

THE GRAPEVINE

A FREE PAPER FOR THE PEOPLE WHO FIND THEMSELVES IN THE ANNAPOLIS VALLEY

October 2 - 16, 2014 | Issue No. 11.20 ★ COMMUNITY ★ AWARENESS ★ INVOLVEMENT ★ You're holding one of 3900 copies



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FOR THE HEALTH OF IT: Knobby, Bumpy, Hairy things

Seasonal health secrets of Chinese Medicine shared

Knobby, bumpy, hairy things – Roots may not be most people's idea of beautiful, but to me, as a Practitioner of Chinese Medicine, they are absolutely gorgeous!

Root Music
Root Vegetables
Root Medicine...

Fall is a great time to delve into the things that feed and heal us in mind, body and spirit. This is a time to "dig deep" and begin to turn our focus inward. Good healthy food, like good music, has the ability to touch the deepest parts of ourselves and to heal us from within.

Autumn in Chinese Medicine is associated with the Metal element and corresponds to the Lung. Our lungs are vulnerable to injury at this time of year. Emotions associated with autumn (and Metal) are grief, melancholy and of letting go. These emotions are neither good nor bad, but simply part of the poignant breadth of our lovely palette of human feelings. In autumn, our energy begins to move inward & down, root vegetables are ready for harvest, and roots music (at least for us lucky enough to live in the Annapolis Valley) abounds.

"Take that twig out of your mouth!" the adult called out to my daughter in alarm. She looked up into the worried frowning face "It's not

a twig" she said mildly, "it's a root – I love to chew on Licorice roots. They're good for you." Licorice root has long been used in countless Chinese medicinal formulas to harmonize the actions of the other herbs and nourish the Earth element within us. Licorice root (aka, Gan Cao, 甘草, Radix Glycyrrhizae) settles the stomach, strengthens our bodies ability to receive the nourishment from food and other medicinal herbs, stops spasms, and relieves coughs. Why not treat your little ones to nicely packaged little sticks of licorice roots, ready for your children's lunch box. You can find them, "lunch box ready" at EOS Natural Foods, on Front St. in Wolfville.

September is a great time of year to nourish ourselves with roots of all kinds. In Chinese Medicine, we not only use many different kinds

of roots in our medicinal formulas (such as ginseng), we use the very idea of "roots" in our whole approach to medicine. Chinese Medicine hunts out the "root cause" of your issues giving you real, lasting relief and better overall health, as well as addressing your "branch" symptom. Deborah Fallows says - Root down & Be Well!

Deborah Fallows R.Ac., D.SW; Wolfville; www.oceanbayclinic.com; 902-300-3017



ON THE COVER

Who are the children in the photo, and where was it taken?

Genevieve and Harlow are two very special people; Harlow is my boy and Genevieve is my niece. I captured this shining picture last weekend on my phone at the water pump along the Acadia Woodland Trails in Wolfville.

How did you spend your time there?

Close to 3 hours passed as we explored and played along the trails; there is so much to discover. We came across flora and fauna and fungi, streams and sunbeams and animal bones. We even made it up to the dark woods for some spooky stories. Then we continued on to explore the Harriet Irving Botanical Gardens and the beautiful K.C. Irving building and greenhouses. We all had a wonderful time. This time of year is perfect for exploring the woods with the cool air and warm sun. And the bug population isn't a problem.

Thanksgiving happens during this issue on Monday, October 13. I would imagine there is lots to be thankful for.

We live close to our family and that's such a wonderful thing. Harlow is thankful for having a big cousin who offers loving guidance and friendship, and for her great imagination. I'm thankful for both of them, and for all the friends and family who enrich our lives.

Responses by Jocelyn Hatt

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Think Wolfville

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Wolfville Lions Club, 36 Elm Avenue

After much public consultation, a draft of the **Downtown Development Plan** is ready for you to see. Come learn about the recommendations and next steps!

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THE GRAPEVINE

The Grapevine is brought to you by Jeremy Novak & Jocelyn Hatt, with an amazing team of contributors:

JEREMY NOVAK
co-publisher
& editor, sales

JOCelyn HATT
co-publisher &
editor, design & layout

EMILY LEESON
submissions editor

MONICA JORGENSEN
events & lists

LISA HAMMETT VAUGHAN
proofreader

ALEX HICKEY
typesetter, layout assistant



DONNA HOLMES
publishers' assistant

PAMELA SWANIGAN, MIKE BUTLER, CHARLOTTE ROGERS, CHERI KILLAM writers

JAMES SKINNER
technical assistant

ALLAN WILLIAMS events

MARGOT BISHOP, DENISE ASPINALL, JADEN CHRISTOPHER, MARK WAECHTER, BETH BREWSTER, CURRAN RODGERS, LAUREN GALBRAITH, KEELER COLTON, JAN HERMISTON deliveries

WHERE TO FIND US

In addition to being in every department at Acadia and over 800 businesses from Windsor to Berwick, additional Grapevines can be found at these fine locations:

- WOLFVILLE:** Box of Delights, The Post Office, EOS, Pita House, Muddy's Convenience, Cinematopia, the Public Library, Just Us! Café, Wolfville Farmers' Market, T.A.N. Café, What's the Buzz? Rolled Oat, Mud Creek Mini Mart
- GRAND PRÉ:** Convenience Store, Just Us! Coffee Roasters
- GASPEREAU:** Valley Fibres, XTR Station
- PORT WILLIAMS:** Wharf General Store, Tin Pan Bistro
- CANNING:** Art Can, Al's Fireside Café, Aspinall Studios
- WINDSOR:** Moe's Place Music, T.A.N. Café, Lucky Italiano
- HANTSPOUR:** R & G's Family Restaurant, Pizzeria
- BERWICK:** Drift Wood, North Mountain Coffee, Rising Sun Café, Union Street Food and Music
- KENTVILLE:** Designer Café, T.A.N. Café, Café Central, Post Office
- COLDBROOK:** T.A.N. Café
- NEW MINAS:** Boston Pizza, Milne Court, Pita Pit

ADVERTISING

SUBMISSION DEADLINE: Oct 13 for the Oct 16 Issue
AD DEADLINE: Oct 10

Advertising in the Grapevine ranges from free (page 4), to paid. Depending on the commitment length and colour options, rates range from:

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ALSO AVAILABLE ONLINE:
grapevinepublishing.ca and
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Experienced a random act of kindness recently?
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info@grapevinepublishing.ca

Random Acts of Kindness is Brought to you by Daniels' Flower Shop Ltd.
40 Water St, Windsor | 798-5337 | www.danielsflowershop.net

I witnessed a Random Act of Kindness last Friday. My friend, Mitch & I were waiting in the car outside a convenience store in Waterville and there was an elderly gentleman parked next to us. He had his legs outside of the car but he sat with a puzzled look on his face, so Mitch asked him if he needed some help with something. He explained that he was unable to stand up from his car and get into the store. Mitch (who is a CCA and knowledgeable in proper lift techniques) was quick to jump out of our car and helped the man out of his car and into the store. A simple good deed, but who knows how long that man would have sat there until the next kind person came around.

Missy A Taylor

THE FURRY FEATURE



The Furry Feature is brought to you by Deep Hollow Print
deephollowprint.com | facebook.com/deephollowprint

FEATURE CAT-JARROD

Jarrold is a short haired grey and white male and is one of four kittens brought in to us via Animal Control born approx April 29, 2014. He is very playful and is growing up fast. Jarrold is a handsome boy! E-mails may not be checked every day so please call us at 542-3422 if your needs are of an urgent nature or an actual emergency. Thank you.

Wolfville Animal Hospital
12-112 Front St, Wolfville
wolfvilleanimalhospital@ns.aliantzinc.ca



FEATURE DOG-HAZEL

Hi! My name is Hazel, I am 2½ years old. I've been spayed and am up to date on all of my vaccinations. I am a silly goofy girl who is a ton of fun and who loves people but I am a big dog (pitbull mix), and need to be trained by someone with dog experience. If you would like to meet me feel free to stop by any day between 2pm and 5pm at the Kings County branch of the Nova Scotia SPCA. We are located at 1285 County Home Road in Waterville.

You can also check out our website at kings.spcan.ca, look us up on Facebook, or call my caregivers at 538-9075.



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Photo by Ernest Cadogan

Keith Irving
MLA Kings South

COMING SOON!
I will have a constituency office in the Coldbrook Heritage Hall on Lovett Rd. on the first Monday of each month. Stop in for a coffee and visit beginning October 6th.

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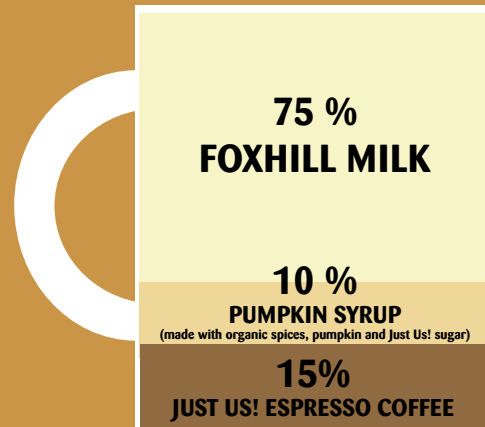
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Suggested Theme:

Welcome to autumn and the best time to be in the Annapolis Valley! With the season officially changing on September 22, we've now entered a time of harvest, transition, and chilly evenings.

How are you and your business prepared for fall this year? Do you and your business have anything new and exciting to announce that compliments this beautiful season?

Planters Ridge Winery

1441 Church St., Port Williams, 542-2711 / info@plantersridge.ca / plantersridge.ca

The fall weather also brings the most exciting time in wine country – harvest time! We will start harvesting our estate fruit in a few weeks. Until then, we've been busy in the cellar preparing to bottle our 2013 reds, and planning Oktoberfest, our fall wine event. Oktoberfest is happening at the winery this Saturday, October 4 from 12-5pm. Join us with good friends for good wine, good food and good beer. Live oompah music, sausages, sauerkraut, schnitzel & more! See ad page ____.

Planters Ridge is a premiere artisanal winery housed in a newly renovated 150 year-old timber frame barn and we welcome connoisseurs and new wine drinkers alike to experience the beauty of the Annapolis



Owners: John McLarty & Lisa Law

Valley from our stunning vantage point in Port Williams.

The Tasting Room opened June 27, 2014. The vineyard was planted in the Spring of 2011.

Valley Family Fun — info@valleyfamilyfun.ca / valleyfamilyfun.ca • There are so many great things to do in the fall with your family! Go apple picking, do a corn maze, go for a drive to see the fireworks of colour! Visit our website for more ideas!

East Coast Beer Tours — sayhello@eastcoastbeertours.com / eastcoastbeertours.com • Summer has ended, but that's no reason to leave. October 11, come to the Valley & give thanks with East Coast Beer Tours... like a wine tour but with beer & food.

Fanfare — 9145 Commercial St., New Minas, 365-8180 / jodywear73@gmail.com • At Fanfare we celebrate fall with crazy sidewalk t-shirts sales (\$6.99 or 4 for \$20). It is fun to watch people pretend it's still summer as they frantically dig through the shirts!

Valley Ford — 898 Park St., Kentville, 678-1330 x225 / ernie.robinson@valleyford.ns.ca • The warmth of the Valley Ford staff, and a hot tea, coffee or cocoa will surely look after any autumn chill, plus you can come to browse

our full line of Ford cars, trucks & SUV's! Once I've helped you make your choice, you can drive it to a cozy Valley B&B – with a fireplace!

PIER 101 Home Designs Inc. — 2428 Ridge Road, Hortonville, 791-1963 / pier101designsinc@gmail.com / pier101.ca • Hupman Brothers @ No Faux, Fri. Oct 3. \$20 ticket, redeemable for \$10 credit at No Faux Studio's collection of leather coats & bags. Perfect campus gear. Acadia students: 20% off. Friday 4-7pm & Saturday 10am-3pm.

Retro Runway Fashions — 2 Central Ave. Wolfville, 692-9271 / retrorunway@hotmail.com / retrorunway.com • Clothing for Guys & Gals. Store is packed with Halloween costumes & cozy fall sweaters.

Inquisitive Toy Company — 360 Main St., Wolfville, 697-3009 / jake@inquisitivetoys.com / InquisitiveToys.com / facebook.com/inquisitivetoys • Inquisitive's 1st Birthday Party is coming up on Oct. 11, 10am-6pm. Cake, prizes, & 15% off the whole store.

Pie R Squared — 35 Minas View Dr., Wolfville, 697-2502 / info@pie-r-squared.ca • Autumn is upon us and it's meat pie season! Save Easy is now carrying some of your favorite Pie R Squared gluten free products. Watch for our Turkey Cranberry Pie! It's BAAACK!!

SoundMarket Recording Studios — 63 Pleasant Street, Wolfville, 542-0895 / facebook.com/soundmarket • Professional studio & mobile recording service. Check us out! We've got some exciting recording projects happening this fall with local musicians.

Canning Valufoods — 9830 Main St., Canning, 582-7145 / valufood.ca • What's better than a fresh baked pie in the Fall. We carry an assortment of pies priced at ONLY \$2.49, every day. Only at Canning Valufoods!

Careforce — Kentville, 365-3155 / careforce@careforce.ca / careforce.ca • At Careforce, the onset of fall means winter is not far behind. We work hard to help our clients & employees prepare to stay safe & warm from the nip of Jack Frost. Snow tires, safety kits, etc.

Sister Lotus Body Care Products, Belly Dance & Herbal Education — Wolfville, 680-8839 / sisterlotus.com • So much excitement this fall! Busy busy busy with "The Budding Herbalist" on-line course, making 'Pumpkin Pie Spice Soap, decorating the market with autumn herbal wreaths/arrangement, & prepping for a trip to Arizona to further my studies in Shamanic Herbalism!! So very grateful for those who have helped make all this happen!

Ocean Zn Giftshop & Home Decor — 437 Main Street, Kentville, 790-6901 / Oceanznseaglassstudio@hotmail.com • This is a great time for Nova Scotia beachcombers to come to me with the beach finds they have collected over the summer to do custom jewelry, mosaics, & other creations for Christmas! Also planning the first Sea Glass Festival for Nova Scotia...this chilly weather is a great time for staying in & planning another great event for our beautiful ocean surrounded province.

Edible Art Café — 9701 Commercial St., Greenwich, 681-7375 / facebook.com/edibleartcatering • We have geared up for the Fall season with live music from 12-2pm, six days a week, more Grab & Go items than ever, & a new breakfast menu launching soon. New consignment items are arriving from local artists, along with a schedule of special events, & a gallery opening to be announced soon. Happy Fall!

RE used resale Co-op, Ltd. — 681-0776 / reusedresale@gmail.com / REusedresale.com / facebook.com/REusedresale • The beauty of autumn's changing colors can inspire people to redecorate as they transition into cooler weather. RE offers great deals on home decor (and much more) to help you reinvent your space on a budget. Open Fridays & Saturdays!

TAMMACHAT Natural Textiles — 624-0427 / tammachat.com • Pick up a holiday gift that you know is fairly traded and sustainably created. Find us Saturday, Oct. 18 at the Wolfville Farmers' Market, Community Business Booth. Unique organic and handspun Eri silk scarves and more, exquisite natural colours, handwoven by rural women's weaving groups in Thailand and Laos.

Devorah Fallows Acupuncture & Chinese Medicine 中国医药 — #221, 112 Front St., Wolfville, 300-3017 / devorah@oceanbayclinic.com / oceanbayclinic.com • HOT SHINS! Skip that icky flu-shot. Instead, come to Devorah Fallows R.Ac. for a great Flu & Cold prevention (HOT SHINS) treatment! This is the time of the Autumnal Equinox – Qiu fen 秋分. Devorah is helping patients maintain health by teaching how to live & eat in harmony with the shift in season.

YELLOW-NS — Annapolis Valley, 321-1046 / info@yellow-ns.com / yellow-ns.com • YELLOW-NS is reminding people to prepare for the winter by keeping your memories alive & ready to pass on to the next generation. Set aside a bit of time every day to recall a memory & jot it down! You will be happy you did!

Acadia Cinema Cooperative — Al Whittle Theatre, Wolfville, 542-2533 / acadiacinema.coop • Annual General Meeting: Monday, October 20, 7pm in Studio Z. Shareholders are invited to hear the annual report and vote in next year's board. See ad page 5.

Whole Green Heart Coaching — Berwick, 538-3079 / michelle@wholegreenheart.com / wholegreenheart.com • Running a farmers' market based business? Or considering it? We offer FREE business training through Farmers' Markets of Nova Scotia - and the last session for 2014 starts in mid-October. Former program participants speak incredibly highly of this program. Register through Keltie: fmns@farmersmarketsnovascotia.ca

Local Lyrics Lotto
ANSWER – Song title: Living in Wolfville;
Songwriter: Donna Holmes



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Well, this is a bit of a different kind of Mike Uncorked. Megan Brown, the smiling face behind the counter at Eos, emailed me about a bunch of fun events taking place in October, in support of Non-GMO month. This was all very new for me, it sparked my interest and I want to share it all with you.

A bit of background first. Eos Natural Foods is located on Front Street in Wolfville and it is a magnificent shop filled with unique products (too many to list) and all things natural. The staff is very helpful, the atmosphere reeks of health and freshness, and I love shopping there. The 41 year old store opened in 1973 as a co-op. Amanda Vaz (a former Who's Who) purchased it from Janet Finer and Carole Alain in 2013 and changed the name from Eos Fine Foods to Eos Natural Foods. Her vision was to create a store where people could shop and trust that the products they were buying were as local as possible (Eos has over 50 local suppliers), sustainable, organic, GMO-free, and fair trade.

It is with this commitment to quality ingredients and sustainable practices that the folks at Eos are excited to announce their involvement with the Non-GMO Project for the Non-GMO month of October! GMO stands for Genetically Modified Organisms and are plants or animals created through gene splicing techniques of biotechnology (also called genetic engineering). This experimental technology merges DNA from different species, creating unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional crossbreeding. For consumers, it can be difficult to stay up-to-date on food ingredients that are at risk of being genetically modified, as the list of at-risk agricultural ingredients is frequently changing. This was a major eye-opener for me as I have become more concerned about my health and well being this past year.

The Non-GMO Project is a non-profit organization that stands as the only third-party quality assurance provider for Non-GMO foods. They have over 20,000 products certified, and work with over 2,200 companies to ensure the quality of their products. What most people may not know is that in order to be certified organic, you must use GMO free seeds and ingredients. Some companies can't afford to be completely organic; however they can verify the quality of their "high risk" ingredients such as corn, soy, and canola through the Non-GMO Project.

During October the Non-GMO project is teaming up with businesses to spread the word about risks associated with GMO

products, and how to make good choices for ourselves and our families that help to lessen the impact of GMO farming on the planet (bee population decimation, soil degradation, increased cancer rates, obesity, etc). Check out the Non-GMO Project website at nongmoproject.org. EOS has some merchandise for sale as a fundraiser for them.

Eos is also showing a film regarding the Non-GMO project entitled "GMO-OMG" at Acadia University in the BAC, room 241 on Wednesday, October 8 at 7:30pm. "GMO-OMG" is an exploration by Jeremy Seifert, a father of three, into the potential harms of GMO foods and what impact they will have on our future. The screening is open to the public (for a free-will donation to our partnered charities). There will be GMO-free snacks available for purchase (by donation) as well. And on THURSDAY, OCTOBER 9, EOS will donate a portion of their sales that day to the Non-GMO project - mark your calendars to shop that day!

Megan also mentioned ACORN/GROW A FARMER - an amazing resource to farmers in the Maritimes and especially here in the valley. They support young farmers who are interested in producing food on a small-scale organic level through funding, education and workshops. It is through EOS' partnership with them that secured the rights for the GMO-OMG film ensuring that all of the money raised goes straight to the NON-GMO Project, ACORN and GROW A FARMER.

A few ACORN plugs: the ACORN annual conference is happening November 12-14 in Halifax at the Marriot Harbour Front Hotel, with keynote speaker Dr. Vandana Shiva! This conference is open to anyone who is interested in organic farming, seed saving, or simply those who love to eat good food! You can register online at: acornorganic.org/conference/. On November 13, ACORN will feature their annual, 4-course, 100% Organic Banquet, preceding Dr. Vandana Shiva's keynote address. This event will mark the end of a day-long silent auction including books, seeds, farm and garden equipment, and gift certificates, etc. EOS has limited tickets for this event, so secure yours today!

You got all that?! I want to thank Megan and EOS for contacting me about including all this in my article. You have educated me and hopefully my readers will show their support. Health and Wellness are important... so do your part!

Mike Butler

THE CROSSWORD

brought to you by: NAKED CRÊPE

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WIN! Complete this crossword, then submit it to Naked Crêpe for your chance to win a dessert crêpe! Just leave your contact information below this puzzle & submit the puzzle.
Winner of the dessert crepe last issue: Beth Robertson

THANKSGIVING

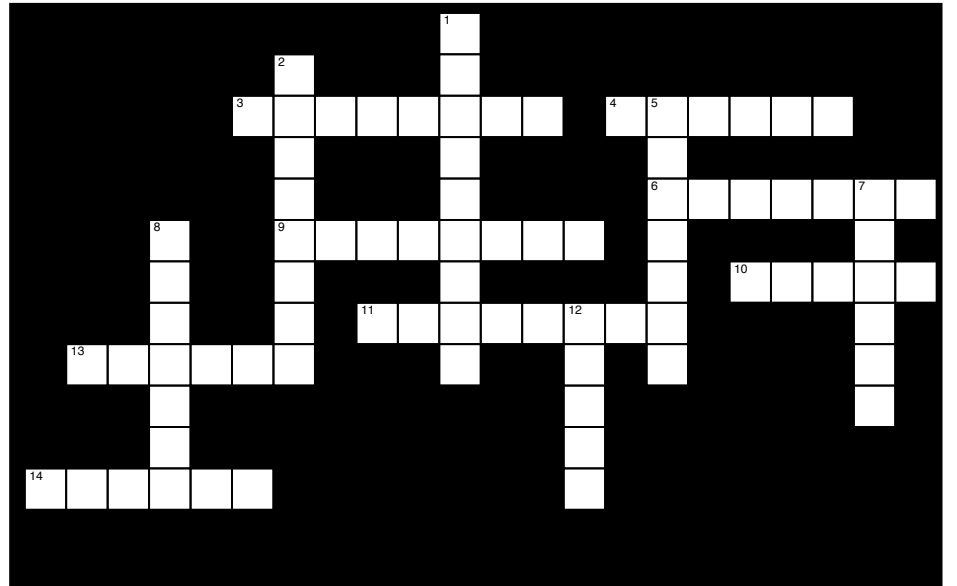
created by Donna Holmes

Across

- Many Canadians will watch this sport during the long weekend.
- Thanksgiving has occurred on the second _____ of October since 1957.
- Next year Canada's Thanksgiving Day will land on Monday, October _____.
- The two varieties of apples harvested the earliest in NS: Gravenstein and _____.
- If you were born on Canada's Thanksgiving Day, your sign would be _____.
- A fun thing to do in October is to visit (and get lost in?) a _____.
- Tis the season for U-Pick _____!
- Maple leaves turn red, yellow, brown, and _____ in the fall.

Down

- Thanksgiving is not a _____ holiday in NS.
- Canadian Thanksgiving coincides with America's _____ Day.
- Month that Canadian Thanksgiving falls in.
- Thanksgiving is not loved by this poor fowl.
- Many valley folks will be eating _____ pie on Monday, Oct 12. The first Thanksgiving observed after Canadian Confederation happened in this spring month.



Name & Phone Number:

Annual General Meeting
Shareholders are invited to hear the annual report and vote in next year's board.
Monday, October 20, 2014
7 pm in Studio-Z
above the Al Whittle Theatre
in the Acadia Cinema building

Julie Skaling
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Valley Ghost Walks	The Harrow Brothers
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Sammy Joe	Alex Hastie
Liam Potter	Jennica Elder
Andy & Ariana	Kim Smith
Squeezypop	Pianist: Haydon All
Tim Laborie	

Horoscopes for the week
of October 2nd

Rob Brepny's FREE WILL ASTROLOGY

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freewillastrology.com

ARIES (March 21-April 19): As I hike through the wilderness at dusk, the crickets always seem to be humming in the distance. No matter where I go, their sound is farther off, never right up close to me. How can that be? Do they move away from me as I approach? I doubt it. I sense no leaping insects in the underbrush. Here's how this pertains to you: My relationship with the crickets' song is similar to a certain mystery in your life. There's an experience that calls to you but forever seems just out of reach. You think you're drawing nearer, about to touch it and be in its midst, but it inevitably eludes you. Now here's the good news: A change is coming for you. It will be like what would happen if I suddenly found myself intimately surrounded by hundreds of chirping crickets.

TAURUS (April 20-May 20): In three years, you will comprehend truths about yourself and your life that you don't have the capacity to grasp now. By then, past events that have been confusing to you will make sense. You'll know what their purpose was and why they occurred. Can you wait that long? If you'd rather not, I have an idea: Do a meditation in which you visualize yourself as you will be three years from today. Imagine asking your future self to tell you what he or she has discovered. The revelations may take a while to start rolling in, but I predict that a whole series of insights will have arrived by this time next week.

GEMINI (May 21-June 20): The journey that awaits you is succinct but epic. It will last a relatively short time but take months to fully understand. You may feel natural and ordinary as you go through it, even as you are being rather heroic. Prepare as best as you can, but keep in mind that no amount of preparation will get you completely ready for the spontaneous moves you'll be called on to perform. Don't be nervous! I bet you will receive help from an unexpected source. Feelings of deja-vu may crop up and provide a sense of familiarity -- even though none of what occurs will have any precedents.

CANCER (June 21-July 22): In the wild, very few oysters produce pearls -- about one in every 10,000. Most commercial pearls come from farmed oysters whose pearls have been induced by human intervention. As you might expect, the natural jewel is regarded as far more precious. Let's use these facts as metaphors while we speculate about your fate in the next eight months. I believe you will acquire or generate a beautiful new source of value for yourself. There's a small chance you will stumble upon a treasure equivalent to the wild pearl. But I suggest you take the more secure route: working hard to create a treasure that's like a cultivated pearl.

LEO (July 23-Aug. 22): In June 2012, a U.S. Senator introduced a bill that would require all members of Congress to actually read or listen to a reading of any bill before they voted on it. The proposal has been in limbo ever since, and it's unlikely it will ever be treated seriously. This is confusing to me. Shouldn't it be a fundamental requirement that all lawmakers know what's in the laws they pass? Don't make a similar error, Leo. Understand exactly what you are getting into, whether it's a new agreement, an interesting invitation, or a tempting opportunity. Be thoroughly informed.

VIRGO (Aug. 23-Sept. 22): Oliver Evans (1755-1819) was a prolific Virgo inventor who came up with brilliant ideas for steam engines, urban gas lighting, refrigeration, and automated machines. He made a radical prediction: "The time will come when people will travel in stages moved by steam engines, almost as fast as birds fly, 15 or 20 miles an hour." We may be surprised that a visionary innovator like Evans dramatically minimized the future's possibilities. In the same way, I suspect that later in your life, you might laugh at how much you are underestimating your potentials right now. In telling you this, I'm hoping you will stop underestimating.

LIBRA (Sept. 23-Oct. 22): When Jimmy Fallon was a senior in high school, he received a weird graduation gift: a troll doll, one of those plastic figurines with frizzy, brightly colored hair. Around the same time, his mother urged him to enter an upcoming comedy contest at a nearby club. Jimmy decided that would be fun. He worked up a routine in which he imitated various celebrities auditioning to become a spokesperson for troll dolls. With the doll by his side, he won the contest, launching his career as a comedian. I foresee the possibility of a comparable development in your life: an odd blessing or unexpected gift that inspires you to express one of your talents on a higher level.

SCORPIO (Oct. 23-Nov. 21): "Dear So-Called Astrologer: Your horoscopes are worse than useless. Mostly they are crammed with philosophical and poetic crap that doesn't apply to my daily life. Please cut way back on the fancy metaphors. Just let me know if there is money or love or trouble coming my way -- like what regular horoscopes say! -Skeptical Scorpio." Dear Skeptical: In my astrological opinion, you and your fellow Scorpions will soon feel the kind of pressure you just directed at me. People will ask you to be different from what you actually are. My advice? Do not acquiesce to them.

SAGITTARIUS (Nov. 22-Dec. 21): Tomatoes are a staple of Italian cuisine now, but there weren't any tomatoes in Europe

until the 16th century, when Spanish explorers brought them from Central and South America. Likewise, Malaysia has become a major producer of rubber, but it had no rubber trees until seeds were smuggled out of Brazil in the 19th century. And bananas are currently a major crop in Ecuador thanks to 16th-century Portuguese sailors, who transported them from West Africa. I foresee the possibility of comparable cross-fertilizations happening for you in the coming months, Sagittarius. Do you have your eye on any remote resources you'd like to bring back home?

CAPRICORN (Dec. 22-Jan. 19): Years ago, you experienced an event that was so overwhelming you could not fully deal with it, let alone understand it. All this time it has been simmering and smoldering in the depths of your unconscious mind, emitting ghostly steam and smoke even as it has remained difficult for you to integrate. But I predict that will change in the coming months. You will finally find a way to bring it into your conscious awareness and explore it with courage and grace. Of course it will be scary for you to do so. But I assure you that the fear is a residue from your old confusion, not a sign of real danger. To achieve maximum liberation, begin your quest soon.

AQUARIUS (Jan. 20-Feb. 18): This is prime time to do things that aren't exactly easy and relaxing, but that on the other hand aren't actually painful. Examples: Extend peace offerings to adversaries. Seek reconciliation with valuable resources from which you have been separated and potential allies from whom you have become alienated. Try out new games you would eventually like to be good at, but aren't yet. Get a better read on interesting people you don't understand very well. Catch my drift, Aquarius? For now, at least, leaving your comfort zone is likely to be invigorating, not arduous.

PISCES (Feb. 19-March 20): Your oracle is built around the epigrams of conceptual artist Jenny Holzer. From her hundreds of pithy quotes, I have selected six that offer the exact wisdom you need most right now. Your job is to weave them all together into a symphonic whole. 1. "It's crucial to have an active fantasy life." 2. "Ensure that your life stays in flux." 3. "I have every kind of thought, and that is no embarrassment." 4. "Animalism is perfectly healthy." 5. "Finding extreme pleasure will make you a better person if you're careful about what thrills you." 6. "Listen when your body talks."

Homework: Make nonsense noises for a minute straight every day this week. Report results to Truthrooster@gmail.com.

INQUISITIVE TOY COMPANY TRIVIA

inquisitivetoys.com

360 Main St., Wolfville | 697.3009

By Jake Rideout | Inquisitive Toy Company
facebook.com/inquisitivetoys

- 1 Approximately how many lakes are found in Nova Scotia?
- 2 What year did Nova Scotia join confederation?
- 3 How many colours are found on the Nova Scotian license plate?
- 4 How many counties does Nova Scotia have?
- 5 Of 13 provinces & territories, where does Nova Scotia rank for land mass?

**Happy 1st birthday to us!
Thanks for all your support
over the past year!**

1. Over 5400, 2. 1867, 3. 3, 4. 18, 5. 12

ANSWERS:

TIDE PREDICTIONS at Cape Blomidon

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

OCT	High	Low
02	7:18am	1:25pm
03	8:21am	2:30pm
04	9:24am	3:34pm
05	10:24am	4:35pm
06	11:20am	5:31pm
07	12:13pm	6:24pm
08	1:03pm	7:13pm
09	* 1:51pm	7:36am
10	2:38pm	8:23am
11	3:25pm	9:10am
12	4:13pm	9:57am
13	5:02pm	10:45am
14	5:54pm	11:35am
15	6:48pm	12:29pm
16	** 7:21am	1:26pm

* Highest High: 45.6 feet ** Lowest High: 35.4 feet

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HERE AND AWAY: Car Insurance Rates

BY PAMELA SWANIGAN

Figures based on average annual premium. Canadian figures are from 2009.

Nova Scotia (private): \$735. (16 to 24-year-old average premium: \$2,522).

Alberta (private): \$1,004. (16 to 24-year-old male with clean driving record, living in Calgary: \$2,973-\$3,789).

British Columbia (public-private mix): \$1,112.

Quebec (public-private mix): \$642.

Prince Edward Island (private): \$695.

Manitoba (public): \$1,027. (16 to 24-year-old male with clean driving record, living in Winnipeg: \$1,027).

Ontario (private): \$1,481. (16 to 24-year-old male with clean driving record, living in Toronto: \$4,239-\$9,270).

Maine: \$889.

Louisiana: \$2,536.

New Hampshire: \$1,133

California: \$1,709.

U.K.: £595 (\$1077 CDN)

Australia (private): Queensland, AU\$931 (CDN \$912)
New South Wales, AU\$1,464 (CDN \$1,434).

Russia: RU2,138 (approx. \$80) to RU10,770 (approx. \$385).

Nigeria: 5% of the car's value.

Sources: Autos.ca.MSN.com; Globe and Mail; Insurance Bureau of Canada; Forbes.com; BBC; Canstar (Australia); Bloomberg Businessweek Magazine; Rusprice.blogspot.

Talk Life Community presents an evening with Dr. Robin McGee

Robin McGee, author of *The Cancer Olympics* (www.thecancerolympics.com), will share stories of courage, strength, and how to advocate for yourself especially in the face of adversity. This exciting event will be held at the Edible Art Cafe (9701 Hwy 1, Greenwich) on Wednesday, October 15 at 7pm. Tickets (\$20) are available through reservation only at talklifecommunity@gmail.com or via the Talk Life Community Facebook page. A portion of the proceeds will go to the Canadian Cancer Society and the Colorectal Cancer Association of Canada. In order to maintain the intimacy of this event no more than 40 tickets will be sold.

Talk Life Community (TLC) was created by three friends who realized how many accomplished women they knew, all with important stories and life lessons to share. The group consists of Lia Glover, Port Williams; and Vanessa Gennette and Laura Churchill Duke, Kentville. The latter also created the very popular web site, Valley Family Fun. Talk Life Community is a roaming cafe for women. It focuses on the joys and challenges of women of all ages and experiences. Our goal is to share stories from those who have been there, done that. With so many creative, courageous, intelligent and accomplished women in the Valley to tell their stories, we believe you will leave a Talk Life Community event, better than you arrived.

Robin McGee

Dr. Robin McGee is a Registered Clinical Psychologist, mother, wife, educator, and friend. Living in Port Williams, Nova Scotia, she has been a dedicated clinician in health and education settings for over 25 years. Her work has included teaching at the university level and publishing in professional journals in her own field of child psychology. Since entering remission, she has been very active in patient advocacy, serving as the patient representative on several provincial and national initiatives aimed at improving standards of cancer care. She is also a peer-support mentor and fundraiser on behalf of the Canadian Cancer Society. *The Cancer Olympics* is her first - and hopefully her last - memoir of her cancer experiences. For additional information please contact: Laura Churchill Duke, 902-678-1562; Lia Glover, 902-680-5331; or email: talklifecommunity@gmail.com

Ecology Action Centre

Healthy Water: It's Well Worth it

At the Ecology Action Centre, the largest environmental organization in Atlantic Canada, the coastal and water team are working on coastal, freshwater and groundwater issues. We realize that all of our water is connected, and the health of one is connected to health of the others. Any issue that impacts one of them, impacts them all.

Over the past year, we made three shocking discoveries about Nova Scotia drinking water. Firstly, that our rocks and groundwater contain high amounts of arsenic and uranium and other natural contaminants. Secondly, that these kinds of contaminants are linked to certain kinds of cancers. And lastly, that Nova Scotia has very high rates of many of these kinds of cancers. Sadly, many of us have been touched by cancer in some way, but by changing our behaviours around drinking water, some cancers might become less common in our lives. Natural contaminants in our drinking water must be addressed by shifting our own understanding and changing our behaviour.

There is a belief among well owners that we shouldn't talk about our homes' water quality - that it will affect our property value, that our bank or insurance company or town will charge us more, that someone will know that our water is bad. We can shift this stigma into power - the power to be healthier. By understanding the quality of our well water, we can take steps to improve it with treatment systems, and we can be proud of having well water that is healthy and safe.

To support this vision, in the fall of 2014 the Ecology Action Centre is launching Healthy Water: It's Well Worth it. Through this project, we envision communities that understand the basics of drinking water quality and natural contaminants, municipalities that encourage knowledge of each person's well and water quality, neighbours and businesses that help each other cover the cost of water tests and treatment systems, and annual celebrations of empowerment when a community is working to make their water clean and healthy.

This project will focus on four specific areas: General Information Workshops; Community Water Booths; Homeowner Support and Strategy Workshops; and Community Supported Incentives.

You can help this great project today - share this project at www.facebook.com/HealthyWaterNovaScotia or twitter (HealthyWaterNS), or visit our crowdfunding campaign at <http://smallchangefund.org/projects/healthy-water-its-well-worth-it/> to support grants for water testing for valley well owners.



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OPINIONS

The opinions found within these pages do not necessarily reflect the views and opinions of the Grapevine staff, our advertisers, or our other contributors.

In spite of the unnerving state of East Main Street, Wolfville is beautiful! The garden spaces, so encouraged by former Mayor Stead, are glorious; the hanging pots of flowers add such colour; the vibrancy of our Main Street is infectious; and the increased activity on Elm and Front Streets is so promising. Two particular comments come to mind today:

1. Local business people should park well off the grid so that there will be parking for business customers and visitors. Parking lots on Front and Elm are often plugged - even the one for the grocery store! There is a fine parking lot beyond Railtown, with an easy path to Town Central - not even much of a walk - and it is a place customers and visitors may not know about!
2. Compliments to Joe Rafih for the beautiful growing things that cascade over the outer railing of his Wolfville restaurant's front patio (Joe's Food Emporium)! It captures both the eye and the imagination.

Ours looks like a community with respect for, and pride in, itself. So may it be!

This page works on a first-come, first-served basis. Email your classified to: info@grapevinepublishing.ca and, if there's room, we'll get you in. Or, to reserve a placement, pay \$5 per issue (3-issue minimum commitment). Please keep listings to 35 words or less.

CLASSES/LESSONS:

Community Yoga: Wed. & Fri., 12-1pm @ Dance Studio, Downstairs, Old-SUB, Acadia. **FEE:** \$5, no charge for Acadia students **INFO:** Carole, cazaflores@gmail.com

My Yoga Space: 15 classes each week in downtown Kentville! Mention this ad to receive your first visit FREE! **INFO/Reg:** Fall schedule, myyogaspaces.com

'The Budding Herbalist' Online Course: W/Angie Oriana Jenkins of Sister Lotus. A wonderful foundational 6 month course which incorporates medicinal, magical, crafty, & spiritual uses of herbs. Course includes herbs for fall & winter, holiday herbs, love potions & elixirs, herbs & spirituality, & medicine making. Also includes: videos, articles, recipes, photographs, & inspiration! **FEE:** \$150 **INFO/Reg:** oriana@sisterlotus.com

Flamenco Dance for Kids: Brand new! Thursdays, Oct. 23-Dec. 4, 4-4:45pm @ Dance Studio at Acadia Students' Union Building. Flamenco movement dance classes for kids ages 4-6. Learn flamenco movement & rhythms in a fun & supportive environment. Pre-register online, or at the door! **FEE:** \$48 (6 week term) **INFO:** elmirloflamenco.ca / sandra.tziporah@gmail.com

Beginners Painting Lessons: In Wolfville, Bobbie Mortensen. Oil & Acrylic. **INFO:** 542-1046

Music Lessons: Local musician available to teach piano, voice, violin, viola or flute. Half hour or hour long slots. All ages welcome. **INFO:** Erica, eapmusic628@gmail.com

4 the Health of it: Six weeks, Thursdays, Oct. 16-Nov. 20, 1:30-4pm @ Eastern Kings Memorial Health Centre. Information and support you need to make healthy lifestyle choices. The value of healthy eating, physical activity skills, cope with stress through hands-on, interactive learning. Delay, or even prevent, some health problems. Space is limited, please register. **FEE:** no charge **INFO:** 538-1315 / mmacneil@avdha.nshealth.ca

WORKSHOPS/RETREATS/SESSIONS:

Your Way to Wellness: Acadia Student Union Building Boardroom, Oct. 15-Nov. 19, 6-8:30pm. Self-management program for people with or supporting those with chronic (ongoing) health conditions. Manage symptoms & gain confidence through this 6-week program. Fee: no charge **INFO/RSVP:** Megan, 538-1315 / mmacneil@avdha.nshealth.ca

Biofeedback Information Session: Oct. 14, 7pm @ Kings Physiotherapy Clinic, New Minas. Biofeedback is information we receive from the body by measuring heart rhythms. We can reduce our stress, pain or other symptoms by learning techniques to actively control our heart rhythms. **FEE:** complimentary session **INFO:** 681-8181 / kingsphysio.com

Zen Kiatsu-Tao TCM: Therapeutic chikung offered by a woman for women of all ages. **FEE:** Special \$120 for 3 sessions. Info or Book an appointment: Rebecca Nasr 697-2661 / becca@centrefortheways.com

Local urban scape painting (indoor oil painting): 6 weeks, Oct. 20-Nov. 24, Mondays 7-9pm. W/Steven Rhude. Approache the local environment through photographic sources, memory, & process observation. Develop the ability to see, perceive, inscribe, & translate experience as it relates to the subject of the Wolfville landscape. All skill levels, materials not included, please register. **FEE:** \$180 non-members, \$170 gallery members **INFO:** 585-1373 / gallery.acadiau.ca

Locavore Tasting Tour: Sat. Oct. 4, 9-10:30am @ Wolfville Farmers' Market. Learn where to get the best seasonal ingredients & get to know who's who in the local food scene. Each guided tour lasts 1.5hrs, includes a picnic & a cloth shopping bag. Tour #1: "Fruit & Veg." **TIX:** \$17 +HST **INFO:** wolfvillefarmersmarket.ca/good-food-hub

"Eat & Be Well" Workshops: #221, 112 Front St. (above EOS). Together with Devorah Fallows R.Ac. we'll devise a Chinese Medicine food plan catered to you & your body's needs. Practical & super fun - You'll come away from these workshops armed with recipes, practical ideas, handouts & excitement! **FEE:** \$132 for 2 Sessions; Group rate avail. **INFO:** 300-3017 / devorah@oceanbayclinic.com / oceanbayclinic.com

DONATE/VOLUNTEER:

Donate Used Clothing: Flowercart creates work and training for people. Donate your used clothing to Flowercart and keep your donation and the resulting money local. Drop off location 9412 Commercial St., New Minas. **INFO:** 681-0120 / lisahammettvaughan@flowercart.ca

Ten Thousand Villages Festival Sale: Friday, Oct. 24, 12-8pm & Saturday, Oct. 25, 9am-3pm @ Kentville Fire Dept. Auditorium. We are looking for people to distribute posters/flyers and help spread the word, setup/cleanup, help with food for the volunteers and work during the sale. If you are able to help, please email! **INFO:** Kim, kimdoconnor@gmail.com / tenthousandvillages.ca

Support the Hantsport School Band Program: Fundraising concert Oct. 27, 7pm to raise funds for new musical instruments. Those unable to attend but who wish to support this worthy cause you can mail donations to Hantsport School, 11 School St., Hantsport, NS, B0P 1P0. **INFO:** dhamusic2000@yahoo.com

CODE GREEN: Enhancing Awareness of Species at Risk: The Shareholders of Healer's Emporium Co-Operative Limited of Windsor host this unique, 3D puppet show presented by the Mermaid Institute of Puppetry Arts @ the Windsor Community Centre, Sun. Nov. 23. Family event, free to all. Tickets must be reserved as the numbers are limited per show. We are fundraising for the event costs; donations may be made through various modes of payment, please contact us. **INFO:** 306-1711 / healersemporium.vpweb.ca

Apple Blossom Festival Volunteers: We would not be able to celebrate the past 82 years without the support and dedication of our volunteers. If you would like to join this dynamic group please complete the application found on our website and submit it to our festival office. **INFO:** 678-8322 / info@appleblossom.com / appleblossom.com

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Pam's Editing Services: Make your writing look professional! Experienced editor and journalist can help you with: press releases, manuscripts, ads, reports, school essays, proposals. **FEE:** \$35/hr. **INFO:** Pam, 306-0570 / pamsediting@gmail.com

Acupuncture - Chinese Medicine - Herbal Care: #221, 112 Front St., (above EOS) Devorah Fallows R.Ac. will help you find lasting, overall health by getting to the root of your problem - Specializing in menopause, sexual & reproductive health, emotional balancing & sleep. **INFO:** 300-3017 / devorah@oceanbayclinic.com / oceanbayclinic.com

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Hand-Crafted Urn Boxes: Respectful, wooden, locally-made. **INFO:** Farmer Eddie, 542-3387

Massiah's Cleaning: The best services, prices and quality of work. Stripping, waxing, deep scrubbing, recoating, buffing, tile & grout, cement & degreasing, carpets & general. Throughout the Valley, 24 hours a day, 7 days a week - even on short notice. Maintenance plans available. **INFO:** Ryan, 691-3614

Apple Pie Fundraiser - We Make, You Bake! 9" Deep plate, Double crust, sweetened with sugar or artificial sweetener. \$8 each or 3 for \$20 - To be paid upon pickup. St. James' Anglican Church (upper hall), 18 Prospect Ave., Kentville. Order by Nov. 3. Pick up Nov. 8, 11am-1pm. **INFO/Order:** 678-3123 / stjames@ns.sympatico.ca

ACCOMMODATIONS:

House Sitting: 30-something professional able to provide house-sitting arrangements, within Wolfville preferred, car-required if beyond. Available anytime, references available. **INFO:** info@grapevinepublishing.ca

Pet & House Sitter: Very responsible, experienced pet & house sitter. I'll provide you with very good references. Fee starting at \$20 per day for house & pet sitting. Interested?

Please contact me. **INFO:** 542-7282 / casselmantracy@yahoo.ca

Private Sale: Two storey century home, 119 Highland Ave. 1100 sqr ft on 8500 sqr ft lot. 3 bedrooms, 1 bath. Extensive gardens, many energy retrofits, wonderful wood stove. Affordable, comfortable living in Wolfville! Asking \$155,000 **INFO:** 697-2011 / eskershaw@yahoo.ca

Newly-Renovated Apartments for Rent: 1 Balcom Dr., Wolfville. 1340 sq. feet each, 6 appliances, full basement, private laundry, professionally landscaped. See ad page 11. **INFO:** 679-8910

GENERAL:

Wolfville Lion's Hall Rental: We do catering for all your needs. Weddings & rehearsal parties, birthdays, retirement events, etc. Wi-Fi available. Kitchen available. **FEE:** \$150 per day or \$30 per hour **INFO:** Carl, 679-7702 / 542-4805

Art Submissions: Jack's Gallery, Wolfville is looking for submissions for a show to run in conjunction with the Devour Food & Film Festival in Wolfville (Oct. 26-Nov. 23). The theme is Food. If you are interested in submitting work for consideration in this show, submission forms are available at: acadiacinema.coop/jacksgallery **INFO:** jacksgallerywolfville@gmail.com

Career Extravaganza! On Feb. 4, 3-5:30pm Acadia's Career Services department offers you the opportunity to participate in our Career Extravaganza! If you are looking for a summer employee, new graduate, part-time worker, co-op student or would like to promote your postgraduate programs, we can help connect you with enthusiastic university students and graduates who are eager to get hands on experience. Only 40 tables available, register by Dec. 15. **INFO:** 585-1233 / career.services@acadiau.ca

Acadia Faculty File for Conciliation in Contract Talks

(Wolfville, NS, September 17, 2014)

The Acadia University Faculty Association (AUFA) has filed for conciliation after reaching an impasse at the negotiating table with Acadia's Board of Governors on August 29, 2014. After a summer of bargaining, there are many outstanding issues, among them the number of tenured and tenure-track faculty and compensation. According to AUFA President Eric Alcorn, "Acadia prides itself on providing students with exceptional education delivered by full-time faculty in reasonably-sized classes. The Board's proposals threaten to undermine that Acadia experience."

The minimum number of tenure and tenure-track positions fixed by recent collective agreements is 182, though to help meet a temporary financial crisis, AUFA agreed to allow the Administration not to fill vacancies during the life of the last collective agreement. The result has been a drop of 38 tenure-track faculty in four years, and the Board is proposing to cut more than a dozen additional positions. Meanwhile, enrolment has rebounded to pre-crisis levels.

As Alcorn notes, "Acadia employees have made significant sacrifices to help the university out of a financial crisis created by poor administrative decisions of the past. The time has come for the Board of Governors to acknowledge those sacrifices and to commit to restoring Acadia to a university that can deliver on its promises to future students. The university's commitment to fairness, and to tenure-stream, and continuing faculty, is essential to its academic mission."

Submitted by Jane Longley
jane.longley@acadiau.ca

For more info: andrew.biro@acadiau.ca



HANTSPORT HARVEST FEST

Oct 17th
 Ghost Story Contest-6:30 Churchill House
 Cemetery Tour-7pm Riverbank Cemetery
 Treasure Hunt & Bonfire 7pm HMCC ground

Oct 19th
 Corn Maze Zombie Chase-12-5pm
 Davison's Farm Falmouth
 Rain date Oct 25th

Oct 18th
 Kid's Pumpkin Run 9am HMCC grounds
 Pumpkin Pacer 5k 9:30 HMCC grounds
 Women's Insititute Tea & Expo 2-4 pm
 Churchill House

Oct 24th
 Pumpkin Parade 6:15 pm
 St Mary's Church parking lot


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PRICING
 Wednesday, October 29, 9am-12pm
 What is value? What is money? Perception, expectation and Satisfaction. The realities of setting a price. The discount trap.

FINANCIAL MANAGEMENT
 Wednesday, Nov. 26, 9am-12pm
 Demystifying financial statements: Income Statements and Balance Sheets. Vertical and horizontal analysis and ratios. Cash flow, credit & collections.

Pre-registration required for all workshops. For more info or to register, contact Donna Fancey: donna.fancey@acadiu.ca 1-877-232-2723



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ROBIN MCGEE
The Cancer Olympics



"Brilliant...riveting...a David and Goliath story" - Chronicle Herald

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Cheri Killam is happily married to Michael Caplan and the proud mother of Max, Solomon, and Clara. After several university experiences, she made the massive decision to go to law school at age 37. She is an Associate at Nathanson Seaman Watts. When not blogging or lawyering, Cheri reads like a fiend and runs. She also loves all things local! Obviously.

PREMEDITATED DONUTS

This trip to the Farmers' Market in Wolfville again saw me on my own. Clara very much wanted to join me. In fact, she was halfway through putting on her sneakers when Mike pointed out to her that if she came with me she would miss out on the Deep Roots Music Festival parade. As soon as she heard the word parade that sneaker flew off her foot and she took off running to scrounge through her assorted parade attire.



Lisa Boehme, Mortiscycle Donuts & Bella Lapp

So, I sallied forth alone. This week, I decided to try the mysteriously named Mortiscycle Donuts. See, I usually only make it to the Market after my Saturday run and yoga, but this week I had planned my run for Sunday. My point is that each time I arrive at the Market close to noon...there are no donuts left for me to try! I figured there must be something going on with these donuts, so it seemed like the perfect time to try them. As it happens, Mortiscycle is not meant to sound like the donuts are contemplating homicide (imagine my surprise). Rather, the "die" part (mortis) is meant to stand for "to die for." This makes good sense to me, donuts to die for! I wish I'd investigated this earlier.

All of the donuts are handmade and come in many different varieties, most with cute names. I would love to share some of those inspired names with you but, alas I can only recall the Blue Bobber and I've misplaced the spectacular paper advert the lovely owner Lisa passed to me. I guess you'll have to find out for yourself. Sorry, I'm a lawyer, not a reporter! But back to the donuts. If you're picturing the things Homer Simpson eats, or the fluffy crud you can get in boxes from certain franchise stores, I'm afraid we're talking about two entirely different food groups. These donuts are a meal – they're dessert for two. Think: perfectly densely delicious pound cake with a crunchy crust drizzled with glorious glazes and sprinkled with various yummys. I had one with espresso beans. Inspired or what? Coffee IS the donut!

I sampled a few but my children particularly adored the Blue Bobber – it's studded with plump blueberries and glazed with a sweet and tangy blueberry glaze. They all told me they liked it the best because it was fruity with fruit in it (we're working on adjectives next week). As for me – I was smitten with the Apple Fritter. Maybe it doesn't have a fancy name and maybe it strikes you as a ho-hum you-could-get-it-anywhere type of pastry. Put it this way: no one else in this house got to share the Apple Fritter. Don't tell anyone, okay?

Next time I want to try some yeasted donuts – the ones I sampled were all of the "cake" variety. You can try them, too. Mortiscycle Donuts is at the Wolfville Farmers' Market (take it from me: come early), and in the Mortiscycle Sideshow Food Truck (usually located behind the Al Whittle Theatre in Wolfville). You can follow them on Twitter or Facebook...but they don't taste as good when they're virtual.

Cheri Killam

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The WHO'S WHO:

Team Skaling. JULIE SKALING AND HER BOY GABE



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Well, this is another first for my Who's Who column. After writing about many dynamite power couples (married or business partners) I am branching out and profiling my first mother and son team. I say 'team' because of how they interact with each other, and how that interaction stretches beyond the regular mother/son relationship. I'm currently part of an incredible theatrical experience called "My Boy Jack", now playing at CentreStage Theatre and I have met two of the most wonderful people during this time, Julie Skaling and her son Gabriel.

Let's start with Julie. Being a mother, I've always said, is the hardest job in the world (especially if you were Mine) but Julie makes all her busyness seem effortless and tranquil as she moves from her day-to-day career to all her extra-curricular activities with a carefree attitude. Julie and her husband Jeff live in Scott's Bay on her grandparents' property, near her parents; with their two children Gabriel and Breanna (and a bunch of animals)... family is obviously very important to her.

In 1992, Julie graduated with the highest standing in the School of Physical and Occupational Therapy and now she is the owner of Julie Skaling Physiotherapy Clinic which "is committed to a very high standard of professionalism and care when it comes to your health and well-being. We are focused on restoring function, preventing injury, and enhancing your performance." - www.skalingphysio.com. With clinics located at 70 Exhibition Street in Kentville (678-3422), and 4 Little Road, Wolfville (542-7074), Julie and all the services she and her team provides are easily accessible. A neat fact: recently Julie Skaling Physiotherapy Clinic became a Certified Concussion Management Clinic. They're always growing and changing to adapt to their clients' needs. Julie is also the co-owner of Sole Provider Custom Orthotics (located in same building as her Kentville clinic) with her husband.

The nurturing attitude that has made Julie a successful business owner for over 25 years has also made her an incredible mother and friend to her children and beyond. The first time I saw her son Gabe on stage (in CentreStage's "My Invisible Friend"), I was blown away by the maturity he possessed. He was poised, polite, articulate and, as an actor myself, I could see the seriousness in his face while performing; it was truly something to take in. I was envious of how deep his characterization got at such a young age (the young man is only 15). Gabe sings baritone in the Annapolis Valley Youth Choir, plays bass clarinet, and is a dedicated community theatre actor of some 7 plays! On acting, Gabe states, "What I like best about theatre is that it gives me a chance to escape whoever I may be in real life and adopt a completely new persona and be completely spontaneous and free. I feel that, over the years, this has become part of me, in fact, so that who I am is an actor. 'My Boy Jack' has given me a chance to dive into a character to whom I do not relate in all aspects and it has been wonderful experiencing what being in a really dramatic, emotional production is like." Gabe is currently escaping into the role of Jack in "My Boy Jack" and it's a revelation. Next up, this grade 10 NKEC student is playing the great and powerful OZ in his high school production of the Wizard of Oz.

Gabe also loves playing video games, reading, target shooting, walking in the woods, and being a big brother. Gabe's younger sister Breanna has Down's syndrome and Gabe says that their relationship has contributed to his patient, loving, caring and nurturing personality. Gabe and I clicked because he's very much like me, in terms of not enjoying sports, always being the kid to get injured, and not being competitive at all. He's quiet, reserved, always deep thinking, and generous to others. Then he lets loose on STAGE - a great outlet for expression! Oh I can't wait to see where life takes this boy!!

With Gabe comes Mom and with Mom



comes Gabe. Julie has been helping out with "My Boy Jack" and she loves being the back stage MOM to her kids and anyone else that needs extra support. She sews costumes, helps with costume changes, and she supplies actors who've performed very emotional scenes with the three "CH's" - chips, chocolate and cheering up! I can't thank Julie and Gabe enough for the support they've shown me during this production. I come off stage in a very sad state and they're always waiting with open arms to cheer me up and it means more to me than I can express.

Gabe is a busy teenager with lots of talent and he's coming into his own. His future is bright and he will no doubt be a solitary Who's Who down the road. For Julie, she is living in the now. She loves being right here, right now, for as long as she can be. Her children and her family are top priority, with friends and clients and all those needing anything she can provide, in a close second place. What a Mom and what a Son! Go Team Skaling!

Mike Butler



AXE RADIO TOP TEN

Axe Radio broadcasts live from the Acadia Student's Union building in Wolfville, Nova Scotia. The focus of our radio station is to provide an alternative radio voice in the Annapolis Valley, breaking the monotony of commercial radio stations. To volunteer or acquire information contact Kelly at programming@axeradio.ca. You can listen live at axeradio.ca

This is a top ten list of new albums based on live plays by Axe Radio broadcasters from September 13 to 29, 2014.

1. SONREAL - ONE LONG DAY (CAN)
2. MAC DEMARCO - SALAD DAYS (CAN)
3. SHAD - FLYING COLOURS (CAN)
4. ARCADE FIRE - REFLECTOR (CAN)
5. CROSSED WIRES - CROSSED WIRES EP (CAN) (LOCAL)
6. MONOMYTH - SATURNALIA REGALIA! (CAN) (LOCAL)
7. PONY GIRL - SHOW ME YOUR FEARS (CAN)
8. COUSINS - HALLS OF WICKWIRE (CAN) (LOCAL)
9. TIMBER TIMBRE - HOT DREAMS (CAN)
10. NAP EYES - WINE OF THE MYSTIC (CAN) (LOCAL)

LOCAL LYRICS LOTTO

Identify the song and song writer of the lyric fragment below. You could win two free tickets to the next Broken Leg Theatre (playing at the Al Whittle Theatre in Wolfville on Oct 11).

Lyric Fragment:

*Living in Wolfville, down in the valley
A petri dish of art
A hippy experiment that went right
From the very start*

Don't know the name of this song or who wrote it? Look for the answer printed somewhere inside this issue of the

Grapevine. Email your answers to donna@grapevinepublishing.ca by Friday, Oct 10, 2014 at NOON. Winning submission (chosen randomly from all correct answers submitted by deadline) will be contacted by email and listed in our next issue along with the next Local Lyrics Lotto.

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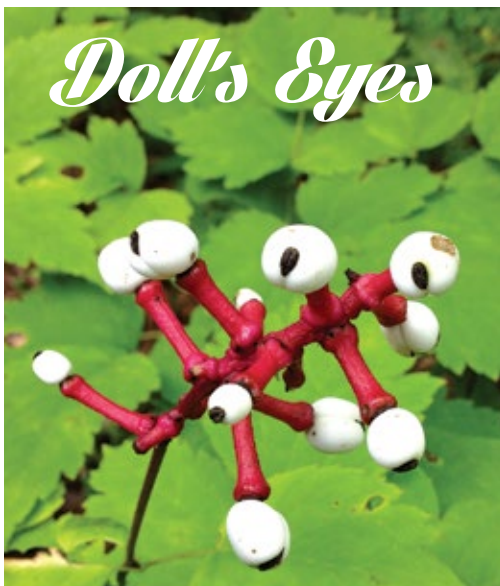
WHAT'S GROWING AT THE HARRIET IRVING BOTANICAL GARDENS:



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Doll's Eyes

If you walk in the woods at the Harriet Irving Botanical Gardens this week you may notice 'dolls eyes' watching you. The fruit of the White Baneberry (*Actaea alba*) eerily resembles small black and white eyes thus giving it one of its common names, 'dolls eyes'. Autumn is a beautiful time to enjoy the Gardens and the Acadian Forest. The Gardens are open daily and free to the public. Like us on Facebook to stay current with events and happenings this fall. www.facebook.com/HarrietIrvingBotanicalGardens

Melanie Priesnitz, Conservation Horticulturist
Harriet Irving Botanical Gardens
Acadia University, Wolfville
botanicalgardens.acadiau.ca

Royal Society of Canada College welcomes Acadia researcher as inaugural member

One of Acadia University's most promising young researchers has been selected as an inaugural member of the Royal Society of Canada's (RSC) College of New Scholars, Artists and Scientists. Dr. Mark Mallory holds a Canada Research Chair in Coastal Wetland Ecosystems at Acadia University. His work extends from the Arctic to the Maritimes, where he draws on both scientific and traditional knowledge to explore bird behaviour, marine biodiversity hot spots, environmental change, and the movement of contaminants in food webs.



"Dr. Mallory is a wonderful example of the dynamic research community at Acadia University," said Dr. Robert Perrins, interim Vice-President, Academic. "Entry to the Royal Society of Canada is one of the most significant honours a young Canadian researcher can achieve. We are pleased and proud to have Dr. Mallory represent Acadia on the national research stage."

As an avian ecologist, Dr. Mallory is widely recognized for his efforts to understand and remediate impacts of global change on coastal biodiversity. "Together with my students as well as government and university scientists, we are focused on research that can help protect the coastline that is so important to us as Canadians, and to our wildlife," said Dr. Mallory. "I'm very humbled that the Royal Society of Canada and Acadia University have provided this opportunity to me. This recognition validates the collaborative research process, and I thank my colleagues for being part of such productive, effective, and fun research teams."

Dr. Mallory will be welcomed into the RSC College, along with 90 other young scholars from across Canada, at their annual general meeting in November. All nominees for the RSC College must have received their PhD or equivalent qualification within the last 15 years. The Royal Society of Canada (RSC): the Academies of Arts, Humanities and Sciences of Canada was established in 1882 as the senior Canadian organization of distinguished scholars, artists and scientists. It is Canada's national academy. The College of New Scholars, Artists and Scientists, established by the RSC this year, is the first national system of multidisciplinary recognition for the emerging generation of Canadian academics. For more information, see the RSC News Release and College Member Citations.

Dr. Mark Mallory

From: Acadia University Communications and Marketing
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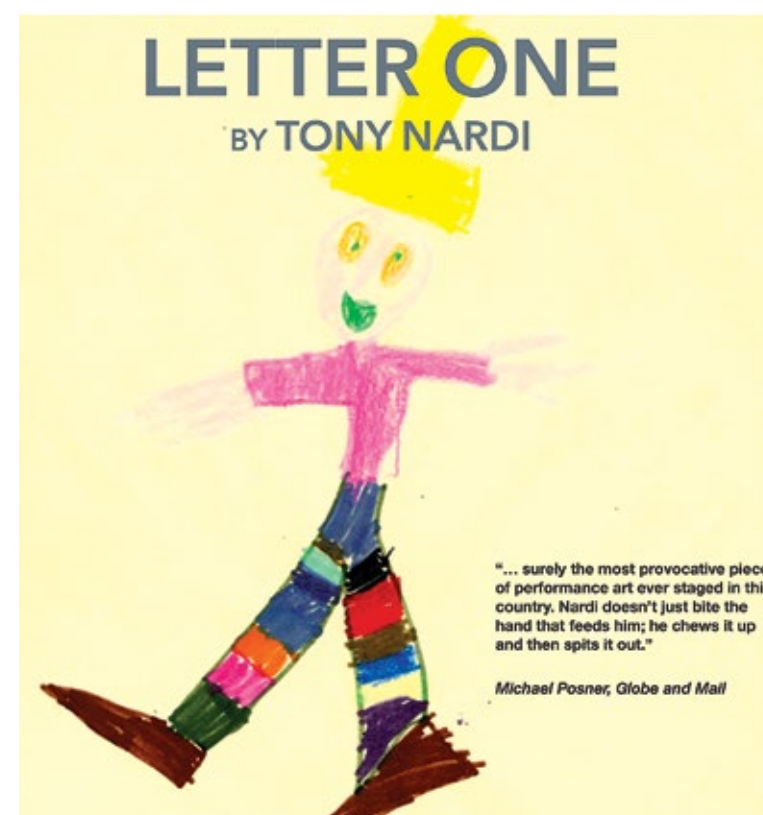
AUTHORS@ACADIA: Don McKay & Stevie Howell

Thurs. Oct 9, 7pm at Vaughan Library Reading Room

Don McKay, one of Canada's preeminent writers, reads from *Angular Unconformity*, his new collected poems. His is the voice of a careful observer... pointing out the barely noticeable, and rarely considered, phenomena that underpin our short existence. Much of contemporary Canadian poetry bears the stamp of McKay's influence.



Stevie Howell will read from *^^^^^ [Sharps]*. Emergencies, faith, truancy, and poverty intersect in this wry debut that volunteers a transfusion of the unpredictable. From certain angles, [Sharps] embraces the possibilities of poetry - from others, it engages in a protracted street fight with language. Info: gooselane.com



PUBLIC SCREENING AND
TALKBACK
WITH ACTOR, WRITER, & DIRECTOR TONY NARDI

Presented by Acadia's Departments of English & Theatre and Politics on October 15, 2014, 6pm - 9pm at the KC Irving Centre, Acadia University. Admission is free and all are welcome.

"Nardi doesn't just bite the hand that feeds him; he chews it up and then spits it out." - Michael Posner, *Globe and Mail*. In December 2005 celebrated actor Tony Nardi received a script for a new Canadian TV series, *Rent-A-Goalie*. Nardi was appalled at the "culturally offensive" depictions of the Italian characters. He promptly expressed his outrage to the series' writers and producers in a 14-page letter. All hell broke loose. The letter became a play—which became this film. Not to be missed! A multi-award winner for his work in film, television and theatre, Tony Nardi, born in Calabria, Italy, is a Canadian actor, playwright, director and producer.

Anna Migliarisi
English & Theatre Dept., Acadia University, Wolfville
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Panel 1: "I AM HUNGRY. SO, I VISUALIZE A TASTY MEAL. THUS, I SHALL SOON BE FED!"

Panel 2: "IT'S THE LAW OF ATTRACTION. 'MANIFESTATION' SEE? I EXERT NO EFFORT!"

Panel 3: "- I WISH FOR THINGS, AND THEY COME TRUE. YOUR EARTHLY MYSTICS HAVE UNCOVERED THIS GREAT TRUTH!"

Panel 4: "-IT'S ALL IN THIS FABULOUS BOOK!"

Panel 5: "KYTANNA... OH, PLEASE. YOU'RE NEW HERE, SO YOU CAN BE FORGIVEN FOR NOT KNOWING..."

Panel 6: "-BUT THE TRUTH IS, MOST EARTH MYSTICS ARE MORONS."

Panel 7: "HGH... PSH. -TAKE AWAY MY STUPID TIME-LOOP ISSUES, AND I'M JUST A GIRL WHO KNOWS SOME STUFF."

Panel 8: "-YOU KNOW A LOT OF STUFF. -YOU TALK ABOUT HACKING REALITY WITH YOUR ENERGY."

Panel 9: "-THAT'S MYSTIC TALK FOR MANIFESTATION."

Panel 10: "SIGH. I WOULD. OKAY. YOU WANT TO KNOW THE TRUTH?"

Panel 11: "FINE. IT WORKS. OKAY? VISUALIZATION WORKS. HAPPY?"

Panel 12: "-VISUALIZE A FUTURE YOU WANT, AND A HIGHER PART OF YOUR MIND WILL DIRECT YOU TOWARD THE CONDITIONS IT SEES MOST CLOSELY RESEMBLING IT. IF IT'S WITHIN THE PROBABILITY CURVE, YOU CAN ARRIVE THERE. I KNEW IT!"

Panel 13: "NO YOU DON'T! -IT'S NO MORE MYSTICAL THAN CROSSING THE STREET!"

Panel 14: "-BUT THAT STUPID BOOK TEACHES YOU TO IGNORE THE ONCOMING TRAFFIC. -LIKE YOU CAN JUST WISH CARS OUT OF EXISTENCE! IT DOESN'T WORK LIKE THAT."

Panel 15: "HMM. THAT'S A VERY LIMITING ATTITUDE. IT'S A REALISTIC OBSERVATION!"

Panel 16: "-VISUALIZATION IS ABOUT NAVIGATING REALITY. -IT ONLY LOOKS LIKE MAGIC BECAUSE WE CAN'T SEE AROUND CORNERS."

Panel 17: "BOIL IT ALL DOWN, AND IT'S NOTHING MORE THAN FINDING YOUR WAY IN A DARK ROOM. -IT'S NOT ABOUT WISHING OBSTACLES OUT OF EXISTENCE. -OR CREATING STUFF OUT OF THIN AIR!"

Panel 18: "YOU'RE NOT GOD, HONEY. -YOU GOTTA WORK WITH THE CLAY AROUND YOU. HEY GUYS! ANYBODY HUNGRY?"

Panel 19: "-I BROUGHT TASTY CRÊPE SNACKS! YES, AND THE CLAY UNWITTINGLY OBEYS MY EVERY COMMAND!"

Panel 20: "GRR..."

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GASPEREAU & DISTRICT RECREATION COMMISSION

Gaspereau Recreation is offering its usual programs this year, held at Gaspereau School. If you're interested in being on our email list, which will keep you updated with new programs, start dates and cancellations, send us an email at gaspereau.rec@gmail.com.

PROGRAMS INCLUDE:

- ADULT BADMINTON *Thursdays 7-9pm*
- YOGA - LEVELS 1, 1-2, 2, *Mondays and Thursdays*
- SENIORS BASKETBALL *Sundays 6-8pm*
- ADULT FLOOR HOCKEY *Wednesdays 7-9pm*

- Most sport programs have a \$2 drop-in fee for adults.
- Yoga has a registration fee for the entire session.
- We also offer after-school programs for elementary aged children and sometimes aerobics, art classes, ladies basketball, family floor hockey, hiking programs, and dance programs.
- We are interested in your ideas too. This is your community and we'd like to offer programs that interest you.

WE'RE ALSO LOOKING FOR QUALIFIED LEADERS TO RUN PROGRAMS.

FAMILY FUN IN THE VALLEY: M is for Martial Arts

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Martial arts is a great way for children (and adults) to learn focus, self-discipline and how to become in tune with their bodies. We enrolled our son in Young's Karate in New Minas three years ago. He was (is) extremely hyperactive and we heard it was a great activity for channeling that energy. Three years later he is still bouncing around on the floor, but he has learned a great deal about focusing, listening, and respect for himself and others.

There are many different types of martial arts, so it is up to you to do some research to find which one best suits your needs. This could be in terms of schedule, location, or sometimes, if the child has a friend in the class. Talk to other parents and get their advice. Go and watch classes. Ask to do a trial class. Most places will let you!

To find out about what martial arts clubs are in your area, visit www.valleyfamilyfun (Get Moving - Martial Arts).

Laura Churchill Duke
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FILM CIRCUIT

RECIPE

ANNAPOLIS VALLEY APPLE LOAF

Lindsay Reid, Rolled Oat Cafe | www.therolledoat.com

It's that apple time of year. We've been watching them grow all summer...we celebrated their blossoms, and now we can finally get a taste. When it comes to baking, I prefer a Cortland for its crisp firm texture and tart flavour. This apple loaf recipe is quick and simple, but tastes like you spent all day in the kitchen. I make a few at a time, and pop them in the freezer so that I always have a delicious dessert on hand that can be ready in a few minutes.

Ingredients

- 1 1/2 cups flour
- 1 3/4 tsp baking powder
- 1/3 cup brown sugar
- 1 tsp cinnamon
- 2/3 cup white sugar
- 1/2 cup butter (softened)
- 2 free range eggs
- 1 1/2 tsp vanilla
- 1/2 cup milk
- 1 large locally grown apple of your choice, peeled and diced (I used Cortland)

Method

Preheat oven to 350. Line a 9" X 5" loaf pan with parchment (or grease and flour). Combine brown sugar and cinnamon in a small bowl and set aside.

Combine flour and baking powder in a separate bowl and set aside.

Beat white sugar and butter together until smooth. Beat in the eggs, one at a time, and then beat in vanilla.

Add the flour & baking powder into the butter mixture and combine. Add in milk and mix until smooth.

Pour half of the batter into the loaf pan and then add half of the apples and half of the brown sugar mixture. Lightly pat the apples into the batter.

Pour the rest of the batter onto the apples, and then add the other half of the apples (and pat them down again) and remaining brown sugar mixture.

Use a butter knife to lightly swirl the brown sugar mixture into the apples.

Bake for 35-40 min. Enjoy warm with a scoop of vanilla ice cream!



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VALLEY ghost walks

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- HALLS HARBOUR – Saturday, October 4, 7:30pm (Indoors, Fundy View Community Hall)
- KENTVILLE – Thursday, October 9, 8pm
- HALLS HARBOUR – Friday, October 10, 7:30pm
- WOLFVILLE – Friday, October 17, 9:45pm (Acadia Homecoming Show)

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THURSDAYS:

Edible Art Cafe (New Minas): Brett Pierce (2nd, 9th, 16th) 12pm-3pm

Angles Pub (Windsor): Guy Paul (2nd), Adam Cameron (9th, 16th) 7pm

Spitfire Arms Alehouse (Windsor): Jam Session (2nd, 9th, 16th) 7-11pm

Paddy's Pub (Kentville): The Hupman Brothers (2nd, 9th, 16th) 9pm

Paddy's Pub (Wolfville): Trivia Night (2nd, 9th, 16th) 9pm

Library Pub (Wolfville): Alex and Riley (2nd, 9th, 16th) 9pm

FRIDAYS:

Edible Art Cafe (New Minas): Carl Boutillier (3rd, 10th) 12-2pm

Kings Arms Pub By Lew Murphy's (Kentville): Shawn Hebb (3rd), Tracey Clements Band (10th) 5-8pm

The Designer Cafe (Kentville): TBA (3rd, 10th) 6-9pm

Blomidon Inn (Wolfville): Jazz Mannequins (3rd, 10th) 6:30-9:30pm

The Port Pub (Port Williams): Millett Hunt (3rd), Freddie (10th) 7pm

Joe's Food Emporium (Wolfville): Paul Marshall (3rd), The Frets (10th) 7-10pm

Spitfire Arms Alehouse (Windsor): SWIG (3rd) 8pm

Union Street Café/Wick Pub (Berwick): Open Mic w/Sarah Beatty & Shawn William Clark (3rd), w/Don Osburn (10th) 8pm

West Side Charlie's (New Minas): DJ Lethal Noize (3rd, 10th) 10pm

SATURDAYS:

Farmers' Market (Wolfville): Big Country Brothers (4th), Bob Deveau (11th) 10am

Edible Art Cafe (New Minas): John Tetrault (4th, 11th) 12-2pm

Angles Pub (Windsor): Boogie & Bid (4th) 6:30pm

Spitfire Arms Alehouse (Windsor): Mark Riley & The Players Club (4th), Darren Arsenault (11th) 7pm

Union Street Cafe (Berwick): The Modern Grass w/Jennah Barry \$20 (11th) 8pm

Kings Arms Pub By Lew Murphy's (Kentville): Caleb Miles (4th), The Likes Of Us (11th) 8-11pm

Paddy's Pub (Wolfville): Al King Band (4th), Guy Paul Thibault Band (11th) 9pm

West Side Charlie's (New Minas): DJ Mutts (4th) 10pm, JF Cookin Band (11th) 9pm

Library Pub (Wolfville): Dan McFadyen (4th, 11th) 9pm-12am

Tommy Gun's (Windsor): DJ Shorty P, \$3 (4th, 11th) 9:30pm-1:30am

Anvil (Wolfville): Top 40 DJ (4th, 11th) 10pm

SUNDAYS:

Paddy's Pub (Wolfville): Paddy's Irish Session (5th, 12th) 8pm

MONDAYS:

Paddy's Pub (Wolfville): Open Mic w/The Hupman Brothers (6th), w/Weather Advisory (13th) 8pm

Edible Art Cafe (New Minas): Carl Boutillier (6th, 13th) 12-2pm

TUESDAYS:

Edible Art Cafe (New Minas): Brett Pierce (7th, 14th) 12pm-3pm

Spitfire Arms Alehouse (Windsor): Trivia Nights, \$2 (7th, 14th) 7pm

Paddy's Pub (Kentville): Irish Jam Session (7th, 14th) 8pm

Union Street Cafe (Berwick): Jimmy Rankin - Sold out (7th) 8pm

T.A.N. Coffee (Wolfville): Open Mic w/Donna Holmes (7th, 14th) 8-10pm

WEDNESDAYS:

Edible Art Cafe (New Minas): Jazz Mannequins (8th, 15th) 12pm-3pm

Farmers' Market (Wolfville): Donna Holmes (8th) 5-7pm

Troy Restaurant (Wolfville): Ian Brownstein & Friends (8th, 15th) 6-9pm

West Side Charlie's (New Minas): Billy T's Karaoke (8th, 15th) 9pm

Weekly Events

PLEASE NOTE: Event information may change without notice.

Thursdays

Babies & Books Drop-in — Wolfville Memorial Library 10–11am. Newborn to 2 years. *INFO:* 542-5760 / valleylibrary.ca

Cochrane's Walk & Talk — Pharmasave, Wolfville 10am. Heart & Stroke walkabout program. Also Tuesdays 10am. *INFO:* 542-3972

Brown Bag Lunch — Seminary House, Wolfville 12–1pm. *October 9 Speaker: Michael Shaw Topic: Historic Sites of the Holy Land*
October 16 Speaker: Callie Lathem Topic: Acadia Students' Union President

TIX: no charge *INFO:* 585-1434 / allinfo@acadiau.ca
In the Round Knitting Group — Gaspereau Valley Fibres 1–5pm. Also Tuesdays 6pm. *INFO:* 542-2656

Seniors' Afternoon Out — Wickwire Place, Wolfville 1:30–4:30pm. Social afternoon with peers. Also Tuesdays 1:30–4:30pm. *FEE:* \$5. *INFO:* Robin, 698-6309

AVD Clubhouse: Walking Club — Wolfville based, locations vary, 6:30–8pm. Offered through the Canadian Mental Health Association, Kings Branch. *FEE:* no charge *INFO:* 670-4103 / club@cmhaskings.ns.ca

Boardgame Night — C@P Lab, Wolfville Public Library, 7pm. Bring your games! Ages 12+. *FEE:* no charge. *INFO:* Liam, 542-9482 / valleylibrary.ca

Fridays

AVD Clubhouse: Arts Program — CMHA-Kings, Coldbrook 1–4pm. Offered through the Canadian Mental Health Association, Kings Branch. *FEE:* no charge, but please pre-register. *INFO:* 670-4103 / club@cmhaskings.ns.ca

Fun Night — Legion (downstairs), Kentville, 7pm. Variety of music. 50/50 tickets available. *FEE:* \$2 per person *INFO:* kentvillelegion@eastlink.ca

Saturdays

North Mountain Market — 8am–12pm, United Church, Harbourville. Until Oct. 18. High-quality, locally produced foods, hand-made products and workshops on healthy living choices. Vendor spots available. *INFO:* northmountainmarket@gmail.com

Wolfville Farmers' Market — DeWolfe Building, Elm Ave., Wolfville 8:30am–1pm

October 4 Music: Big Country Brothers Theme: Pumpkin Palooza

October 11 Music: Bob Deveau
INFO: wolfvillefarmersmarket.ca

Windsor Farmers' Market — Coach House, Waterfront 9am–1pm. June to December. Hot breakfasts, fruits & veggies, & many craft items. *INFO:* windsorfarmersmarket@gmail.com

Folk Artist Display — 27 Canaan Ave., Kentville 9am–5pm. Also Sundays. Featuring the work of Dennis Ramsay *INFO:* 365-5044

Peace Vigil — Post Office, Wolfville 12–1pm

Valley Game Night — Gametronics, New Minas 6pm. Also Thursdays, 7pm @ Memorial Library, Wolfville. Board game/card game group. *FEE:* no charge. *INFO:* meetup.com/Valley-Game-Night

Sundays

Family & Community Flea Market — Port Williams, former Stage 2 building. 8am–1pm. *INFO:* exidus36@gmail.com

Flea Market — Kentville Legion 8am. Until May 9, 2015. 50/50, kitchen open, everyone welcome. Tables \$5 regular (half price for Sept.) *INFO:* 678-8935

Social Ballroom Dancing — Community Centre, Port Williams 3–5pm. Practice your existing dance skills

and learn new group dances. *FEE:* \$17.50 per membership per semester, or \$5 per session drop-in fee per couple. *INFO:* Alan, 678-0375

Mondays

Painting Morning — Recreation Centre, Wolfville 9:30am–12pm. W/Evangeline Artist Cooperative. Bring your own projects to work on & be inspired by like-minded artists. *FEE:* \$2, drop-in *INFO:* Susan, 542-4448

Windsor Game Night — Library, Windsor 6pm. Board game group. New players welcome! *FEE:* no charge *INFO:* meetup.com/Valley-Game-Night

Toastmasters — 2nd Floor, Irving Centre, Acadia 6:30–8pm. Communicative skills to enhance peaceful and effective dialogue. *INFO:* Judy, 681-4643 / judymilne@eastlink.ca

Insight (Vipassana) Meditation — Manning Memorial Chapel, Acadia, downstairs, 7:30–9pm. W/Laura Bourassa. Suitable for beginner and experienced meditators. Instructions, short talk, discussion. *FEE:* free-will offering. *INFO:* 365-2409

Tuesdays

Book in the Nook — Wolfville Memorial Library 10–10:30am. Suggested age range: 3–5. *INFO:* 542-5760 / valleylibrary.ca

Friends in Bereavement — Western Kings Mem. Health Centre, Berwick 10am–12pm. 1st & 3rd Tues. each month (next: Oct 7). VON Adult Day Program Room (main floor). *INFO:* 681-8239 / friendsinbereavement@gmail.com

River Street Rug Hooking — 57 Eden Row, Greenwich 1–3:30pm. Drop-in rug hooking. *FEE:* donation. *INFO:* Kay, 697-2850

Friends in Bereavement — Kentville Baptist Church 2–4pm. 1st & 3rd Tues. each month (next: Oct 7). Left parking lot entrance, sponsored by Careforce. *INFO:* 681-8239 / friendsinbereavement@gmail.com

Dukes of Kent Barbershop Chorus — Bethany Memorial Baptist Church (gym), Aldershot 7pm. We sing four-part harmony. *INFO:* duksofkent.ca

Wednesdays

AVD Clubhouse: Music Jam Session — Louis Millett Community Complex, New Minas 10am–12pm. Offered through the Canadian Mental Health Association, Kings Branch. *FEE:* no charge *INFO:* 670-4103 / club@cmhaskings.ns.ca

Kentville Farmers' Market — Town Hall Recreation Centre, 350 Main Street, Kentville 10am–2pm. Open year-round. *INFO:* marketmanager@kentville.ca / kentvillefarmersmarket.ca

Toddler Rhyme Time — Civic Centre, New Minas 10:45–11:45am. Please register. *FEE:* no charge. *INFO:* 678-5760

Wolfville Breastfeeding Support Group — Multipurpose room (upstairs), EKM Health Centre, Wolfville 10am–12pm. 1st & 3rd Wednesdays of the month (next: Oct. 15). *INFO:* facebook.com/AnnapolisValleyBreastfeedingSupportGroups

Wolfville Farmers' Market — DeWolfe Building, Elm Ave., Wolfville 4–7pm. Featuring Community Market Suppers!

October 8 Music: Donna Holmes

Theme: Alternative Health Fair

October 15 Music: TBA
INFO: wolfvillefarmersmarket.ca

Wolfville Community Chorus — 30 Wickwire Ave., Wolfville 5:30–7pm. New members welcome! *FEE:* \$180 yearly membership, no charge for first-time drop-in. *INFO:* 542-0649 / susan_dworkin@hotmail.com

Line Dancing — White Rock Community Center,

upstairs 6:30–7:30pm. Until end of Nov. W/facilitator Shirley Johnson. *TIX:* \$2 *INFO:* 542-3109 / dianneandjohn@eastlink.ca

Valley Youth Project — Louis Millett Community Complex, Rm 128, New Minas 6:30–8:30pm. 1st & 3rd Wednesdays of the month (next: Oct. 15). Social drop-in for LGBTQ+ youth and allies, 25 years & under. Conversation, snacks, activities, & good company. *INFO:* valleyyouthproject@gmail.com / valleyyouthproject.wordpress.com

New Horizons Band — Festival Theatre, Wolfville 7pm. Fun, informal community band under the direction of Brian Johnston. *INFO:* Donna, 542-7557 / macdonaldwilson@accesswave.ca

LIVE THEATRE

Valley Ghost Walks — Fundy View Community Centre, Halls Harbour, Oct. 4, 7:30pm (Indoor Show), Cornwallis Inn, Kentville, Oct. 9, 8pm, Fundy View Community Centre, Halls Harbour, Oct. 10, 7:30pm, Clocktower Park, Wolfville, Oct. 17, 9:45pm (homecoming show) • Two-hour historical productions that tour through the streets & cemeteries. A creatively spooky way to get a history lesson of a truly unique part of the world. Family friendly, see ad page 12. *TIX:* \$15 adults, \$10 student + Ticketpro fees @ Ticketpro.ca & outlets: Box of Delights (Wolfville), Home Hardware (Windsor), Wilson's Pharmasave (Kentville & Berwick), & at 'door' before the walks. *INFO:* 692-8546 / Jerome@valleyghostwalks.com

My Boy Jack — CentreStage Theatre, Kentville Oct. 3, 4, 10, 11, 17, 18, 8pm • The year is 1913. War with Germany is imminent. Rudyard Kipling, the British Empire's greatest apologist, is at the peak of his literary fame. This play explores the nature of a man who loses his balance when devotion to family and country clash. World War I breaks out, and Kipling's son, Jack, is determined to fight, but the Army and the Navy both reject him because of his extremely poor eyesight. The play is based on historical facts. Mature Content and Language. See poster page 10. *TIX:* \$15 regular, \$12 senior/student. Gift certificates & season passes are available at R.D.Chisholm's (Kentville) & Rick's Frame and Art (New Minas) *INFO:* 678-8040 / centrestage@centrestagetheatre.ca

Babe, the Sheep Pig — CentreStage Theatre, Kentville Oct. 4, 5, 2pm • The heartwarming story of the piglet, who rises to fame at the Grand Challenge Sheep Dog Trials. Entertainment for the Whole Family. *TIX:* \$5 *INFO:* 678-8040 (reservations) / centrestagetheatre.ca

UPCOMING:

Little Shop of Horrors — Fountain Hall Performing Arts Centre, Windsor Oct. 17, 18, 24, 25, 7:30–9:30pm, Oct. 18, 19, 25, 2–4pm • Presented by Quick As A Wink Theatre Society's Youth Company. Meek floral assistant

EXHIBITS

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Judith J. Leidl — Oriel Fine Art, Wolfville • Fine art: floral paintings, scarves, acrylic paintings, prints, ceramics, and Inuit work from Baffin Island. *INFO:* 670-7422 / judithleidlart.com

Apple Bin Art Gallery — Valley Regional Hospital, Kentville • Approximately 100 pieces of affordable original art created by local Valley artists. The art is changed every two months so there is always something new to see. Part proceeds go towards hospital equipment and to help support Annapolis Valley health care programs.

"Lest We Forget" — CentreStage Theatre, Kentville • The CentreStage art wall for My Boy Jack and The Lighthouse is dedicated to the brave men & women who left their homes in order to ensure that Canada remained "strong and free". A compilation of pictures & stories from World War I, World War II & the Korean Conflict have been placed on display. *INFO:* centrestagetheatre.ca

Seymour Krelborn stumbles across a new breed of plant he names "Audrey II" — after his coworker crush. This foul-mouthed, R&B-singing carnivore promises unending fame and fortune to the down and out Krelborn as long as he keeps feeding it, BLOOD. Rated PG due to mild language and Adult Content. See poster page 19. *TIX:* \$17.50 adults, \$15 seniors/students, \$12 children under 12 @ Moe's Place Music Sales (Windsor) *INFO:* 798-5565 / info@quikkasawinktheatre.ca

MUSEUMS

The Old Kings Courthouse Museum (Kings County Museum) — 37 Cornwallis St., Kentville • Open M–F, 9am–4pm until December. Learn the history of Kings County with special focus on the Acadians and New England Planters. The Kings Historical Society and their Genealogy Center is also located in this building. No admission charge, and donations gratefully accepted. *INFO:* 678-6237 / museum@okcm.ca / okcm.ca

Prescott House Museum — 1633 Starr's Point Rd. • Charles Ramage Prescott was in the Valley apple industry (1811–1859) and introduced several varieties of apples to NS. Open through Oct. 5, M–Sat, 10am–5pm, Sun. 1pm–5pm. *TIX:* \$4 adult, \$2.75 child/senior, no charge under 5, \$8.50 family. *INFO:* 542-3984 / prescotthouse.novascotia.ca

Ross Farm Museum — 4568 Hwy 12, New Ross • Open now on weekends only until November, 9:30am–5:30pm. Milking a cow, spinning wool or tasting a delicious treat in the cottage are just three things that happen regularly here at Ross Farm. *TIX:* \$6 adult, \$5 senior, \$2 child (6–17), no charge age 5 & under. *INFO:* 689-2210 / rossfarm.novascotia.ca

Blue Beach Fossil Museum — 127 Blue Beach Road, Hantsport • The official birthplace of vertebrate paleontology in Canada. Come for one of our tours to explore 350-million year old footprint-beds, fossils of fish, plants, and so much more. Open daily 9:30am–5pm, until Oct. 31. *INFO:* 684-9541 / bluebeachfossilmuseum.com

Haliburton House Museum — 414 Clifton Ave., Windsor • Open until Oct. 5, Mon–Sat 10am–5pm, Sun. 1–5pm. Built in the 1830s for Thomas Chandler Haliburton, a Windsor native, and author of the "Sam Slick" stories. *TIX:* \$4 adult, \$2.75 child/youth/senior, no charge under 5, \$8.50 family. *INFO:* 798-2915 / haliburtonhouse.novascotia.ca

Windsor Hockey Heritage Centre — 414 Clifton Ave., Windsor • Open Tues–Sat, 9am–5pm in off season. See the equipment with which the game began: wooden pucks, hand-made one-piece hockey sticks carved by Mi'kmaq natives, world-famous Starr skates, as well as early forms of protective equipment. *TIX:* no charge, donations welcome *INFO:* 798-1800 / windsorhockeyheritage@hotmail.ca / birthplaceofhockey.com

The Designer Café

20/20 — Harvest Gallery, Wolfville • 20 "atmospheric fired" pieces of pottery by Terry Lee Bourgeois-King & 20 "inspired" paintings by George Walford. *INFO:* 542-7093 / harvestgallery.ca

Hodge Podge, A Group Show — The Bread Gallery, Brooklyn. Until Oct. 12 • Summer Group Show of Local Artists. *INFO:* 757-3377 / managerbreadgallery@gmail.com

Consuming Conflict — Acadia University Art Gallery, Wolfville. Until Dec. 4 • "Consuming Conflict" approaches war through the lens of popular culture, and argues that visual material in media, tourism, & gaming demonstrates how narratives of conflict & war are consistently embedded in historic & contemporary culture. Speaker Series: Oct. 2, 7pm — Dr. Paul Doerr speaks on "Touring the Western Front: Remains of the War." *INFO:* 585-1373 / gallery.acadiau.ca



WHAT'S HAPPENING FROM OCTOBER 2-16, 2014

SEND YOUR EVENTS TO INFO@GRAPEVINEPUBLISHING.CA FOR PUBLISHING IN ANY OF OUR EVENT LISTINGS



Please note: Events are subject to change. Unless otherwise stated, please dial 902 at the beginning of all phone numbers.

THURSDAY, 2

Your Way to Wellness! – *Fundy View Community Centre, Halls Harbour 6-8:30pm* • A 6-week self-management program for people living with, or supporting another person living with, a chronic health condition. Space is limited, sign up today! **TIX:** no charge **INFO:** 538-1315 / mmacneil@avdha.nshealth.ca

Workshop: Gluten Free and Tasty – *Farmers Market, Wolfville 6-8pm* • An intro to food intolerance, demonstrations, recipes, & generous tastings w/Selah Koile, Registered Holistic Nutrition Counselor. Transform food intolerance, digestive disorders, stress and anxiety with delicious, whole food. **TIX:** \$50 each, \$75 for 2 people @ Wolfville Farmers' Market **INFO:** 697-3344 / goodfoodhub@wolfvillefarmersmarket.ca

Public Hearing – *County of Kings Municipal Complex, Kentville 6-9pm* • **TIX:** no charge **INFO:** 690-6139 / planningservices@county.kings.ns.ca

Fundraiser: Valley Businesswomen – *Al Whittle Theatre, Wolfville 7-9pm* • "Pick it up. Make things happen!" Mary Jane Copps, aka 'The Phone Lady', targets the texting generation & anyone else who shies away from picking up the phone & speaking to clients or prospects. **TIX:** \$25 general, \$15 students @ Careforce (Kentville), Kimball Brogan Law Office (Wolfville), Kings Physiotherapy Clinic (New Minas) **INFO:** rspv@vwbw.ns.ca

Booker School Info Session – *United Baptist Church, Port Williams 7-8pm* • Curriculum Night & Information Session for Booker parents & anyone interested in learning about the school & International Baccalaureate program. See ad page 10. **TIX:** no charge **INFO:** 585-5000 / johwho@gmail.com

Talk: Touring the Western Front: Remains of the War – *Acadia University Art Gallery, Wolfville 7-9pm* • Dr. Paul Doerr considers the impact of Western front tourism: how the preserved battlefields of the Western front have shaped our awareness & memories of the First World War, & impacted the events of the decades to follow. **TIX:** no charge **INFO:** 585-1373 / artgallery@acadiau.ca

FRIDAY, 3

International Cafe – *Kings Volunteer Resource Centre, Kentville 9:30-11am* • An event to connect: newcomers, immigrants, international students & members of the community. Everyone is welcome! **TIX:** no charge **INFO:** 678-1398 / info@kingsvolunteerresourcecentre.ca

Ticket Auction for Kentville Legion – *Careforce Home Health Services, Kentville 10am-4pm* • Great prizes & gift cards from local businesses. **TIX:** \$5 & up (depending on number of tickets purchased) **INFO:** 365-3155 / joel@careforce.ca

The Magic Wine Bus – *Wolfville Visitor Information Centre 10:30am, 12:30pm, &*

1:30pm. Fridays, Saturdays, & Sundays until October 19 • All aboard! A hop-on, hop-off tour to 4 local wineries via an authentic British, double-decker bus. **TIX:** \$20 + Ticketpro fees from all Ticketpro outlets & online **INFO:** wolfvillemagicwinerybus.ca

First Friday's Artisan Festival – *Valley Gate Vineyard, Kentville 4-9pm* • Live music, silent auction, vendors, face painting, & more! Fine art, performing arts, & artisan craft in a market style event highlighting local artists & small business in the Valley. **TIX:** no charge **INFO:** contactmegc@gmail.com

Acadia Athletics: Soccer – *Raymond Field, Wolfville 5pm Women, 7:15pm Men* • VS. StFX **TIX:** please inquire **INFO:** 542-5500 / box.office@acadiau.ca / acadiaathletics.ca

Acadia Athletics: Men's Basketball – *Acadia Athletics Complex, Wolfville 7pm* • VS. Crandall **TIX:** please inquire **INFO:** 542-5500 / box.office@acadiau.ca / acadiaathletics.ca

Film: A Streetcar Named Desire – *Al Whittle Theatre, Wolfville 7-10:15pm* • As Blanche's fragile world crumbles, she turns to her sister Stella for solace – but her downward spiral brings her face to face with the brutal, unforgiving Stanley Kowalski. **TIX:** \$20 @ ticketpro.ca, Home Hardware (Windsor), Wilson's Pharmasave (Kentville, Berwick), at door **INFO:** 542-7474, ext. 230 / kathy@justuscoffee.com

Concert: Hupman Brothers at No Faux Art – *No Faux Fashion Studio, Wolfville 7-12pm* • A special opportunity to experience the music of the Hupman Brothers in an artistic & intimate atmosphere. Pieces of art & vintage treasures for sale as well. **TIX:** donation **INFO:** 791-1963 / laura@pier101.ca

Girl Power – *Memorial Library, Wolfville 7:30-9:30pm. Also Oct. 10* • Hang out, play games, do crafts, write in your GirlPower Journal, and so much more! Bring a friend! Twice a month through December. **TIX:** no charge **INFO:** 542-5760

Concert: The Bombadils – *Evergreen Theatre, Margaretsville 8-10pm* • The Bombadils are a four piece folk ensemble that unite an eclectic variety of influences to present a unique interpretation of traditional music. They rocked Deep Roots! **TIX:** \$20 adults, \$10 students **INFO:** 825-6834 / evergreentheatre@gmail.com

SATURDAY, 4

Lions Breakfast – *Lions Club, Wolfville 7-10am* • Lions Breakfast – St Andrew's Anglican Church Hall, Hantsport 7-10am • Pancakes, eggs, bacon, hash browns, toast, juice, tea or coffee. **TIX:** \$6 adult, \$3 children 6-12, no charge under 5 **INFO:** 684-9529

Country Breakfast – *Community Center, Black Rock 8-10am* • This is the last breakfast of the season. Sponsored by the jolly workers sewing circle **TIX:** donation **INFO:** 538-1406

Breakfast – *United Baptist Church, Canning 8-10am* • Pancakes, sausages and eggs. Free will offering **TIX:** Donation **INFO:** 582-3227

Indoor Flea Market – *Community Hall, North Alton 8am-3pm* • Baked goods & lunch

available. All are welcome. **TIX:** no charge **INFO:** 825-2250 / ray.mailman@bellaliant.net

Habitat for Humanity – *Frasers Pro Home Centre, Berwick 8am-4pm* • A "Build the Walls" event for the homes we are building on Scott Dr. in Kentville. Check out our website to volunteer, we need your help to make this happen! **TIX:** no charge **INFO:** habitat.av@gmail.com / habitatns.ca

Canadian Red Cross Babysitters Course – *Sobeys, New Minas 9am-4pm* • Age 11+. Covers the responsibilities of a babysitter, safety tips for children of all ages, basic child care skills & what to do in case of emergency. **TIX:** \$50, includes book & certificate. **INFO:** 670-1383 / info@braveheart.com

AppleFest in Berwick – *Town Hall, Berwick 10am-4pm* • Events happening at the "Big Apple" in front of the Town Hall & all around town. Food, entertainment, children's activities & everything APPLES. Book/craft sale at the library, scavenger hunt, "selfies" with Dan D. Apple! Apple Pie contest (drop off pies at Town Hall by 10am), Julien Gwyne book signing at Town Hall, displays from Scotian Gold & more! **TIX:** no charge **INFO:** 538-8616 / cboylan@town.berwick.ns.ca

Babies & Books – *Library, Windsor 11-11:30am* • To celebrate the LaLeche League launch, a special one-on-one time for babies (0-24 months) & their caregivers with stories, songs, rhymes & social time. **TIX:** no charge **INFO:** 798-5424 / windsor@valleylibrary.ca

Sisters in Spirit Community-Campus Vigil – *Clock Park, Wolfville 11am-1pm* • Acadia is collaborating with First Nations in Nova Scotia & local community members to remember missing & murdered Aboriginal women, & join the call for a national inquiry, & action. **TIX:** no charge **INFO:** calexander142@gmail.com

Ticket Auction – *Meadowview Community Centre, Kentville 11am-1pm* • Viewing starts 11am, draws begin 1pm. 50/50, Grocery Box Tickets, hot dogs & full canteen. All proceeds go to the hall. **TIX:** 20 tickets for \$1. **INFO:** 678-7084 / toveinot@accesswave.ca

Oktoberfest – *Planters Ridge Winery & Vineyard, Port Williams 12-5pm* • Good friends, good wine, good food, & good beer! Planters Ridge NEW RELEASE 2013 Riesling, Sea Level Brewing beer. Authentic Oompah music by Die Brewmasters! Tickets can be pre-purchased, see ad page 10. **TIX:** \$20+tax **INFO:** 542-2711 / info@plantersridge.ca

Grow With Art Children's Workshop – *Kingstec-NSCC, Kentville 1-3pm* • W/Colleen Gerrits, mixed media. Ages 5-14. Art works can be returned/rented at this time. **TIX:** \$2 per child **INFO:** 542-0234

Library Book Club – *Library, Hantsport 2-3pm* • Join us for a discussion of "A Walk Across the Sun" by Corban Addison. All are welcome! **TIX:** no charge **INFO:** 684-4005

Acadia Athletics: Men's Basketball – *Athletics Complex, Wolfville 3pm* • VS. Crandall **TIX:** please inquire **INFO:** 542-5500 / box.office@acadiau.ca / acadiaathletics.ca

International Pot Luck Dinner – *Farmers Market, Wolfville 4-6pm* • A delicious meal of

international food. Make connections with other people from your home country, meet community service providers. **TIX:** no charge **INFO:** 679-7592 / vpetrie@peopleworx.ca

Casserole Supper – *Fire Hall, Hantsport 4:30-6:30pm* • Proceeds for Hantsport Fire Department & Hants Border TOPS **TIX:** \$10 adult, \$5 for children under 5 **INFO:** 684-9414 / timjohazel@ns.sympatico.ca

Turkey Supper – *Fire Hall, Hall's Harbour 4:30-6pm* • With all the fixins. All proceeds to support University Student's trip overseas to provide humanitarian aid to refugees & displaced children. **TIX:** \$12 adults, \$6 children 6-12, no charge for children 5 & under **INFO:** hallsharbour.org

Boogie & Bid – *Angles Family Eatery & Pub, Windsor 6:30pm-1am* • Happy Hour, appetizer buffet, drinks & both a silent & live auction! Music provided by The Music Dogs. Proceeds benefit the children and families of Hants County at Christmas. **TIX:** \$40 per person @ Angles, Home Hardware (Windsor), Long & McQuade (New Minas) **INFO:** admin@christmasangels.ca

Annual Harvest Auction – *Melanson Community Hall, 7pm, viewing @ 6:30pm* • W/Auctioneer Doug Crowell, canteen available. Proceeds for Wallbrook Baptist Church. **TIX:** no charge **INFO:** Marlene, 542-5931

Contra Dance – *L'Arche Hall, Wolfville 7:30-11pm* • A casual, community, dance for all ages that's fun, great exercise & amid great friends. No experience necessary, the dances are called step-by-step. Introductory lesson at 7:30pm. Bring indoor low-heeled shoes and a bottle of drinking water. Music provided by Andy Webster **TIX:** \$10 at the door **INFO:** valleycontradances@gmail.com

Night Kitchen Splendiferous – *Al Whittle Theatre, Wolfville 8-10pm* • Wolfville's monthly musical madness continues. Feature performers: Road Trip Boogie & Scotty Marsters. See ad page 5. **TIX:** \$10 regular, \$5 student/unwaged @ Just Us Cafe (Wolfville) **INFO:** nightkitchenwolfville@gmail.com

Dance: Appaloosa – *Royal Canadian Legion, Kentville 9pm-12am* • 19+, Bar & kitchen available. **TIX:** \$7 **INFO:** 678-8935 / legion.ca

Dance: Ambush – *Royal Canadian Legion, Canning 9:30pm-1am* • Open to everyone 19+. **TIX:** \$5 **INFO:** 582-7246 / legion.ca

SUNDAY, 5

CIBC Run for the Cure – *Acadia Athletic Complex, Wolfville 10:15am* • Canadian Breast Cancer Foundation CIBC Run for the Cure. Registration 9am. Run, walk, sprint or stroll, 1K or 5K. **TIX:** no charge **INFO:** 866-273-2223 / cgilfoy@cbcfc.org

Bark in the Park & Adoption Blitz – *Kings County SPCA, Waterville 10:30am-5pm* • A benefit to help raise funds to provide medical & animal care to the shelter animals. Cats 1 year and older available for \$25 and cats & kittens under 1 year of age for \$80. Also pulled pork/Jimmy Dog BBQ with awesome vendors to visit. **TIX:** no charge **INFO:** 538-9075 / mseastman@xcountry.tv


TICKET GIVEAWAY: CHANCE TO WIN 2 TICKETS TO:

Little Shop of Horrors, Friday October 17, 7:30pm, Fountain Hall Performing Arts Centre, Windsor **Draw date: Friday, October 10th** **Enter all draws: valleyevents.ca/win**

Benefit Show for Joey Johnstone – *Fire Hall, New Minas 1-4pm* • Joey was diagnosed last year with a brain tumor & needs a specialized wheelchair. **TIX:** donation **INFO:** 679-1214 / sheristevens1997@yahoo.ca

Frenchy Day – *Royal Canadian Legion, Canning 1-3pm* • Donations of clothing, knick knacks, bedding, tools etc. are very appreciated. All remaining items will be donated to the Diabetes Association. **TIX:** \$5 for large garbage bag **INFO:** 582-7246 after 4pm, Tues.-Sat.

Fundy Film screens OBVIOUS CHILD – *Al Whittle Theatre, 4 & 7 pm* • Donna (Jenny Slate), an aspiring 20-something comedian, finds herself accidentally pregnant and is catapulted into independent womanhood. Slate's breakout performance is packed with raw, energetic comedy and poignant human honesty. Writer/director Gillian Robespierre handles the unwanted pregnancy with a rare matter-of-factness which may challenge some. Yet in Donna, Slate and Robespierre have crafted a character for the age – one that viewers recognize, cheer for and love. See ad p. 13. **TIX:** \$9 **INFO:** 542-5157 / info@fundyfilm.ca

Memorial/Celebration Hymn Sing – *Avon United Church, Hantsport 6:30pm* • Memorial & Celebration Hymn Sing. **TIX:** donation **INFO:** 684-9283 / dlfraser@eastlink.ca

Health and Fitness Dance Program – *Louis Millet Community Complex, New Minas 7-8:30pm* • Latin, Ballroom & Social dance practice, everyone welcome. Informal opportunity to practice and improve your dancing skills. One half hour basic instruction from 7-7:30 Dancing can give you a great mind-body workout. Come get some exercise & meet new people. **TIX:** \$2 **INFO:** Glenda, 681-0985

Hymn Sing featuring the Good Intentions – *Baptist Church, Halls Harbour 7-9pm* • Hymn Sing featuring the Scott's Bay ladies, the "Good Intentions" w/congregational singing. Fellowship & snacks to follow. **TIX:** donation **INFO:** 542-9449 / rmichaelshreve@hotmail.com

MONDAY, 6

World Habitat Day BBQ – *County of Kings Municipal Complex, Kentville 11am-2pm* • Habitat for Humanity NS Annapolis Valley Chapter are holding a BBQ. **TIX:** donation **INFO:** habitat.av@gmail.com

National Novel Writing Month Info Session – *NSCC Kingstec Campus, Kentville 12:30pm & 6:30pm* • Ever wanted to write a novel? Participate in National Novel Writing Month (NaNoWriMo) & join thousands of writers all over the world as they write 50,000 words during the month of November. Learn more & get tips, details, & resources to help you accomplish this fun challenge. **TIX:** no charge **INFO:** bestwordns@gmail.com / nanowrimo.org

Blood Donor Clinic – *Fire Hall, Kentville 1-8pm*. Also Oct. 7 • Book your appointment to save a life **TIX:** no charge **INFO:** 1-888-236-6283

Open House – *Lions Club, Wolfville 6-8pm* • After much public consultation, a draft of the Downtown Development Plan is ready for you

to see. Come learn about the recommendations & next steps. See ad page 2. **TIX:** no charge **INFO:** 542-3718

5th Annual SIS Community Campus Event – *K.C. Irving Environmental Science Centre, Wolfville 6-8:30pm* • A vigil to celebrate, honour, & remember missing & murdered Aboriginal women & girls, and also missing Aboriginal men, boys, and families. 5-6pm: informal meet & greet at Welkaqnik, the campus Aboriginal Gathering Space (52 University Ave.). 6pm: Walk of Remembrance to the KCIC. 6:15pm: A special screening in KCIC Auditorium. 7pm: Official start of the evening. Like-new & new shoes & girls'/teens' dresses are being collected to create an art installation in the KCIC to represent more than 1182 missing aboriginal women & girls, & untold number of missing men, boys, & families across Canada. Donations of these items are welcomed. **TIX:** no charge **INFO:** 585-1451 / calexander142@gmail.com

Learn to Dance ORO! Orkestra style – *Curling Club, Wolfville 8-9pm* • Learn to dance to the wild & beautiful party dance music of Bulgaria, Macedonia, Greece, Turkey, & the Roma! Led by dancer Heidi Kalyani. It's uplifting, easy, & social! No experience necessary, please register. **TIX:** \$5 **INFO/Reg:** oro.orkestra@gmail.com

TUESDAY, 7

Soup & Dessert Luncheon – *Orchard Valley United Church, New Minas 12-1:15pm* • Curried squash or beef & barley soup, roll, tea/coffee & dessert. Second Tuesday of each month. **TIX:** \$7.50 **INFO:** 681-0366 / office@orchardvalleyunited.ca

Artist in the House Series – *Library, Windsor 1-3pm* • Local artist, Liz Robinson demonstrates her painting techniques as well as displaying her art. **TIX:** no charge **INFO:** 798-5424 / windsor@valleylibrary.ca

Your Way to Wellness – *Kings Riverside Court, Kentville 2-3pm* • Are you living with chronic ongoing health conditions or supporting someone who is? This free program offered by Annapolis Valley Health is designed to help you learn to manage your condition and make daily living easier. **TIX:** no charge **INFO:** 678-5414 / gmacisaac@avdha.nshealth.ca

LegoRama – *Library, Windsor 3:30-4:30pm*. Also Oct. 14 • Build amazing Lego creations. Lego Provided – Bring your imagination!! Ages 5-10 **TIX:** no charge **INFO:** 798-5424 / windsor@valleylibrary.ca

Council Meeting – *County of Kings Municipal Complex, Kentville 6pm* • **TIX:** no charge **INFO:** county.kings.ns.ca

Cystic Fibrosis Fundraiser Dinner – *Front & Central Restaurant, Wolfville 6pm* • Hosted by Holland Home & Leisure, partnered with Front & Central & Benjamin Bridge Winery. Five courses w/wine pairings. Silent & live auction. **TIX:** \$125 **INFO:** liana@hollandhomeleisure.com

Town Council Meeting – *Town Hall, Wolfville 6:30pm* • **TIX:** no charge **INFO:** wolfville.ca

Film: Changeling – *Louis Millet Community Complex, New Minas 7-10pm* • A film telling of

the struggle for human rights on behalf of young women with mental health issues in the 1920's. Presented by the Kings County Schizophrenia Society for Mental Illness Awareness Week. **TIX:** no charge **INFO:** 1-800-465-2601 / nsnet.org/kcss

Wolfville & Area Newcomers' Club – *Farmers Market, Wolfville 7:30pm* • You don't have to be a newcomer, everyone is welcome. Special guest: Kikima Grannies Nancy Henry and Bessie Bailey. Meet new people, learn about the area & forge a sense of community. **TIX:** no charge **INFO:** wolfvillenewcomers@hotmail.com / Facebook: Wolfville Area Newcomers Club

WEDNESDAY, 8

French Storytime / L'heure des histoires – *Memorial Library, Wolfville 10am* • C'est l'heure des histoires! Il y aura plein de chansons et comptines ainsi que des histoires en français! It's time for Storytime in French! There will be lots of French songs and rhymes mixed in with our French stories. Ages 3+ w/parent/caregiver. **TIX:** no charge **INFO:** 542-5760

Babies & Books – *Library, Windsor 10:30-11am*. Also Oct. 15 • Special one-on-one time for babies (0-24 months) & their caregivers w/stories, songs, rhymes & social time. **TIX:** no charge **INFO:** 798-5424 / windsor@valleylibrary.ca

Storytime – *Library, Kentville 11-11:30am*. Also Oct. 15 • Share the fun and adventure of reading with your child. Enjoy rhymes, songs, & books! Suggested age: 3-5. Parent/caregiver accompaniment is required. **TIX:** no charge **INFO:** valleylibrary.ca

Community Supper & Alternative Health Fair – *Farmers Market, Wolfville 4-7pm* • A night of complimentary mini-treatments, personalized instruction as well as natural health care consultations & lots of healthful yummy eats & advice! **TIX:** \$10 supper **INFO:** 697-3344 / manager@wolfvillefarmersmarket.ca

Arthritis Society Public Forum – *NSCC Kingstec Campus, Kentville 6:30pm* • A Pain & Mental Health public forum presentation featuring Lawtons pharmacist, Jenna Grimm & registered psychologist, Stephen Theriault. Q&A session to follow. Pre-registration is required, space is limited. **TIX:** no charge **INFO/Reg:** 1-800-321-1433 x8233 / info@ns.arthritis.ca

Fundy Film screens QUÉBÉKOISIE – *Al Whittle Theatre, 7pm* • Directors Mélanie Carrier and Olivier Higgins recognize that they and many fellow Québécois know little about Québec First Nations, even when studies show that 50% of Québécois have at least one aboriginal ancestor. In their multi award-winning documentary they ride their bikes out along the North Shore of the St. Lawrence to meet with many people in their quest to find answers about clichés & prejudices, and how to improve relations. See ad p. 13. **TIX:** \$9 **INFO:** 542-5157 / info@fundyfilm.ca

Saving for Post Secondary Education – *Library, Kentville 7-8pm* • Learn about Registered Education Savings Plans w/Financial Advisor, Catherine Metzger-Silver of Edward Jones.

Set aside funds for your children now. **TIX:** no charge **INFO:** 679-2544

Film: The Changeling – *Lions Club, Kentville 7-10pm* • 7:15 p.m. A film telling of the struggle for human rights on behalf of young women with mental health issues in the 1920's. Presented by the Kings County Schizophrenia Society for Mental Illness Awareness Week. **TIX:** no charge **INFO:** 1-800-465-2601 / nsnet.org/kcss

Documentary: GMO-OMG – *Acadia University, Wolfville 7:30pm* • In recognition of Non-GMO month, EOS is partnering with the Just Us! Centre for Small farms, ACORN and the Grow A Farmer initiative to present this documentary. See Mike Uncorked page 5. **TIX:** donations welcome **INFO:** info@eosnaturalfoods.ca

THURSDAY, 9

25th Anniversary Celebration – *Kings County Family Resource Centre, Kentville 10am-12pm* • 25 Years in Kings County. Magic show, songs, & refreshments! **TIX:** no charge **INFO:** 678-5760 / family.centre@ns.sympatico.ca

Fun and Fables – *Library, Windsor 10:30-11:30am*. Also Oct. 16 • Stories, songs, & crafts for ages 2-5 (and caregivers) **TIX:** no charge **INFO:** 798-5424 / windsor@valleylibrary.ca

4 the Health of it – *Berwick & District School, Berwick 5-7:30pm* • This 6-week, healthy living program offered by AVH is for adults looking to live a healthy life or who have or are concerned about developing a chronic health condition. By making positive lifestyle choices, people are able to delay, or even prevent, some health problems. Healthy lifestyle choices play a crucial role in promoting good health. Space is limited; register now! **TIX:** no charge **INFO:** 538-1315 / 4thehealthofit@avdha.nshealth.ca

Celebration of Multiculturalism & Inclusion – *Sheldon L. Fountain Learning Commons, Wolfville 5:30-8:30pm* • Co-sponsored by the Municipality of the County of Kings and Acadia's Equity Office. A variety of live performances & guest speakers, including Ray Ivany, President and Vice-Chancellor of Acadia University. Light refreshments will be served during the reception. Please pre-register by Oct. 3 **TIX:** no charge **INFO:** 542-0156 / kingsactionplan@horizonscda.ca

Picture Book Read-in – *Library, Berwick 6:30-8:30pm* • Teachers, librarians, & all adults who share books with kids are invited. A huge stack of new books for you to examine with a picture-book expert to talk about the Art of Picture Books. Please register. **TIX:** no charge **INFO:** 538-4030 / areynolds@valleylibrary.ca

Poetry Reading: Don McKay & Stevie Howell – *Vaughan Memorial Library, Wolfville 7pm* • Don McKay reading from *Angular Unconformity: The Collected Poems of Don McKay*, & Stevie Howell – reading from [Sharps]. See page 12. **TIX:** no charge **INFO:** 585-1502 / andrea.schwenke.wyile@acadiau.ca

Hon. Leo Glavine Town Hall Meeting – *Community Centre, Port Williams 7-9pm* • Mr. Glavine will be speaking on the topic of



WHAT'S HAPPENING FROM OCTOBER 2 - OCTOBER 16, 2014

CONTINUED FROM PAGE 17



"Coming Changes in Health Care" & answering questions. **TIX: no charge** **INFO: 542-3681 / pburden@ns.sympatico.ca**

SATURDAY, 11

Breakfast – Royal Canadian Legion, Kentville 7:30-10am • A good breakfast with friends **TIX: \$6 adults, \$3 children 12 & under** **INFO: 678-8935**

Hall Sale – Windermere Community Hall, Berwick 9am-2pm • Indoor sale. Wide variety of items & baked goods. **TIX: no charge** **INFO: 375-2399 / brucebeattie155@gmail.com**

Holistic & Wellness Expo – Fire Hall, Greenwich 9:30am-5pm • 30 exhibitors: buckwheat pillows, jewelry, handmade soap, art, tarot/palm, angel, fairy readings, reiki, reflexology, chiropractors, clinical herbalist, homeopathy, auricular therapy, hypnotherapy, massage, home care info, crystal grid readings, essential oils, leather & porcupine quill work, healing stones & crystals, cottage décor, sea glass, scentsy, epicure, avon, & more. **TIX: \$3** **INFO: 681-6310 / themagicalcloset@hotmail.ca**

Valley Trekkers Walk – Irving Circle K, Falmouth 9:45am • Everyone is invited to join The Valley Trekkers for this 5/10km walk. **TIX: no charge** **INFO: 765-0906**

Young Naturalists Club Mushroom Walk – Ravine Hiking Trail, Kentville 10am-12pm • Join the YNC to look for the mysterious life forms we call MUSHROOMS! W/experts Ken Harrison & Bill Shaw. Make your very own spore print, please register. **TIX: no charge** **INFO: 538-1654 / marina_myra@hotmail.com**

Flea Market/Rummage Sale – Community Hall, Scotts Bay 10am-1pm • Another rummage sale held next door in the Seaside Centre at the same time. **TIX: \$5 for bags of rummage, \$5 per table rental** **INFO: 582-7489 / jerryhuntley@hotmail.com**

Grand Pré Wine Fest – Domaine de Grand Pré, Grand Pré 10am-6pm • A pig roast, live music, wine tastings, free tours & much more fun to celebrate the harvest! **TIX: no charge** **INFO: 542-1753 / mail@grandprewines.ns.ca**

Scotian Hiker: Uniacke Estate – 764 Nova Scotia Trunk 1, Mt Uniacke 11am-4pm • An excellent spot to hike under a canopy of Autumn colours. Terrain is varied, but mostly natural woods path (rocks, roots, wet sections, inclines). Bring lunch, lots of water, camera, & proper attire. Dogs welcome on leash. See online for directions & updates. **TIX: no charge** **INFO: scotianhiker.com**

Songwriting Workshop – MIPAC, 106 Gerrish Street, Windsor 12-4pm • With Music Nova Scotia's Songwriter of the Year nominee Carleton Stone along with Dylan Guthro & Breagh Mackinnon. A maximum of 6 participants with the goal of polishing a song to perform on the MIPAC stage in the evening at the start of the show (8pm). Submission forms available online & Moe's Music Sales (Windsor) **FEE: \$100 +HST** for those selected, no charge to apply. **INFO: mermaidtheatre.ca/songwriters / 798-5841**

Acadia Athletics: Football – Raymond Field, Wolfville 2pm • VS StFX **TIX: please inquire**

INFO: 542-5500 / box.office@acadiu.ca / acadiaathletics.ca

Photowalk – Fort Anne National Historic Site, Annapolis Royal 5-7:15pm • A fun, photographic, sunset outing along the Annapolis River.

After the walk, we can experiment with night photography & light painting. Open to all ages, skill level, & gear - from beginners with a cell phone to pros. Please RSVP. See page _____. **TIX: no charge** **INFO: shutterbug@aurora-lee.ca**

Psychic Medium Shawn Leonard – Old Orchard Inn, Wolfville 7-9:30pm • An up close & personal experience you will not forget. Listen to Shawn speak about Spirit & how we are all connected. Shawn will be giving messages to people in the audience. **TIX: \$55 pre-paid via PayPal, \$60 at door** (all tickets will be picked up at door at event) **INFO: shawn-leonard.com**

Star Gazing Night – Grand-Pré National Historic Site, Grand Pré 7:15pm • Astronomers Roy Bishop, Larry Bogan, Pat Kelly, & Sherman Williams tour the night sky. Starting with Mars & possibly Saturn very low in the southwestern sky. Brighter stars visible to the unaided eye. Later, Neptune and Uranus, together with star clusters & galaxies. Bring your own telescope and/or binoculars. Rain/cloud date: Oct. 12 **TIX: no charge** **INFO: info@valleyfamilyfun.ca**

Concert: The Modern Grass with Jennah Barry – Union Street Cafe, Berwick 8pm • MG's hard driving bluegrass flows into tender ballads, groovy blues, & dramatic instrumentals. Jennah Barry's music is juicy pop gossip with a folk back-bone. Her songs dance the spectrum between folk & indie rock **TIX: \$20 @ Union Street Cafe** **INFO: 538-7787 / contactunionstreet@gmail.com**

Broken Leg Theatre - Falling – Al Whittle Theatre, Wolfville 8-10pm • Drama, comedy, musical theatre, dance... or maybe even something by YOU! Contact us if you'd like to be involved (on or behind the stage). **TIX: \$10 advance, \$12 at the door, @ Box of Delights (Wolfville) or email.** **INFO: Donna, iwakichick@hotmail.com / facebook.com/brokenlegtheatre**

Concert: Dylan Guthro, Carleton Stone, & Breagh Mackinnon – Mermaid Imperial Performing Arts Centre, Windsor 8-10pm • Carleton Stone: charismatic performer & soulful songwriter. Dylan Guthro: catchy & sincere lyrics. Breagh Mackinnon: sophisticated lyrics, thoughtful arrangements & captivating voice. See poster page 20. **TIX: \$20 advance, \$25 door @ Home Hardware (Windsor) & all Ticketpro outlets, by phone at 1-888-311-9090, online at Ticketpro.ca** **INFO: 798-5841 / puppets@mermaidtheatre.ca**

Dance: Rte. 12 – Royal Canadian Legion, Kentville 9pm-12am • 19+, Bar & kitchen available. **TIX: \$7** **INFO: 678-8935 / legion.ca**

SUNDAY, 12

Fundy Film screens MAGIC IN THE MOONLIGHT – Al Whittle Theatre, 7pm only. Also Oct. 13 • In the 1920s on the opulent Riviera, Woody Allen's romantic comedy is about a master magician (Colin Firth) trying to expose

as a fake, a psychic medium (Emma Stone). Magical events, in every sense of the word, send the characters reeling. See ad p. 13. **TIX: \$9** **INFO: 542-5157 / info@fundyfilm.ca**

MONDAY, 13 – Thanksgiving Monday

Fundy Film screens MAGIC IN THE MOONLIGHT – Al Whittle Theatre, 7pm only. • See Sunday 12

TUESDAY, 14

Artist in the House Series – Library, Windsor 1-3pm • Local artist, Kelly Mitchelmore, will be in-house demonstrating her painting techniques as well as displaying her art throughout the library. Available for viewing Tues.-Sun. **TIX: no charge** **INFO: 798-5424 / windsor@valleylibrary.ca**

Planning Advisory Committee – County of Kings Municipal Complex, Kentville 1-4pm • **TIX: no charge** **INFO: 690-6139 / planningservices@county.kings.ns.ca**

Careforce Alzheimer Cafe Anniversary – Kings Riverside Court, Kentville 2-4pm • 3rd Anniversary special, which also coincides with World Alzheimer's Month! If you or your loved one is living with Alzheimer's or memory loss, enjoy a two-hour social gathering that is uplifting, informal, and non-judgmental. **TIX: no charge** **INFO: 365-3155 / janet@careforce.ca**

Fibre Ops – Library, Windsor 6-7:30pm • Chat & knit, stitch, hook or weave. Bring your fibre arts project & join this friendly group for a relaxing hour or two. All levels of experience welcome! **TIX: no charge** **INFO: 798-5424 / windsor@valleylibrary.ca**

WEDNESDAY, 15

Letter One by Tony Nardi – KC Irving Centre, Wolfville 6-9pm • A Public Screening and Talkback with actor, writer and director Tony Nardi. In December 2005 Tony received a script for a new Canadian TV series, Rent-A-Goalie. Nardi was appalled at the "culturally offensive" depictions of the Italian characters. He promptly expressed his outrage to the series' writers & all hell broke loose. The letter became a play—which became this film. See page 12. **TIX: no charge** **INFO: 585-1385 / anna.migliarisi@acadiu.ca**

Community Development Committee Meeting – Town Hall, Wolfville 7pm • **TIX: no charge** **INFO: wolfville.ca**

Fundy Film screens THE IMMIGRANT – Al Whittle Theatre, 7pm only • Polish sisters Ewa and Magda arrive in New York and Magda is quarantined, leaving Ewa (Marion Cotillard) alone and lost. She falls prey to Bruno (Joaquin Phoenix), who lures her unwittingly into prostitution. Bruno's cousin Orlando (Jeremy Renner), a dashing magician, restores her self-belief and hope for a brighter future. Beautiful visuals, James Gray's confident direction and Cotillard's strong performance make this a

rewarding 1921 period drama. See ad p. 13. **TIX: \$9** **INFO: 542-5157 / info@fundyfilm.ca**
Speaker: Margaret Trudeau – Kings Theatre, Annapolis Royal 7-8pm • The Women's Place is pleased to announce that Margaret Trudeau will be the Guest Speaker for their Senior Women's Summit. **TIX: \$40 each @ King's Theatre** **INFO: 532-7704 / gm@kingstheatre.ca**

Talk Life Community w/Robin McGee – Edible Art Café, New Minas 7-9pm • Dr. Robin McGee, author of The Cancer Olympics, (thecancerolympics.com) will share stories of courage, strength, and how to advocate for yourself especially in the face of adversity. See page 9. **TIX: \$20, available by reservation only @ talklifecommunity@gmail.com** **INFO: 678-1562 / lauracd@ns.sympatico.ca / Facebook: Talk Life Community**

THURSDAY, 16

Munch, Move & Mingle Healthy Aging – Lions Club, Berwick 1:30-4:15pm • Munch on healthy snacks, Mingle with community groups that provide healthy aging programs, Move with Tai chi instruction. Hear the facts from a panel of professionals related to dementia, continuing care and long term care. Learn Seniors Safety tips and meet local providers of programs. **TIX: no charge** **INFO: 538-7088 / wkchb@avdha.nshealth.ca**

Fred C. Manning School of Business Administration's 49th Annual Acadia University Business Banquet – Fountain Commons, Acadia University 6:30pm • A great opportunity for business students, faculty, community members, and alumni to come together for an enjoyable evening of networking, socializing, and celebration. W/Keynote speaker Pamela Scott-Crace, previous Editor at large with Progress Magazine. Reception at 6:30pm, dinner at 7pm. Please RSVP by Oct. 8. **TIX: \$70 @ supersaas.com/schedule/49thBusinessBanquet/ or at door if available.** **INFO: hope.corkum@acadiu.ca**

Wartime Suffering in China – Acadia University Art Gallery, Wolfville 7-9pm • W/Dr. Diana Lary: "Wartime Suffering in China: Canadian Efforts to Alleviate Misery during the War in China, 1937-1945" This talk explores how Canadians in China reacted to the Japanese invasion. **TIX: no charge** **INFO: 585-1373 / artgallery@acadiu.ca**

Acadia Performing Arts Series: The Zodiac Trio – Festival Theatre, Wolfville 7:30pm • Kliment Krylovskiy, clarinet; Vanessa Mollard, violin; Riko Higuma, piano. An eclectic repertoire that mixes the contemporary with the traditional. The trio has managed to achieve a level of recognition on the international chamber music stage, rarely bestowed upon an ensemble of such un-traditional instrumentation. **TIX: \$26 adults, \$20 students @ Acadia Box Office, 542-5500, boxoffice.acadiu.ca** **INFO: Peter, 585-1282 / peter.smith@acadiu.ca**

SHOW ME YOUR INK

Tattoo Artist: Heidi Brown
Tattooees: Heidi Brown

When approached about the beautiful bird tattoo on her foot for this column, Heidi asked that we feature the tattoo on her arm instead because it was more interesting. When two sound waves meet, they can cancel each other out - creating silence. The Acadia Music Therapy major designed and tattooed this symbol of silence on her own arm - a process that included attaching two sterilized needles to the eraser end of a pencil, twining thread around them, dipping them into ink, and poking a series of holes in her arm. Heidi wrote this poem about it...

silence is two sounds dancing;
 inexistence is fornication:
 creation.

Photo Credit: Duane Currie



SHOW ME YOUR INK is proudly sponsored by
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LITTLE SHOP OF HORRORS

FEEDING STARTS ON OCT 17.

OCT 17, 18, 24 & 25 AT 7.30PM.
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 MUSIC BY ALAN MENKEN BOOK & LYRICS BY HOWARD ASHMAN
BASED ON THE FILM BY ROGER CORMAN. SCREENPLAY BY CHARLES GRIFFITH | ORIGINALLY PRODUCED BY THE WPA THEATRE (KYLE RENICK, PRODUCING DIRECTOR)
 ORIGINALLY PRODUCED AT THE ORPHEUM THEATRE, NEW YORK CITY BY THE WPA THEATRE, DAVID GEFFEN, CAMERON MACKINTOSH AND THE SHUBERT ORGANIZATION
 YOUTH COMPANY PRODUCTION

LITTLE SHOP OF HORRORS IS PRESENTED THROUGH SPECIAL ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL (MTI). ALL AUTHORIZED PERFORMANCE MATERIALS ARE ALSO SUPPLIED TO MTI. 421 WEST 54TH STREET, NEW YORK, NY 10019 PHONE: 212-541-4684 FAX: 212-597-4684 WWW.MTISHOWS.COM


Quick As A Wink Theatre Society presents "Little Shop of Horrors" as its first Youth Company Production - the cast of which was chosen through satellite audition sessions at three local high schools. Directed by Mark Wainman with music direction by Katrina Salmon, choreography by Rachael Bouwman and Christy Hodder, actor coaching by Elsa Hodder, and produced by Toven MacLean, this show plays Friday & Saturday nights at 7:30pm from Oct 17 - Oct 25 with special 2pm matinees on Oct 18, 19, and 25 at the Fountain Performing Arts Centre, 33 King's-Edgehill Lane, Windsor.

Tickets: \$17.50 - Adults; \$15 - Students, Seniors & Members; and \$12 - Children under 12. For reservations: 798-5565 or get your tickets at Moe's Place Music Sales (110 Gerrish St., Windsor). "Little Shop of Horrors" is RATED "Parental Guidance" for mild language and adult themes.

For more info: Mark, info@quickasawinktheatre.ca / qaaw.ca.

HUMANS OF THE ANNAPOLIS VALLEY

Collected by Linnea Swinimer



Roger, 69

"As long as you live life with a young heart, I don't think age really matters."

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MERMAID IMPERIAL PERFORMING ARTS CENTRE

2014-2015 Performing Arts Series



**Dylan Guthro
Carleton Stone
Breagh Mackinnon**

Songwriting workshop with the artists!!
Saturday afternoon 12-4pm. \$100 per participant.
Space is limited. Submission required (no cost to submit).
Workshop participants may choose to perform their songs on stage before the evening show! Details & applications at Moe's Place Music Sales, 106 Gerrish St. Windsor or Mermaidtheatre.ca/songwriters

New this season: SINGLE PRICE FOR ALL ADVANCE TICKETS! GET THE BEST PRICE WHEN YOU BUY EARLY!

Sat, Oct 11, 2014 @ 8:00pm
Advance: \$20 / Door: \$25 (all seats)

All seats reserved. Buy tickets online at Ticketpro.ca, by phone at 1-888-311-9090, and in person at Windsor Home Hardware and all other Ticketpro outlets.
Ticket prices include HST, network fees, and a MIPAC Capital Improvement Fee




MIPAC 106 Gerrish Street, Windsor
MERMAID IMPERIAL PERFORMING ARTS CENTRE

2014-2015 Performing Arts Series

**Mermaid Theatre of Nova Scotia
Stella, Queen of the Snow**
Saturday, September 27, 2014
11:00am **Family Fare**
\$13 advance / \$15 door

**Théâtre de l'Oeil
The Star Keeper**
Sunday, March 8, 2015
2:00pm **Family Fare**
\$13 advance / \$15 door

**Dylan Guthro, Carleton Stone
& Breagh Mackinnon**
Saturday, October 11, 2014
8:00pm
\$20 advance / \$25 door

**Barney Bentall & Dustin
Bentall with Kendel Carson
& Cory Tetford**
Saturday, March 21, 2015
8:00pm
\$25 advance / \$28 door

Swingology
Saturday, November 22, 2014
7:00pm
\$20 advance / \$25 door

Fred Penner
Friday, March 27, 2015
6:30pm **Family Fare**
\$15 advance / \$19 door

**Mermaid Theatre of Nova Scotia
PUPPET CABARET FUNDRAISER**
Saturday, January 31, 2015
7:00pm
Tickets: \$60 (in person sales only)

**Theatre Newfoundland &
Labrador
With Cruel Times in Between**
Thursday, May 7, 2015 at 7:00pm
\$25 advance / \$28 door

Little Miss Moffat
Sunday, February 15, 2015
11:00am **Family Fare**
\$13 advance / \$15 door

**Back Home Again –
Tribute to John Denver**
Sunday, June 7, 2015
2:00pm
\$25 advance / \$28 door

**Old Man Luedecke
& The Good Lovelies**
Sunday, February 22, 2015
7:00pm
\$25 advance / \$28 door

All seats reserved. Tickets now on sale!
Buy tickets online at Ticketpro.ca, by phone at 1-888-311-9090, and in person at Windsor Home Hardware and all other Ticketpro outlets.

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