre**  
...helping families face life limiting illness with dignity and comfort surrounded by a circle of support.  
**Our Community Our Health Campaign**  
Building a Hospice and Palliative Care Centre, Purchasing Medical Equipment, Funding redevelopment at Valley Regional Hospital  
donate online:  
[www.OurCommunityOurHealth.ca](http://www.OurCommunityOurHealth.ca)  
or call 678-5414

**Tide Predictions at Cape Blomidon**

Source: Canadian Fisheries & Oceans  
[www.waterlevels.gc.ca](http://www.waterlevels.gc.ca)

Feb	High	Low
02	7:53am**	2:06pm
03	8:47am	3:02pm
04	9:39am	3:54pm
05	10:29am	4:42pm
06	11:16am	5:28pm
07	12:02pm	6:13pm
08	12:47pm	6:56pm
09	1:31pm	7:17am
10	2:17pm*	8:02am
11	3:05pm	8:49am
12	3:54pm	9:39am
13	4:48pm	10:31am
14	5:45pm	11:27am
15	6:46pm	12:28pm
16	7:16am	1:32pm

\* Highest High: 43.6 feet  
\*\* Lowest High: 34.1 feet

Please note there are normally 2 high and low tides a day