**EXAMPLE VIEW ARTS CULTURE A FREE PAPER FOR THE PEOPLE WHO FIND THEMSELVES IN THE ANNAPOLIS VALLEY** Sept 17 - Oct 1, 2015 | Issue No. 12.19 **\*** ARTS **\*** CULTURE **\*** COMMUNITY **\*** You're holding one of 5700 copies

**The Deep Roots Issue** 

Brontosaurus Theory & Pony Girl p.10 Eve Roswell & Rachel Alders p.11 Valley Vinyl p.13 Phantom's Freakshow p.14 Donna Holmes & Quique Escamilla p.13 Indigenous Renaissance p.23

# \* ON THE COVER \*

On the cover this issue is the Boxcar Boys, six talented musicians visiting our valley to deliver 'a veritable gumbo of original old-style jazz and folk with dashes of klezmer and country thrown into the mix.'

Their performance is part of the Deep Roots Music Festival happening September 24-27. Deep Roots is one of most exciting events that happen around these parts. The Festival aims to 'share the stories and traditions of this land through music and song, to honour our place in the world and to invite new stories.' With a mission like that, it's no wonder we've teamed up with them on this special issue. We hope you enjoy.

For more information about the Deep Roots Music Festival, or the Boxcar Boys, visit: deeprootsmusic.ca

Keep your eyes out for our next issue as well, we'll finally be publishing the questions posed by our readers for the Kings-Hants political candidates and the answers we've received.

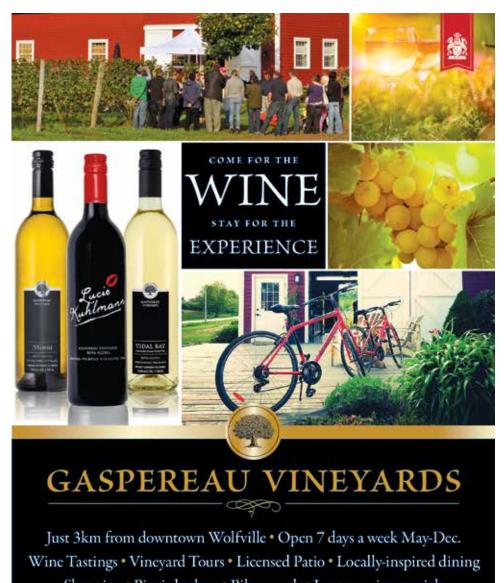
# Harvest Fest

### Wolfville Farmers' Market, 24 Elm Avenue, Wolfville Saturday, October 3rd, 7 - 11pm

Come on out for some great local food, wines & craft beers featuring music from the Mark Riley Project. This is a party to celebrate the harvest and you definitely want to be there!



\$32 for admission to the event which includes 12 tickets to be used for your choice of food & drink. For tickets, email: info@winesofnovascotia.ca



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# WAY BACK WHEN



All photos courtesy of RANDALL HOUSE MUSEUM HOURS: Mon – Closed | Tue-Sat, 10am-5pm Sun, 1pm-5pm | 259 Main Street, Wolfville 902-542-9775 | wolfvillehs.ednet.ns.ca



Wolfville High School Band: This is the Wolfville High School Band leaving the MacKay School for the Coronation exercises. O. Rex Porter is the band leader. The photo comes from the B.C. Silver collection.



Wolfville Cadet Band: The members of the Wolfville Cadet Corp Band, circa 1944, are, front row, left to right: Carl Murphy, Alan Reynolds, Ronald Coldwelll, Cyril Murphy, Burton Bowlby, Karl Perry, Morris Kenny; second row, left to right: Lloyd Gesner, George Frank, George Perry, Ralph Mosher, Lawrence Machum, Merritt Gibson; back row, left to right: Rex Sleep, Maurice Frank, Arthur Murphy, Douglas Spidle, David Ross, Ramond Shepard, William Parker. Standing to the right is the bandmaster and principal, O. Rex Porter.

# Active And Healthy Living: Source And Healthy Li

#### Lee-Ann Cudmore

"Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything." Plato

But what happens when the instrument that you love and the music that you create is causing you pain? Mu-

sicians are often prone to repetitive strain or sprain init

strain or sprain injuries, muscular tension, and nerve pain. When I assess a musician, I am aware that a musician is using their body like a high performance athlete. They are training several hours at a time, often daily, holding precarious positions for extended periods of time.

For the musician, keep in mind that you are an athlete. There are proactive measures you can put in place to keep your body performing the way you want. Anyone can benefit from adding physical activity into their daily lives, but the musician will especially feel the positive effects by adding a strengthening component into their daily routine. A physiotherapist or personal trainer can provide you with an individual plan to strengthen and stretch the core for posture and target the muscles needed to play your instrument. Adding a proper warm up and stretching before your daily practice will also help.

For the musician playing with pain, seek help. Talk to your family physician, and look for options to address the pain. When discovering which therapy to try, ask around and send a few emails or make some phone calls. Good practitioners will always point you in the right direction. Chiropractic, massage therapy, physiotherapy, osteopathy, and acupuncture are all therapies that may help. Pain can be complex and time away from your instrument can often cause mental and financial stress. Don't try to tackle this alone. Many other musicians have been there too. This may be your opportunity to grow your musical background by finding a new instrument or technique. Find your "silver lining."

I will give you a personal and completely



#### biased example of silver linings my sister Kristen Cudmore. She is the brain-child of the Toronto-based band Language-Arts. The band is touring Canada this fall with their second album. Able Island, set to release on October 9. Kristen is an Acadia Music graduate, and she played classical guitar, until repetitive injury to her shoulder caused

her to stop. "When I had to switch gears, it was really heartbreaking, almost like losing a part of my voice but then I tried to spin it that: maybe my stronger voice is through writing and playing my own work, instead of reading and interpreting someone else's."

Her injury forced her to start thinking about training her body like an athlete, which includes a routine of strength training at the gym, proper hydration, and self-care like heat and Epsom salt baths. She started listening to her body, taking more frequent breaks, and when she feels pain she works on something other than playing, like "practicing finger patterns on my knee or marking-up the piece with expression and phrasing, then, go back to playing."

"My focus became much more on the composition of music and applying my skills as a classical player to the electric guitar. It opened up the world of technology, building a pedal-board and geeking out with tones and sounds. I started thinking outside of myself and the guitar. It was then that I started thinking more about the music, the arrangements, the production, and the message. It has made me a stronger writer."

For more information on Language-Arts see: language-arts.net/

Language-Arts is playing The Company House (2202 Gottingen St, Halifax) at 9pm on Saturday Oct. 24.

*Lee-Ann Cudmore, Registered Acupunc*turist Wolfville Integrated Health Care www.wihc.ca 902-542-2000

A FABULOUS HINT: If your loaf of bread is starting to go stale, just put a piece of fresh celery in the bag and close it up. This will restore a fresh taste and texture to the bread. FIND MORE ABSOLUTELY HELPFUL HINTS AT

WWW.ABSOLUTELYFAB.CA 8927 Commercial St., Kings Centre Plaza NEW MINAS | (902) 681-2284

### 25,000 LP's FOR SALE at 2nd ANNUAL WOLFVILLE RECORD SHOW

Submitted

The Vinyl Uprising is hitting the valley yet again! This time with 25,000 LP's covering classic rock, metal, blues, jazz, rap/hip-hop, country, classical etc. You name it and we will have it!

With both new and vintage records from dealers and private sellers across NS, there promises to be an exceptional selection with something for everyone and every budget. There will be loads of \$5 records as well as valuable rarities, picture discs, live material, and even a few children's albums.

Raven Clark, show organizer, shares "Vinyl sales globally have doubled in 2015 compared with last year. So vinyl is definitely here to stay. Last year's show was a tremendous success with nearly 300 music enthusiasts of all ages in attendance. Come join us and see what all this vintage vinyl fuss is about."

Those with LPs or collections to sell should contact Raven at info@valleyvinyluprising. com.

One day only September 26 from 8am-3:30pm at the Lion's Club, 36 Elm Ave in Wolfville - just down from the Farmer's Market. Come early for the best treasure hunting!

See poster, page 13

# Christmas Cards for Randall House Museum

The Wolfville Historical Society is once again selling Victorian Christmas Cards as a fundraiser for the Randall House Museum in Wolfville. The first sale will be at the Wolfville Farmers' Market, Saturday, September 19.

The Victorian Christmas Cards come, for the most part, from the Helen Beals Christmas and New Years Cards Collection in Randall House. There are 130 illustrated cards from the late 1800s when commercial colour printing was in its infancy. There was little standardization and much hands-on work was involved.

The images are very colourful and while many are religious, this selection emphasizes the Festive Season, and the message inside the card is 'Season's Greetings'.

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EVERGENESS CONTRACTOR OF CONTR	AZING TEAM OF CONTRIBUTORS:	SUBMISSION DEADLINE: Sept 25 for S ADVERTISING Advertising in The Grapevine ranges from free (page 5), to paid. Depending on the commitment length and colour options, rates range from: GENERAL INQUIRIES: info@grape ADVERTISING: sales@grapevine CONTENT SUBMISSIONS: submiss: CLASSIFIEDS: classifieds@grape	PRESENCE/LOGD \$40 - \$30 SINGLE BLOCK \$54 - \$39 DOUBLE BLOCK \$106 - \$76 FOUR BLOCK \$205 - \$145 HALF PAGE \$450 - \$300 ARTS EVENT POSTER \$100 - \$6 evinepublishing.ca publishing.ca, 902-692-854 sions@arapevinepublishing	55 6 ca	WHEREE WOLFVILLE: Just Us! Café, Farmers' Market, T.A.N. Cafe, EOS, Public Library, Carl's Independent, Muddy's Convenience Street Mailbox, The Box Of Delights Bookstore, Pita House, II Dolce Far Niente Espresso Bar GASPEREAU: XTR Station, Gaspereau Valley Fibres Reids's Meats		NDDUS NEW MINAS: Pita Pit, Irving Big Stop, Milne Court KENTVILLE: Designer Café, T.A.N. Café, Café Central, Hospital, Save Easy COLDBROOK: T.A.N. Café, Callister's Restaurant BERWICK: North Mountain Coffee, Union Street Café KINGSTON: Library, Pharmasave.

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issuu.com/thevalleygrapevine

The Furry Feature



LISA HAMMETT VAUGHAN Proofreader



### Feature Cat: Azrael

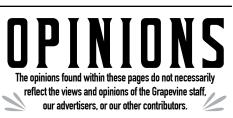
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Grapevine Publishing Box 2306, Wolfville, NS. B4P 2N5

Azrael is a domestic long-haired grey and white female born April 11, 2011. She is a little shy but very sweet. She was surrendered by her owner for health reasons. We need to find her a new home!

Wolfville Animal Hospital 12-112 Front St Wolfville, NS, B4P 1A4 wolfvilleanimalhospital@ns.aliantzinc.ca

Updates: Sheldon the dog has been adopted!



Quality short and long term

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

While camping at Blomidon Provincial Park on a July day, I decided to stop for strawberries at Lindsay Rand's strawberry stand in Delhaven. Having my change purse in my pocket, I made my purchase and put the money in the 'can'. Returning to my car, I realized my car keys and purse were locked in it! I was unable to get to my CAA number - so what to do? Fortunately at the stand was a phone number to call if extra berries were needed and I did have my phone in my pocket. Within minutes Mr. Rand was there to call CAA and, as they said it would be an hour before they came, I settled into an Adirondack chair that was there to bide my time. For a second time, Mr. Rand appeared on the scene

with a bottle of water, potato chips, and three magazines to add to my comfort and to help me pass the time. Needless to say, with such comfort, the hour wait, for CAA to arrive, went by quickly!

TJ's Convenience

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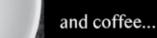
Such an act of kindness as shown by Mr. Rand will always be remembered by me and I want to share his act with others so that the world knows that there are still good people out there! Thanks to you Mr. Rand, for making an incident which could have been a very distressing one become a very pleasant experience!

Wheet Wilcox





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# the free tweets

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These listings work on a 1st come, 1st served basis. Email info@grapevinepublishing.ca every two weeks for your free placement. Or, reserve your place with a 5-issue minimum commitment at \$10 per issue.

### Suggested Theme:

How are you participating in this year's Deep Roots Music Festival? Deep Roots musicians or not, who's in your playlist?

Little Piggies Reflexology 902-681-5633 / littlepiggiesreflexology@gmail.com

This will be Little Piggies 3rd year providing free Mini Reflexology sessions for the Musicians at The Deep Roots Music Festival. Coffee scrubs, luscious foot washes, Indian Head Massage and much more have been designed to help musicians feel better and enhance their performances.

Providing Reflexology in the comfort of your own home or office. Specializing in Facial, Foot and Hand treatments and Indian Head Massage all with an added touch of Reiki. Festivals and Spa parties a specialty.

Marie Jardine

In Business 3 years

Careforce — Kentville, 902-365-3155 /

careforce@careforce.ca / careforce.ca • From one co-op to another, Careforce wishes Deep Roots all the best for this year's festival. Careforce's playlist is extensive, and includes a lot of long-forgotten big band classics from the 30s and 40s; the music many of our clients grew up on.

Edible Art Café — 9701 Commercial St., Greenwich, 902-681-7375 / facebook.com/edibleartcatering • We support local musicians year round, with shows every day from 12–2pm. Some of our

# **MUSEUMS**

Haliburton House Museum – 414 Clifton Ave., Windsor • TIX: Admission: \$4 adult, \$2.80 child/youth/senior, no charge under 5, \$8.65 family. INFO: 902-798-2915 / haliburtonhouse.novascotia.ca

Windsor Hockey Heritage Centre – 414 Clifton Ave., Windsor • Open 9am-5pm daily in summer, Tues.-Sat. in off season. See the equipment with which the game began: wooden pucks, hand-made one-piece hockey sticks carved by Mi'kmaq natives, stock skates and world-famous Starr skates, as well as early forms of protective equipment. *TIX:* no charge, donations welcome *INFO:* 902-798-1800 / windsorhockeyheritage@hotmail.ca

Shand House Museum – 389 Avon St., Windsor



This is a photo of a performance Marie did for Reflexology week in April 2015. Accompanied by Andy Flynn on Piano, Marie "Performed Fun Facts about Reflexology". She is talking about the kidney area on the foot in this picture.

acts include the Ron Edmunds Band, Carl Boutilier, David Filyer, Paul Marshall, and John Tetrault. Check out valleyevents.ca or the Eat To the Beat section in the Grapevine for our weekly lineup. Thank you for helping us support local music!

Errands by Karen - lending a helping hand —

902-790-2626 / errandsbykaren@hotmail.com • Feeling overwhelmed by fall? Karen can help you with fall chores, shopping, and appointments, including blood collection at your home or work! Call Karen today!

• OPEN HOUSE – Sept. 26, 10am-5pm. Built in 1890 for newlyweds Clifford and Henrie Shand, this ornate, Queen Anne-style house was once considered a modern marvel in Windsor. *TIX*: no charge *INFO*: 902-798-2915 / michelle.coleman@novascotia.ca

Blue Beach Fossil Museum – 127 Blue Beach Road, Hantsport • Open daily 9:30am-5pm, until Oct. 31. 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. *INFO:* 902-684-9541 / bluebeachfossilmuseum.com Randall House – 259 Main St., Wolfville • Open

Tues.-Sat., 10am–5pm, Sun. 1–5pm. Special exhibit commemorates the 20th anniversary of the opening of the famed Atlantic Theatre Festival. From inception in 1993 to its grand opening in June 1995. Also, Afternoon Tea, Saturdays, 2–5pm *TIX:* Tea: \$5, included tour. Regular admission: no **Information** — Farmers' Market, Wolfville, dredeox77@hotmail.com • In.formation is vending at the Wolfville Farmers Market through the festival, sharing our goods and spreading the joy, being a local crafter supporting family and community, we are acting out our ability to craft, care and support!

Flowercart — 9412 Commercial Street, New Minas, 902-681-2349 / lisahammettvaughan@flowercart.ca / flowercart.ca / facebook: Flowercart • Flowercart is a proud sponsor of the 12th annual Deep Roots Music Festival. A number of our employees are volunteers. We enjoy supporting an event that makes music accessible to many people and fosters a wonderful feeling of community in the Valley. We hope the festival guests will enjoy themselves too.

Sister Lotus Body Care Products, Belly Dance 6 Herbal Education — Wolfville, 902-680-8839 / sisterlotus.com • Preparations are happening for upcoming fall belly dance classes, a new session of 'The Budding Herbalist' on-line foundational course, a performance/workshop at Deep Roots, & the launch of Sister Lotus MONTHLY HERBAL CARE PACKAGES! Come say hi at the Wolfville Farmers' Market or visit the website.

charge, donations welcomed. *INFO:* 902-542-9775 / randallhouse@outlook.com / wolfvillehs.ednet.ns.ca

The Old Kings Courthouse Museum (Kings

**County Museum)** – 37 Cornwallis St., Kentville • Open Mon.-Fri., 9am-4pm. 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. *TIX*: no admission, donations welcomed. *INFO*: 902-678-6237 / museum@okcm.ca / okcm.ca

**Ross Farm Museum** – 4568 Hwy 12, New Ross • Open Wed-Sun, closed Mon. & Tues. Milking a cow, spinning wool or tasting a delicious treat in the cottage are just three things that happen regularly here at Ross Farm. Every visit is unique as the work changes with the seasons. *TIX*: \$6 adult, \$5 senior, \$2 child (6-17), no charge age 5 & under. *INFO*: 902-689-2210 / rossfarm.novascotia.ca

### Kings Physiotherapy — 28 Kentucky

Ct., New Minas, 902-681-8181 / kingsphysio@ns.sympatico.ca / kingsphysio.com • KINGS Physiotherapy Clinic is proud to be a part of the vibrant Valley communities! KINGS has offered an array of health services to support wellness, including physiotherapy, occupational therapy, psychology, massage therapy, medicine, pedorthics and reflexology for the past 20 years.

### Devorah Fallows Acupuncturist, Herbalist

**6 Chinese Medicine** 中国医药 — #221, 112 Front St., Wolfville, 902-300-3017 / devorah@oceanbayclinic.com /

oceanbayclinic.com • Welcome back Students! Let Chinese Medicine help you cope with school. Reduce stress with Acupuncture & get better marks. Try herbal formulas to prevent flu & colds, or to support your body, while school life abuses it. Drop-In Acupuncture at reduced student rate. I'm here to help you stay healthy and focused so your year will be fantastic.

### Balanced Soul Clothing and

Accessories — 366 Main St., Kentville, balancedsoul@hotmail.com / facebook.com/ BalancedSoulClothingAndAccessories • Bringing India to you and you to India Mar 3–17, 2016. Email or drop in for info.

### **Prescott House Museum** – *1633 Starr's Point Rd.* ● Archeology Exhibit: until Sept. 30, artifacts tell us about the life of Charles Prescott and his family from 1812 to 1859. *TIX*: \$4 adult, \$2.75 child/senior, no charge under 5, \$8.50 family. *INFO*: 902-542-3984 / prescotthouse.novascotia.ca / baldwidj@gov.ns.ca

### Charles Macdonald's Concrete House

**Museum** – 19 Saxon St., Centreville • Open Tues.-Sat., 11am–5pm, Sun. 11am–4pm. A unique house built entirely of concrete and finished smooth with paint. The yard contains concrete lawn sculptures of: deer, a mountain lion, giant mushrooms, and other fanciful figures and furniture. *TIX:* "We're free, are you?" *INFO:* 902-678-3177 / concretehouse.ca / info@concretehouse.ca

Apple Capital Museum – 173 Commercial St., Berwick • INFO: 902-538-9229 / facebook.com/BerwickVICMuseum

## How to cook with Fennel and a Recipe for Honey-Mint Fennel Salad

**Avery Peters** 



Sometimes I have to stay home from the market on a Saturday morning because my fridge is just so full of produce that my husband and I won't be able to finish it all ourselves. Or I need to have an impromptu dinner party.

As much as I love cooking and gardening, there are still some vegetables that are new to me. One more recent addition to my repertoire is fennel. You've probably seen fennel at

the market and you may or may not have wondered what it is or what it might taste like. If you're like me and you get overwhelmed by all the options this time of year you may opt for the standard favourites vegetables that you're already familiar with and know how to cook. I'm here to encourage you to try something new. First, it helps to think about how vegetables have relatives. Fennel happens to be in the same family as carrots, anise, celery, and cilantro. So don't be afraid of it. I'm sure you're already good friends with carrots.

I've been spending a lot of time learning about vegetables and how they're related because I've found that it helps me so much with my cooking to understand flavour. This way I can improvise and quickly make up a meal with what I have in my fridge. I start with what needs to be used immediately before it goes bad (in the case of this salad, I needed to use avocados and fennel), and I consult The Flavor Bible (if you do not have a copy, I highly recommend it) to see what else goes with the main ingredients I've chosen.

I used to have an ambivalent relationship with salad because I thought my options for dressings were limited to what I could buy. Ever since I found a vegetarian recipe book with salads and dressings that hit all the right notes (sweet, salty, sour, smooth, crunchy), I have been amazed at the variety of flavour you can get in a salad, especially when you make your own dressing. If you pair the dressing right you can make fennel come alive. Honey does just that along with the sweet flavour

of corn and the smooth texture of avocado. Here's a sweet and crunchy salad that bridges summer and fall.

The fennel bulb is crisp and sweet with a mild taste of anise, and this time of year it is perfect sliced thinly into salads. When you move more into the late fall, fennel bulbs, once they get larger, are suited to sautéing and braising and using in soups. (Of course there's nothing stopping you from making those things now!)

### Honey-Mint Fennel Salad Makes 2 entrée salads or 4 side salads

### For the salad:

- 150g of mixed greens or one small-medium head of green leaf/red leaf lettuce (be sure to use sweeter lettuces and not bitter ones)
- 1 bulb fennel
- 1 avocado 1 cob of corn
- 1/3 cup mint
- 3 green onion stalks
- 75g goat cheese

### For the dressing:

- 1 lemon (1/4 cup juice and 1 tsp. zest)
- 1 tbsp. honey 1 tbsp. of grated ginger
- salt and pepper
- 2/3 cup olive oil

Wash and dry your salad greens and divide between 2 plates for an entrée or 4 plates for a side salad.

Trim the root end, stalks, and fronds from your fennel bulb (you can save the stalks and fronds for grilling with fish, eating raw, putting in soups, or using as straws). Use a peeler to peel any brown spots off the bulb. Slice the fennel as thinly as possible (a mandoline really helps with this). Divide the slices between the plates.

Shuck the corn cob and cut the kernels into a bowl. Add a little water and steam them in the microwave for 1.5 minutes. Meanwhile, peel, pit, and slice the avocado and divide between the plates.

Slide mint off of the stalks, roll them like cigar, and thinly slice. Thinly slice the green onion stalks. Sprinkle both over the salads. Divide the corn kernels between the plates. Sprinkle each salad with the goat cheese.

To make the dressing, add the lemon zest and juice into a bowl. Grate the ginger into the bowl. Add honey and stir. Add salt and pepper to taste. Once you've mixed these ingredients, slowly pour in the olive oil while stirring to emulsify your dressing.

Garnish with chopped fennel fronds.

Enjoy!

# Where to eat during Deep Roots



This fall Wolfville will again find itself teaming with the tuneful sounds of The Deep Roots Music Festival - the Annapolis Valley's largest. And whether vou're

coming out to see some special guests like Terry Kelly or Sylvia Tyson or whether you're enjoying some of our local talent like Donna Holmes or the Hupman Brothers, eventually, you're going to want to find something to eat. Luckily Wolfville, and the surrounding area, has a lot of great spots to choose from that will fit just about every dining need you might have

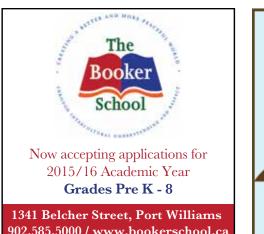
If you're just looking for a quick coffee or a light snack you don't need to go any further than Main Street in Wolfville. TAN Coffee and Just Us Coffee are both located near many of the Deep Roots venues and offer freshly brewed choices of fair trade coffees along with fresh-baked pastries.

A little later in the day you can find a great lunch at The Naked Crepe also on Main Street in Wolfville. Their delicious crepe creations are inspired and will leave you well fueled for the next show. If you're traveling outside of town then drop into Luckett's Vineyard and have a relaxing lunch while you enjoy the spectacular view from the Crush Pad Bistro. Try the ovsters - really!

When you're ready for dinner there are also great options for you to try. If you're downtown Wolfville you can enjoy spectacular fine dining and a stylish atmosphere at Chef Jamie Smye's Privet House Restaurant. Also located downtown is the incredible Troy Restaurant. The aroma of the charcoal grill wafting across Elm Avenue will entice you as much as the great Turkish menu. Just 5 minutes outside of Wolfville (and still close to many of the Deep Roots venues) is LeCaveau Restaurant located at the Domaine de Grand Pré Winery. The seasonally-based menu created by Chef Jason Lynch and the elegant dining room combine to create a fantastic dining experience.

This is to name just a few of the great dining options that are yours to enjoy during The Deep Roots Music Festival in Wolfville from September 24-27.

I'm on Twitter. For great dining experience ideas in the Valley follow me at Scott Campbell @ScottsGrapevine. Cheers!





Painting by Judith Leidl www.judithjaneart.com







# THE ACADIA PAGE

Acadia University 15 University Ave, Wolfville. 542-2201 Staffed Switchboard 8:30am-4:30pm. agi@acadiau.ca – General Inquiries

### WHAT'S GROWING AT THE HARRIET IRVING BOTANICAL GARDENS: Yoga

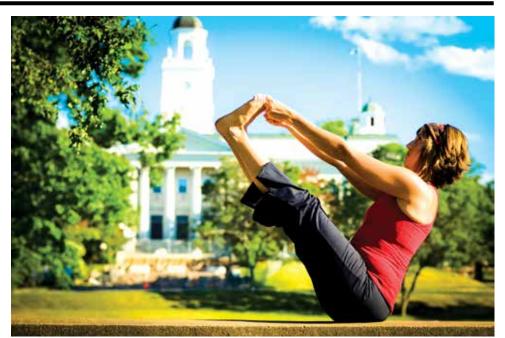
Melanie Priesnitz

Finding balance is a struggle for University students just like everyone else. Students juggle schoolwork, jobs, family commitments, extra-curricular activities, and volunteer hours with busy social lives and so much more. Sometimes making time to breathe and regenerate is often forgotten. The Harriet Irving Botanical Gardens is offering a free "Yoga in the Garden" series this fall to remind students to take time for themselves and to make both their mental and physical health a priority.

This 5-week free outdoor class takes place on the Quiet Lawn (between the Herbaceous Bank and the Marsh) Tuesdays from September 8 to October 6, 3:30pm - 5pm. Beginners and all levels are welcome. Bring a mat if you have one. Acadia Staff members Melanie Priesnitz and Adrien Greene will be teaching as well as Acadia Alumnus Jennifer Boutilier.

The Harriet Irving Botanical Gardens is a wonderful venue for outdoor physical activities. We have hosted Yoga, Tai-chi, Zen-ki-do, and Capoeira classes in the past and this fall we're pleased to be hosting yoga. We welcome students and community to practice and play on our lawns this fall. To stay current with what's happening at the Gardens check us out on facebook.com/HarrietIrvingBotanicalGardens

Harriet Irving Botanical Gardens Acadia University, Wolfville, NS 902-585-1916



Yoga with Jennifer Boutilier

# The Bold Sounds of Brass to Open Acadia's 2015–16 Performing Arts Series

**Peter Smith** 

The Maritime Brass Quintet will open the Acadia Performing Arts Series on Saturday, September 19 at 7:30pm at the Festival Theatre in Wolfville. The engaging program titled Classics for Brass is a robust and artfully-mixed cocktail featuring the best of the brass repertoire including works by Samuel Scheidt, Claude Debussy, Eric Ewazen, Morley Calvert, and more. To finish, the program will be garnished with Canadian composer Howard Cable's A Newfoundland Sketch - a work based on traditional folk songs which is sure to be a crowd pleaser. The group's tour is coordinated by Debut Atlantic.

Comprised of five of Canada's finest brass players, the Maritime Brass Quintet has quickly been gaining recognition as a leading brass ensemble on the national scene. Artists Curtis Dietz and Richard Simoneau (trumpet), Gina Patterson (horn), Eric Mathis (trombone), and Bob Nicholson (tuba and bass trombone) have all held prestigious orchestral positions and performed with many of the world's most recognized brass ensembles. Now stationed in the Maritimes, these five talented individuals have brought their unique experiences together to form a cutting-edge brass quintet that has been bringing joy to audiences throughout the Maritime region and beyond with its uplifting performances.

Please come and enjoy the glorious sounds of The Maritime Brass Quintet in Wolfville. Tickets are \$26 for adults, \$20 for students. For more information or to buy tickets, visit the Acadia University Box Office in person, by phone at 902-542-5500 or 1-800-542-TICK(8425), or online at boxoffice.acadiau.ca.

Season subscriptions for the entire 2015-16 series (pas.acadiau.ca) are still available starting at \$173 for the 8-concert series, a 25% discount from purchasing them individually.



The Maritime Brass Quintet

# **NOVA SCOTIA YOUTH CHOIR CELEBRATES 25 YEARS OF SINGING EXCELLENCE!**

Submitted

The province's most talented young choral singers will gather as the Nova Scotia Youth Choir, under the direction of guest conductor, Kellie Walsh, to present the 25th Anniversary concert in Halifax and Wolfville on September 19 and 20.

The Nova Scotia Youth Choir is a program of the Nova Scotia Choral Federation, and is celebrating 25 years of bringing choral excellence to the young singers of Nova Scotia. This program provides opportunity for singers ages 16-25 to work intensively on a wide variety of choral repertoire with some of the best choral instructors and directors in the field today.

2015 guest conductor, Kellie Walsh, is one of

Canada's most accomplished youth conductors. Hailing from St. John's, she is the Artistic Director and Conductor of the award winning Shallaway: Newfoundland and Labrador Youth in Chorus, and the women's choir Lady Cove. The choir will be gathered for three full days of rehearsal at Acadia University before they present their concerts in Halifax and Wolfville.

The music on this year's program reflects the energy, passion, and love these singers have for collective music making. From classics by Willan and Britten and emerging composers like Esenvalds, to world music and a cappella, it is a varied and fun program that highlights the vibrancy, vocal skill, and communicative abilities of these young singers. As part of the anniversary year, the choir mounted a National Competition for Young Composers. Delightedly, the winner of this competition is native Nova Scotian, Edward Enman. Originally from Kentville, Edward grew up in the Annapolis Valley Honour Choir and attending Choral Federation programs, including many years in the Nova Scotia Youth Choir and two years in the National Youth Choir. He is now working on his DMA in piano performance at the Universite de Montreal. His winning composition, "Time's Small Space" will be premiered in these two concerts.

Concerts will be Saturday, September 19 at 7:30pm at First Baptist Church, Halifax (presented by Musique Royale), and on Sunday, September 20 at 3pm at Wolfville Baptist Church, Wolfville. The performers will be joined by resident conductors Scott Jones, Krista Vincent, and accompanist Lynette Wahlstrom.

Tickets can be purchased in advance at the NSCF office, or at the door. Tickets for the Halifax performance are \$20 adult and \$5 for students. Tickets for the Wolfville performance are \$15 adult and \$5 for students. For more information, please visit the Nova Scotia Choral Federation's website at nscf. ns.ca (or call 902-423-4688) or the Musique Royale website at musiqueroyale.com (or call 902-634-9994).

### 簿**GRAPEVINE**

FREE WILL ASTROLOGY

Horoscopes for the week of September 17th

**ARIES** *(March 21-April 19)*: I won't go so far as to say that you are surrounded by unhinged maniacs whose incoherence is matched only by their self-delusion. That would probably be too extreme. But I do suspect that at least some of the characters in the game you're playing are not operating at their full potential. For now, it's best not to confront them and demand that they act with more grace. The wiser strategy might be to avoid being swept up in their agitation as you take good care of yourself. If you are patient and stay centered, I bet you will eventually get a chance to work your magic.

TAURUS (April 20-May 20): Many of the heroes in fairy tales survive and thrive because of the magical gifts they are given. Benefactors show up, often unexpectedly, to provide them with marvels -- a spinning wheel that can weave a cloak of invisibility, perhaps, or winged shoes that give them the power of flight, or a charmed cauldron that brews a healing potion. But there is an important caveat. The heroes rarely receive their boons out of sheer luck. They have previously performed kind deeds or unselfish acts in order to earn the right to be blessed. According to my analysis, Taurus, the coming weeks will be prime time for you to make yourself worthy of gifts you will need later on.

GEMINI (May 21-June 20): We humans need nourishing stories almost as much as we require healthy food, clean air, pure water, and authentic love. And yet many of us get far less than our minimum daily requirement of nourishing stories. Instead, we are barraged with nihilistic narratives that wallow in misery and woe. If we want a break from that onslaught, our main other choices are sentimental fantasies and empty-hearted trivia. That's the bad news. But here's the good news: Now is a favorable time for you to seek remedies for this problem. That's why I'm urging you to hunt down redemptive chronicles that furnish your soul with gritty delight. Find parables and sagas and tales that fire up your creative imagination and embolden your lust for life.

**CANCER** (June 21-July 22): Now is an excellent time to close the gap between the Real You and the image of yourself that you display to the world. I know of two ways to accomplish this. You can tinker with the Real You so that it's more like the image you display. Or else you can change the image you display so that it is a more accurate rendition of the Real You. Both strategies may be effective. However you go about it, Cancerian, I suggest you make it your goal to shrink the amount of pretending you do.

**LEO** (July 23-Aug. 22): Born under the sign of Leo, Marcel Duchamp was

an influential artist whose early work prefigured surrealism. In 1917, he submitted an unusual piece to a group exhibition in New York. It was a plain old porcelain urinal, but he titled it Fountain, and insisted it was a genuine work of art. In that spirit, I am putting my seal of approval on the messy melodrama you are in the process of managing. Henceforth, this melodrama shall also be known as a work of art, and its title will be "Purification." (Or would you prefer "Expurgation" or "Redemption"?) If you finish the job with the panache you have at vour disposal, it will forevermore qualify as a soul-jiggling masterpiece.

**VIRGO** (*Aug. 23-Sept. 22*): Some people express pride in gross ways. When you hear their overbearing brags, you know it's a sign that they are not really confident in themselves. They overdo the vanity because they're trying to compensate for their feelings of inadequacy. In the coming weeks, I expect you to express a more lovable kind of self-glorification. It won't be inflated or arrogant, but will instead be measured and reasonable. If you swagger a bit, you will do it with humor and style, not narcissism and superiority. Thank you in advance for your service to humanity. The world needs more of this benign kind of egotism.

LIBRA (Sept. 23-Oct. 22): The rooster is your power animal. Be like him. Scrutinize the horizon for the metaphorical dawn that is coming, and be ready to herald its appearance with a triumphant wake-up call. On the other hand, the rooster is also your affliction animal. Don't be like him. I would hate for you to imitate the way he handles himself in a fight, which is to keep fussing and squabbling far beyond the point when he should let it all go. In conclusion, Libra, act like a rooster but also don't act like a rooster. Give up the protracted struggle so you can devote yourself to the more pertinent task, which is to celebrate the return of the primal heat and light.

SCORPIO (Oct. 23-Nov. 21): Since you seem to enjoy making life so complicated and intense for yourself, you may be glad to learn that the current astrological omens favor that development. My reading of the astrological omens suggests that you're about to dive deep into rich mysteries that could drive you half-crazy. I suspect that you will be agitated and animated by your encounters with ecstatic torment and difficult bliss. Bon voyage! Have fun! Soon I expect to see miniature violet bonfires gleaming in your bedroom eyes, and unnamable emotions rippling through your unfathomable face, and unprecedented words of wild wisdom spilling from your smart mouth.

**SAGITTARIUS** (Nov. 22-Dec. 21): The Adamites were devotees of an ancient

Christian sect that practiced sacred nudism. One of their central premises: How could anyone possibly know God while wearing clothes? I am not necessarily recommending that you make their practice a permanent part of your spiritual repertoire, but I think you might find value in it during the coming weeks. Your erotic and transcendent yearnings will be rising to a crescendo at the same time. You will have the chance to explore states where horniness and holiness overlap. Lusty prayers? Reverent sex? Ecstatic illumination?

CAPRICORN (Dec. 22-Jan. 19): One of your key themes in the coming weeks is "grace." I suggest that you cultivate it, seek it out, expect it, and treasure it. To prepare for this fun work, study all of the meanings of "grace" below. At least two of them, and possibly all, should and can be an active part of your life. 1. Elegance or beauty of form, movement, or proportion; seemingly effortless charm or fluidity. 2. Favor or goodwill; a disposition to be generous or helpful. 3. Mercy, forgiveness, charity. 4. A temporary exemption or immunity; a reprieve. 5. A sense of fitness or propriety. 6. A prayer of blessing or thanks said before a meal. 7. An unmerited divine gift offered out of love.

AQUARIUS (Jan. 20-Feb. 18): Be good, but not necessarily well-behaved. Be extra exuberant and free, but not irresponsible. Be lavish and ardent and even rowdy, but not decadent. Why? What's the occasion? Well, you have more-or-less finished paying off one of your karmic debts. You have conquered or at least outwitted a twist from your past that had been sapping your mojo. As a reward for doing your duty with such diligence, you have earned a respite from some of the more boring aspects of reality. And so now you have a mandate to gather up the intelligent pleasure you missed when you were acting like a beast of burden.

PISCES (Feb. 19-March 20): "I am the least difficult of men. All I want is boundless love." That's the mantra that Frank O'Hara intoned in his poem "Meditations in an Emergency," and now I'm inviting you to adopt a modified version of it. Here's how I would change it for your use in the coming months: "I am the least difficult of passion artists. All I want is to give and receive boundless, healthy, interesting love." To be frank, I don't think O'Hara's simple and innocent declaration will work for you. You really do need to add my recommended nuances in order to ripen your soul's code and be aligned with cosmic rhythms.

Homework: What's your favorite method for overcoming the inertia of the past? FreeWillAstrology.com.



Lopyright 2015 Rob Brezsny

freewillastrology.com

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

- Where does the word "music" derive from?
- 2 Which era is music thought to have originated in?
- **3** Which Wolfville area brothers' band was nominated for a 2015 ECMA?
- 4 What are this year's dates for the Deep Roots Music Festival?
- 5 What is it called when two or more notes are played together in harmony?

I. Greek word for muses,
2. Paleolithic,
3. The Hupman Brothers,
4. Sept. 24-27,
5. Chord

= SAISWERS: =

TIDE PREDICTIONS at Cape Blomidon Source: Canadian Fisheries & Oceans. www.waterlevels.gc.ca SEP High Low 4:05pm 9:50am 17 10:28am 18 4:45pm 19 5:29pm 11:11am 20 6:20pm 11:59am 12:55pm 21 7:16pm \*\*7:49am 22 1:55pm 23 8:51am 2:58pm 24 9:51am 3:59pm 25 10:49am 4:58pm 11:42am 5:52pm 26 27 12:33pm 6:42pm 1:22pm 28 7:31pm \*2:10pm 29 7:55am 30 2:57pm 8:42am OCT High Low 9:30am 1 3:46pm

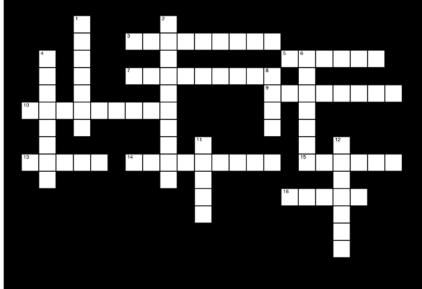
there are normally two high and low tides a day \* Highest High: 45.9 feet \*\* Lowest High: 36.1 feet



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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. Last winner was Barry Hebbs

### **ROOTING FOR DEEP ROOTS** by Donna Holmes



#### Across

- 3. The Deep Roots Music Festival Tent will be set up in this timepiece-centric recreational space. 5. Yours truly, aka Donna \_\_\_, is one of the Deep Roots performers this year!
- 7. # of folksingers it takes to change \_\_\_: 6. 1 to change & 5 to discuss how good old one was
- 9. # of folksingers it takes to change lightbulb? 6. 1 to change it and 5 to complain that it's \_\_.
- 10. Deep Roots happens in Wolfville, NS, every year on the last weekend of this month.
- 13. Terry \_\_ will present "We Can Do Anything" helping students overcome disabilities at local High Schools in conjunction with Deep Roots.
- 14. 2015 is the 11th year of the Music Festival. "Ariana \_\_\_ Piaf" for Deep Roots at Grand Pre National Historic Site on Wed Sept 23.
- How do you make a small fortune in folk music? Start with a \_\_\_\_ fortune.

Name:

Contact:

### Down

- 1. Wee Giants are larger-than-life \_ that make up the heart of the Fresh Beats Rhythm Parade. Singer/\_\_ Sylvia Tyson is one of this year's Deep Roots headliners. 2. Singer/
- Thursday's kick-off concert features Old Man Luedecke and Matt \_\_\_\_ whose last name ends in "en", not "on".
- Do YOU want to perform at Deep Roots? Sign up with Scotty Marsters Sat morning to be in the Deep Roots \_\_\_\_ at 1:30pm at Clock Park.
- The Deep Roots Music Festival's logo has text that reads "The Heartbeat of the Valley" and features this root vegetable.
- 11. Q: What's a question employed folk singers often ask? A: Would you like \_\_ with that? 12. Lisa Hammett
  - Lisa Hammett \_\_\_ (same name as Acadia's library Deep Roots' Artists@Acadia venue) is our hardworking Festival Committee Chair.



(Schedule subject to change)

### THURSDAYS:

Edible Art Cafe (New Minas): Paul Marshall (17th, 24th) 12pm

**Spitfire Arms Alehouse** (Windsor): Jam Session (17th, 24th, 1st) 7-11pm

Paddy's Pub (Kentville): The Hupman Brothers (17th, 24th, 1st) 9pm

Paddy's Pub (Wolfville): Trivia Night (17th, 24th, 1st) 9pm

Library Pub (Wolfville): Dan McFadden (17th, 24th, 1st) 9pm

Anvil (Wolfville): Top 40 DJ Stamina (17th, 24th, 1st) 9pm

### FRIDAYS: < X →

Edible Art Cafe (New Minas): Paul Marshall (18th, 25th) 12vm

King's Arms Pub by Lew Murphy's (Kentville): Caleb Miles (18th).

GuyPaul Thibault (25th) 5:30vm

Blomidon Inn (Wolfville): Jazz Mannequins (18th, 25th) 6:30-9:30pm

**Spitfire Arms Alehouse** (Windsor): 3 Way Radio (18th), The Groove Kings Duo (25th) 8pm

The Port Pub (Port Williams): Roxy & The Underground Soul Sound, \$20 (18th) 8pm

Joe's Food Emporium (Wolfville): Test of Time (18th), The Groove Kings Duo (25th) 8pm

**Union Street Cafe** (Berwick): Open Mic w/Jason Burns & Darcy Smith (18th) 8pm

Doolv's (New Minas): Karaoke w/Denny Myles (18th, 25th) 8vm

West Side Charlie's (New Minas): DJ Lethal Noize (18th. 25th) 10pm

### **SATURDAYS:**

+×+ Farmers Market (Wolfville): Sahara Jane and Daunt Lee (19th), TBA (26th), 10am-1pm

Designer Café (Kentville): Open Mic Hosted by Pam Chase (19th, 26th) 12pm

Edible Art Cafe (New Minas): John Tetrault (19th), Carl Boutilier (26th) 12pm-2pm

The Noodle Guy (Port Williams): Alex Hastie Hosting Jam Session (19th, 26th) 1:30pm

Library Pub (Wolfville): Irish Saturday w/Bob & Ro (19th, 26th) 2pm

Luckett Vineyards (Gaspereau): Pretty Archie, \$50 includes dinner. admission & a glass of wine (19th) 7pm

**Spitfire Arms Alehouse** (Windsor): Gordon Tucker & Friends (19th), Adam Cameron (26th) 8pm

Union Street Cafe (Berwick): John Prine Tribute, \$22 (19th) 8pm

King's Arms Pub by Lew Murphy's (Kentville): Glen Bob & The Boot (19th), Broke With Money (26th) 8:30pm

Paddy's Pub (Wolfville): Music by George Carter Trio (19th) 9́pm

Anvil (Wolfville): DJ Vanz (19th, 26th) 9pm

West Side Charlie's (New Minas): DJ Mutts (19th) 10pm, Good Feelin Band (26th) 9pm

Tommy Gun's (Windsor): Eddy's Basement, \$5 (19th) 10pm

### SUNDAYS:

+×+ Paddy's Pub (Wolfville): Paddy's Irish Session (20th, 27th) 8pm

### **MONDAYS**: FX-

Edible Art Cafe (New Minas): Ron Edmunds Band (21st, 28th) 12pm-2pm

Paddy's Pub (Wolfville): Open Mic w/The Hupman Brothers (21st), w/Dayliner (28th) 8pm

### **TUESDAYS:**

Edible Art Cafe (New Minas): Ron Edmunds Band (22nd, 29th) 12pm-3pm

**Spitfire Arms Alehouse** (Windsor): Trivia Nights (22nd, 29th) 7pm

Paddy's Pub (Kentville): Irish Jam Session (29th) 8pm

T.A.N. Coffee (Wolfville): Open Mike & Donna (22nd, 29th) 8-10pm

### WEDNESDAYS:

< X → Edible Art Cafe (New Minas): David Filyer (23rd, 30th) 12pm-

Farmers Market (Wolfville): Caleb Miles (23rd), Jack McDonald (30th) 5pm

3pm

**Troy Restaurant** (Wolfville): Ian Brownstein & Friends (23rd, 30th) 7pm

West Side Charlie's (New Minas): Billy T's Karaoke (23rd, 30th) 9pm



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9

# **Band Interview: Brontosaurus Theory**

Emily Leeson

While festivals like Deep Roots bring musicians from around the world to the Annapolis Valley for our listening pleasure, we're also surrounded by a constantly growing pool of local talent. In celebration of all the emerging talent springing up from this small corner of the world, we're happy to introduce a new band to the Valley scene.

George Turner was recently in touch with the Grapevine about his new band, Brontosaurus Theory and their new CD, *Out of Thin Air*.

#### Who are the band members?

The band members are: George Turner (acoustic guitar, harmonica, vocals), Geof Turner (drums, vocals), Gary Caven (bass, vocals), Rob Willis (acoustic and electric guitars, mandolin). We have also been fortunate to have Wayne Woodworth and Mike Turner on keyboards for our album "Out of Thin Air".

### You call yourselves a new band; how long have you been playing together?

We have been playing for about 3 years as a band during which time we have been developing and playing original material.

### How did you get started?

A few years back the CBC was looking for a new Hockey Night in Canada theme song. Geof encouraged me (George) to write a song for the contest and so I did. The song is called Big League Dreams. This was the start of my songwriting endeavors and soon Geof and I were working on some original tunes. We needed a bass player and were introduced to Gary through our brother Mike. Eventually Gary brought Rob on board with whom he had worked on other projects. Thus The Brontosaurus Theory was born!

#### What's the story behind the band name?

The name of our band is The Brontosaurus Theory and the name is based on the Monty Python skit entitled "Anne Elk's Theory on Brontosauruses". A few of our band members are avid Monty Python fans and this is one episode that they really enjoy. Finding an original/different band name is extraordinarily difficult and so here we are The Brontosaurus Theory.

### What's your musical style?

We are a folk-rock band with a sound akin to that of Blue Rodeo and Ian Thomas (and the Boomers).

### What other instruments do the band members play?

Everyone in the band can play acoustic guitar and sing. Although worthy of note is our drummer who handles the saxophone nicely!

### What's the best part about being a musician in the Annapolis Valley?

The best part about being a musician in the Annapolis Valley is being able to network with local musicians and to have the opportunity to play in intimate venues so that you can connect more easily with the audience.

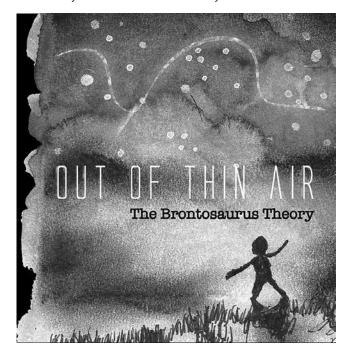
### How does the valley influence your musical style or writing?

The Valley has most definitely influenced both our writing style and playing. The Valley is both beautiful and haunting and so it is easy to connect with the ghosts of the past and bring these stories along in our music. From the graves of the Horton poor house, to the murder of local bootleggers there's a lot history just waiting to be turned into songs - that's what we do!

### Do you have any regular gigs?

At the present time we have no regular gigs as our efforts have been focused on our latest project, none other than our debut CD "Out of Thin Air".

For more info about their new CD, check: cdbaby.com/cd/thebrontosaurustheory or visit thebrontosaurustheory.com



# **Band Interview: Pony Girl**

### Emily Leeson

Band Pony Girl and Old Cabin will be in Wolfville for two upcoming shows. On the evening of Thursday, September 17, they'll play the Axe Lounge and on Sunday, September 20, they'll join forces again for an afternoon acoustic concert at the Manning Chapel on the Acadia campus. Doors open at 2pm and the show starts at 2:30pm.

Jeff Kingsbury from Pony Girl was in touch with the Grapevine earlier this week and answered a few questions.

#### Who are the band members?

Sometimes we're three or four, other times we've been eight, nine, and ten. We are a five-piece band for this tour: Pascal Huot (vocals, guitar, keys), Yolande Laroche (vocals, clarinet, keys), Julien Dussault (guitar, percussion), Greggory Clark (elec bass), and Jeff Kingsbury (drums, percussion).

How long have you been playing together? The first Pony Girl concert was in 2012. I joined later that year.

### How did you get started?

Some of the musicians were playing togeth-



#### er in other projects. After leaving Acadia University, I met Yolande Laroche (singer, clarinet, keyboard) playing in a marching band in Ottawa. I left there to live and study music in Berlin for half a year. When I returned, I went to visit Yolande in Ottawa, was invited to play with the group, and got the gig as their drummer. I could tell immediately that this was a very hard-working group of artists.

### Where and when do you practice?

We practice in a few home-studio type spaces in Ottawa. A great deal of my personal practice happens during frequent trips home to the Valley, where my family are. It's still by far

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### What's the story behind the band name?

You'd have to ask my bandmate Pascal. He's an illustrator. Pony Girl is a recurring character in his doodling.

#### What's your musical style?

A few of us have classical music degrees, and everyone has studied in a tradition of rock and jazz music too. The result has been a pretty open-minded mix of those styles and more in between. We're always trying to strike a balance between pleasing both the active and passive listener. Like most artists, we're just trying to connect with an audience that shares our tastes and appreciates what we're going for.

What's the best part about being a musician? Being able to create synergy with a group of musicians. Sounds obvious, but this was a valuable lesson from my teachers at Acadia, and the more I explore the concept, the more addicting I find it to be. Every member of the group tries to say what they need to say as concisely as possible. To boil down their parts to whatever they perceive as the most basic expression of information as they can, and in doing that create negative space for others to fit in and build off of. Basically we understand as a group that our individual role is to make everyone else sound good, a concept which requires mutual trust and respect.

### Has your experience in the Annapolis Valley influenced your music in any way?

100%. My high-school music teachers at Horton (Ardith Haley & Maggie Helms) were incredibly patient and encouraging and introduced me to Mark Adam who became my percussion teacher at Acadia and remains a very good friend and mentor. Mark has been a hugely important member of the Maritimes' music scene since he migrated here about a decade ago from out west, and is still the best, most well-spoken educator I've met to date. It's hard not to be inspired by the atmosphere of the Annapolis Valley. It is incredibly lowkey and picturesque, and full of large bodies of water, which is something I still find extremely valuable about this place.

### If you had your pick, where would you love to play (in the Annapolis Valley)?

I love being able to come back and play in and around my hometown for friends and family, that's actually good enough. I've actually never played at the massive weekly party that is Paddy's open-mic before though, despite the fact that I've been there easily 100 times. That'll be the next step!



# The WHO'S WHO:

Eve Roswell & Rachel CAlders: Enviro-Sisters

Mike Butler



Photo Credit: Eve Roswell

Do you remember the days when recycling was practically non-existent? Do you recall when reducing waste, reusing materials, and composing your banana peels were a foreign behaviour? Gone are the days when garbage was just garbage. These days we wash out our containers, rinse milk jugs, use enviro-mugs, and spend more money at Frenchy's than at new clothing stores. The desire to be more energy efficient and environmentally-friendly is all the rage! Do you do your part? Well, here are two business owners that do: Eve Roswell and Rachel Aalders, owners of RE!

Eve and Rachel are sisters and best friends but each has a very different background, especially considering how close they are. Eve explains, "The short version (relatively) is that I consider Canning my hometown and Rach thinks of Lunenburg as hers, but Bridgewater and Windsor were called home for a while too. We had pretty unorthodox childhoods and didn't always get along, but we both think it makes our bond stronger now."

During her late teens and twenties, Eve travelled as much as she could including across Canada, Western Europe, Southeast Asia, and a couple of countries in the Caribbean and South America. Eve went a while without a real job and she made leather bags out of old leather jackets and sold them through an Etsy shop. After ten years with her boyfriend, Eve got married (six days after Rachel) and within a year they had a little boy.

Meanwhile, Rachel graduated from Lunenburg High School at 17 and moved to Canning afterwards to live with Eve. She decided to enroll at Kingstec in their Business Administration program with a concentration in Accounting. Along with going to school, she was raising her son and working as a waitress. She graduated with honours, met the love of her life, and together they bought a house. She soon had another son and got married, (six days before Eve, which was planned that way so the family members that had traveled could come to both).

Now, onto Eve and Rachel's RE-ally cool business venture. RE-cently they've RE-ceived a lot of well-deserved press about their New Minas Enviro-shop and I was very eager to be a part of that. Located at 8759 Commercial Street, RE is a social enterprise that Eve and Rachel started to be a RE-source for the community. Rachel and Eve had talked about starting a shop for years and were "inspired" when thinking of all the useful things that were ending up in the landfills. It was very upsetting to them and at the time, there was no local hassle-free place to offload burdensome things that were still good. Along with that, they saw many families struggling to get what they needed with their limited resources. The idea of a community-minded second-hand shop started to take shape. And soon there was a RE-birth!

Eve states, "We thought we could start slowly and over a couple years build up to the full dream. Within hours of starting our Facebook page we RE-ceived positive comments from people online. In a matter of weeks our garage was full and sales were picking up. The feedback was positive and the RE-sponse was overwhelming. We knew there was a need but didn't RE-alize how many others would be excited to have the service in the community. We continued online for a few months but by fall we RE-alized online was not going to meet the demand, not to mention the supply. Finally, after five months, we were able to get all of our ducks in a row and make the much-needed jump from online to store. At first we were only open Fridays and Saturdays and had about 1000 square feet for the shop but since then we have expanded to hold more inventory and are now open 5 days a week.

And how does one best describe RE? Well, RE is a community-minded second-hand shop with reasonably priced second-hand furniture, housewares, home decor, and more. It's a place to donate unwanted items rather than dumping them in a landfill, a partner in supporting community groups and projects, somewhere to find inspiration and creative up-cycling ideas, and your way to support local. Check out the shop on Facebook under REusedresale, visit the website at www.reusedresale.com, email REusedresale@gmail.com, or phone 902-681-1210.

Part of their model is offering low prices on second-hand goods so people can come in with a small budget and get what they need. That said, they need every type of person shopping in order for it to be sustainable. They have the necessities but they also carry novels, art, home decor, crafts, purses, toys, and more. RE can be a first-stop shop to find what you need for less, or to go for a treasure hunt and something unique for a great price. Trust me, there is something for everyone and it's a great way to be a part of taking care of our environment.

And what's ahead for these Enviro-Sisters? Well, Eve said, "Professionally, we would love for RE to be sustainable financially, environmentally, and socially. RE is definitely doing its part and is a sustainable model in those respects and one day we hope to hit our tipping point soon and down the road we would love to create jobs for others as well. The more people that find out about RE, and help spread the word, the sooner that can all happen. We really believe that RE is a great resource for the Valley and the more people hear about us the more we can all help!"

Thank you Eve and Rachel! Here's to a healthy RE-sponse!

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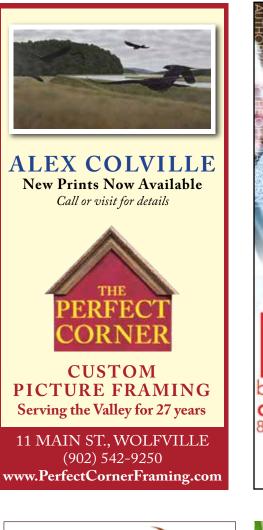


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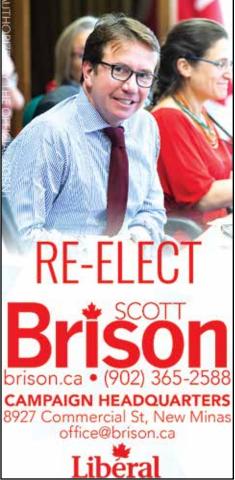
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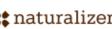




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## **IN REVIEW: Recent Events, Happenings, and News**

It seems that back on August 4, the Town of Wolfville received a note of warning from the Provincial Traffic Authority, Michael Croft. According to Croft, "It has been observed that a crosswalk on Main Street has been painted with a rainbow design. We commend Wolfville for supporting the LGBTI community and for taking an interest in crosswalk safety, however, we want to bring to your attention that this type of paint scheme does not follow the National and Provincial standards for crosswalk markings provided in the \*Manual of Uniform Traffic Devices for Canada\*".

There's a new gazebo in the works for the Kentville Gorge. Check it out in person, or see photos on the Kentville Recreation Facebook page from September 2.

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The students are back in town and Acadia is buzzing! And the streets are sort of buzzing too...at all hours. In a September 2 note to 'Residents of the Core' Wolfville Deputy Mayor Wendy Donovan addressed certain noise issues that crop up this time of year, "We are doing our best in the Town to exercise a degree of patience and understand that this is an exciting time for students returning for a new school year. Where you can connect with your student neighbours and the landlord please try to do that early in the year. The Town, the RCMP, and Acadia have initiated several communication procedures to let students know their rights and responsibilities, particularly those living in residential neighbourhoods. For those new to this lifestyle we all expect a learning curve. At the same time these are residential neighbourhoods and the quality of life for permanent residents must be maintained. As you have heard, and will hear, me say often we must have healthy diverse neighbourhoods if we are to ensure

that this Town remains an attractive place for people of all ages to live, that is particularly critical in our core neighbourhoods."

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Kentville has a new Story Walk! Just in time for the fall season (can it really be that summer is over?!), the newly installed story walk by the KCA playground features the \*Pumpkin People\* by Ron and Sandra Lightburn. The story walk endeavours to bring together physical activity, literacy, and good old-fashioned fun.

Since we're talking about Halloween and Pumpkin People, we might as well just start planning ahead. To Do List: 1. Buy a snowblower, 2. Buy tickets to Florida, 3. Watch out for Rogers Hometown Hockey Tour coming to Wolfville, November 28 & 29, 4. Stock up on storm chips.

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The Berwick Gala Days wrapped up on September 7. Rachel Wisted was crowned the 2015 Gala Day Queen, with 1st Lady in Waiting title going to Hannah Dempsey, and the Spirit Award & Friendship Award going to Briana Hamilton.

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The Town of Kentville is planning their Harvest Festival and they are looking for ideas. On September 8, a lively discussion of ideas happened on the Kentville Recreation Facebook page. They've promised to take everything into consideration. Top ideas included: A pumpkin launch, a Food Truck Fest, a picnic, and a scavenger hunt. Let's see what they can put together!



# Interview | Donna Holmes and Quique Escamilla

Wolfville's own Donna Holmes will share the stage with Quique Escamilla for a Deep Roots Lunchtime Patio Concert at the Wolfville Memorial Library on Friday, September 25 from noon to 1pm.

The Grapevine recently introduced them (via the good ole internet) and Donna asked Quique a few questions:

**Donna:** I've listened to some of your music online... I love it and can't wait to hear you live at the show we're both playing in on Friday, Sept 25, during the Deep Roots Music Festival. I'm stoked that I get to introduce you, but I am sorry to say I don't know how to say your first name! How do you pronounce it??

**Quique:** Thank you. It will be a pleasure to share the stage with you. Yes, my name can be tricky to say. So, it is pronounced 'kee-keh eskah-mee-yah'

**Donna:** I read in your bio that you moved to Toronto from your home in Mexico in 2007. What brought you to Canada?

**Quique:** The main thing that brought me to Canada was music. I thought Canada's multiculturalism would help make it a good place for an artist like me to try building a music career. Canada is a very open and welcoming country to many different cultures. Settling in Toronto has allowed me to learn from many different cultures and include some of those flavours into my music. **Donna:** Congratulations on your recent Juno Award! What was the first thing that went through your mind when you found out you had won the 2015 JUNO Award for World Music Album of the Year?

**Quique:** Well, I was very happy to hear my name while sitting at the awards ceremony, and I could only feel very grateful to everyone that was part of the album and everyone else that played an instrumental role in my music career. It is an honour to have been acknowledged for the work we put into the production of the album.

**Donna:** You and I will be performing at the Wolfville Memorial Library. As a nod to them, what is your favourite book? Or book genre?

**Quique:** I don't have a preference for a particular genre. I am interested in all different subjects: political, fictional, biographical, or scientific. Some titles I recently read and enjoyed are: \*This is Your Brain on Music\* by Daniel Levitine, \*Of Love and Shadow\* by Isabel Allende, and \*Soul Mining\* by Daniel Lanois.

**Donna**: What's the one thing or message you would like Deep Roots audience members to get from your festival performances?

**Quique:** I will be performing the music of my latest album \*500 Years of Night\* which contains a social and political commentary about

some real situations in Mexico and Latin America. I hope the audience can connect with the stories, the message in the songs, and hopefully they may even feel moved to learn more and become aware of some social issues affecting the people of the Americas.





Deep Roots Lunchtime Patio Concert Friday, Sep 25, 2015 12pm to 1pm The Wolfville Memorial Library This is a free event and everyone is welcome.



2,000 Bonus reward miles. That's two tickets! BMO® AIR MILES®\* World MasterCard®\*

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Please join us on FRIDAY, SEPTEMBER 18th from 5 PM - 8 PM for our Pandora Autumn Restyling Event.

Light refreshments will be served, and prizes will be drawn!



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# This coming October, there is a new haunt in town!

### Jaimie L. Corbin, Phantom Effects

Phantom Effects' Special Effects Make-Up Artists have teamed up with Stirling Fruit Farms in Wolfville to provide an all new Phantom'sFreakShow Haunted House that is sure to chill you to the bone. The proceeds will benefit the IWK Foundation - helping children, one scare at a time!

Stirling Fruit Farms will be offering many family oriented events throughout the month of October. Bring your family out to enjoy their well known corn maze, hayrides, apple u-pick and much more. Saturday's and Sunday's Phantom Effects and Stirling's will be hosting a family friendly version of the haunt from 11am-6pm, opening weekend is October 3rd. The evening shows start October 8th and continue the rest of the month every Thursday, Friday and Saturday, (with the except of

Halloween). Visit phantomsfreakshow.com for more details, special events, and ticket prices.

Phantom Effects is a special effects make-up company that has been around the Annapolis Valley since 1997. The well-known efforts of owners Aaron Peerless and Greg Corbin on Kentville's Pumpkin People, and their reputation for creating creepy haunted houses to benefit local charities, caught the attention of the local film and television industry. Their portfolio includes commercials, movies, and television, including being a regular part of the special effects make-up crew on the Lexx television series, where they fabricated a full mummy creature that is still identified today by the television show's huge cult following.

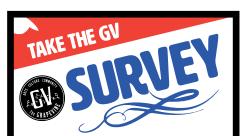
In 2012 Aaron and Greg decided to come back to their grass roots and get involved in supporting local theatre and charity-driven

haunted houses. Later that year Greg's sister Jaimie joined the team. The addition of her artistic ability and marketing and design background made for a winning combo.

The trio's most recent endeavour was providing movie-quality make-up and costume designs for NKEC's production of The Wizard of Oz.

Phantom Effects new partnership with Stirling Fruit Farms and the IWK Foundation is sure to be another milestone. They hope this will become an event that comes back each year... Bigger, Better, and Badder!!!

phantomeffects.com phantomsfreakshow.com



Help The Grapevine grow by filling out a 5-minute online survey! Please visit surveymonkey.com/r/TheGrapevineSurvey to particpate. A few lucky respondents will receive gift certificates to T.A.N. Coffee!

### Alexander Society Early Developmental Movement Workshops

### Sept. 19 & Oct. 24

Greenwich Community Hall re the relationship between movement and perception how we can relate this knowledge to those we work Facilitated by Kathie Brown, O.T. Email: kp@alexandersociety.org or call 902 582-3888

# Provincial Bike Summit coming to Kings County

### Steve Raftery, Active Living Coordinator Municipality of the County of Kings

The 10th Annual Nova Scotia Bike Summit will be held in Kings County October 2-4. The annual gathering of cycling enthusiasts and advocates was started in 2006 as a way to engage cyclists and others in improving cycling infrastructure in Nova Scotia, linking potential improvement in our low levels of physical activity in Nova Scotia to increased access to bicycling, reducing conflicts with other road users, and generally celebrating all the various uses of the bicycle - commuting, recreation, competition, and touring.

"While sometimes change seems slow, in the ten years that the Nova Scotia Bicycle Summit has been happening, we've seen big changes - from concept to implementation of the Blue Route, adoption of the One Metre Rule, schools involved in travel planning to increase active transportation, and increasing numbers of cycling events across the province," says Bicycle Nova Scotia Co-President and One Nova Scotia Commissioner Susanna Fuller. "The summit is an opportunity for cyclists to celebrate the changes that have happened in NS, and to set some targets for the future that will help us increase our physical health as well as build our bicycle economy. At this point, we are catching up to many other parts

of the world, but we have the assets to help us surpass other jurisdictions."

This year's summit will include a number of free public events and rides, along with a full day of sessions covering a wide range of cycling topics, including community cycling co-ops, the state of active transportation in Nova Scotia and a look at innovative cycling infrastructure across Canada. The free public events include a variety of rides throughout the weekend: a PechaKucha Social at the Wolfville Farmers' Market building on Friday night; and bike demos and workshops for children, youth, and families. For full program information, visit nsbikesummit.ca.

"We want to showcase some of the great cycling opportunities in the Annapolis Valley, while at the same time spark the local community to come together around cycling," says organizing committee member and Kings County Active Living Coordinator Steve Raftery. "The Valley, and indeed all of Nova Scotia, could be one of the top cycling destinations in the world. It's time to really seize that opportunity."

"Riding a bicycle is one of the first rites of passage we learn as children - somewhere along the way we tend to forget. The 10th Nova Scotia Bicycle Summit is an opportunity to remember the joy and freedom that comes with riding, and strategize for how we might become a cycling province" echoed Fuller.





### || BOOKS NEW & USED || LITERATURE · SOCIAL SCIENCES · HUMANITIES · ART · CHILDREN'S BOOKS || LETTERPRESS · PRINTS · CARDS · STATIONERY · CALENDARS · JOURNALS ||

## THE BOX OF DELIGHTS BOOKSHOP PRESENTS

### CENTRE FOR PRINT CULTURE & THE LITERARY ARTS $\cdot$ Wolfville, Nova Scotia

### Attention bibliophiles! The next two weeks are packed with events that will appeal especially to book lovers ... check these out!

**THURS, SEPT 17:** J.D. Goossens will be here at the bookshop reading from his debut novel \*To Lain Roads\*. An unexpected celebration of the city of Vancouver, \*To Lain Roads\* is a comic work of literary fiction that triumphs in smoking out stark humour and hope from the oddest of people and places. 6pm-7pm.

**FRI, SEPT 18 & SAT, SEPT 19:** The Wolfville Theatre Collective brings Edward Albee's seminal classic \*Who's Afraid of Virginia Woolf\* - uncut and uncensored - to the Al Whittle Theatre. Starring Paul Abela, Thea Burton, Michael Dennis, and Nicole Saulnier. Tickets \$15. 7pm. **SAT, SEPT 19:** After you're done your weekly shopping at the Wolfville Farmers' Market, bring your kids to a very special storytelling event here at the bookshop: Storytime with Blanca! Blanca Baquero will be reading books by William Steig, Mo Willems, B.J. Novak and more. Free of charge for kids of all ages. 11am-12pm.

**SUN, SEPT 20 TO TUES, SEPT 22:** Aboriginal artists and artisans from across the province have been invited to showcase their art at Acadia University's 3rd annual Acadia Aboriginal Arts Mawio'mi. Come to the KCIC to see the books and artwork on display, and check out libguides.acadiau.ca/mawiomi2015 for the full schedule of events.

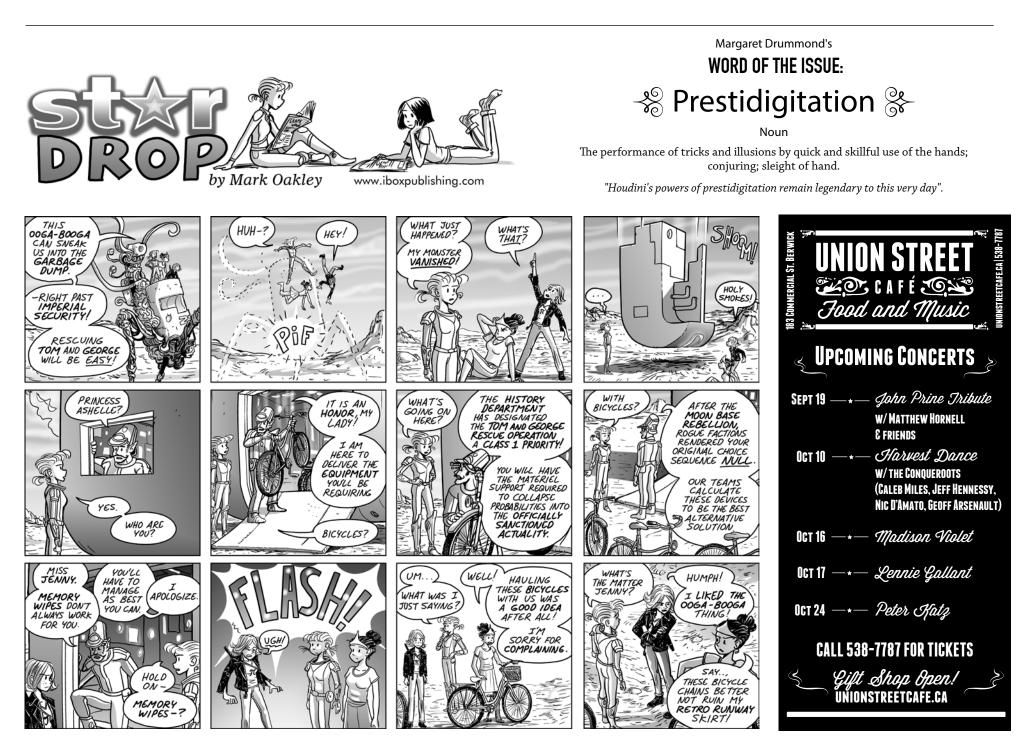
MON, SEPT 21: In collaboration with Mawio'mi and Authors@Acadia, Anna Marie Sewell will be at the KCIC reading from her book of poetry Fifth World Drum. Of Mi'kmaq/ Anishnabe and Polish heritage, Anna Marie is an instructor for the Learning Centre Literacy Association in Edmonton, Alberta. 6pm-7pm.

**WED, SEPT 23:** After a successful funding campaign (hooray!), the Hantsport Public Library is celebrating their grand reopening as the Isabel and Roy Jodrey Memorial Library. Drop by for their openhouse to remind yourself of the fundamental importance of public libraries to society. 10am-2pm. **THURS, SEPT 24**: We are thrilled to welcome Nick Holdstock who has come all the way from Scotland to present his novel \*The Casualties\* (2015). The author of two works of non-fiction, Nick's writing has been featured in (among others) the \*London Review of Books\*, \*Vice\*, \*The LA Review of Books\*, \*n+1\*, and \*The Independent\*. Don't miss your chance to meet this international literary sensation here at the bookshop, 6pm-7pm.

FRI, SEPT 25: At Deep Roots' Artists@Acadia event, musician Dan MacCormack will be discussing his creative interaction with the works of author David Adams Richards. Each song on Dan's album \*Symphony of Ghosts\* is based on one of Richards' novels. This event is a free public seminar at the Vaughn Memorial Library, 3pm.

As most of you know, the offices of the Deep Roots Music Co-op is located below the bookshop and we are all very excited about what they have planned for this year's festival. It's been a beehive of activity down there for the past few weeks! Congratulations to all who have worked so hard to make it happen.

And finally, a reminder that our special back-to-school sale is still on until the end of September, with selected hardcover children's books 25% off. Teachers: books for classroom use are ALWAYS 15% off! Check out our website at www.boxofdelightsbooks.com.



### **簿GRAPEVINE**

Weekly Events

## PLEASE NOTE: Event information may change without notice

### **Ihur**sdays

Babies & Books — Wolfville Memorial Library 10–11am. Newborn to 2 years. *INFO:* 902-542-5760 / vallevlibrary.ca

**Gardens & Grub** — Rec Centre, Kentville 1–3pm. Offered through the Canadian Mental Health Association, Kings Branch. *FEE*: no charge *INFO*: 902-670-4103 / club@cmhakings.ns.ca

In the Round Knitting Group — Gaspereau Valley Fibres 1–4:30pm. Also Tuesdays 6–9pm. *INFO*: 902-542-2656 / gaspereauvalleyfibres.ca Seniors' Afternoon Out — Wickwire Place, Wolfville 1:30–4:30pm. *Social* afternoon with peers. Also Tuesdays 1:30–4:30pm. *FEE*: \$10 *INFO*: Robin, 902-698-6309 Boardgame Night — C@P Lab, Wolfville Public Library, 7pm. Bring your games! Ages 12+ *FEE*: no charge *INFO*: 902-790-4536 / turpin56@gmail.com

### Frídays

Bookworms Storytime — Port Williams Library, 10:30am. Stories, games, songs and fun for kids aged 3-5. *TIX*: no charge *INFO*: 902-542-3005 / valleylibrary.ca AVD Clubhouse: Arts Program — Valley Community Learning Association, Kentville 1–4pm. Offered through the Canadian Mental Health Association, Kings Branch. *FEE*: no charge, but please pre-register. *INFO*: 902-670-4103 / club@cmhakings.ns.ca Chase the Ace — Royal Canadian Legion, Berwick 5pm. Chase the Ace drawn at 7:15pm, light supper served 5–7pm *TIX*: \$5 Chase the Ace, \$7 supper *INFO*: 902-375-2021 / rubyl@eastlink.ca Fun Night — Legion (downstairs), Kentville, 7pm. Variety of music. 50/50 tickets available. *FEE*: \$2 *INFO*: kentvillelegion@eastlink.ca

### Saturdays

Hantsport Pop Up Market — Hantsport Visitor Centre (parking lot), 8:30am–12pm. Until end of Sept. Fresh fruits & veggies, jams, jellies crafts & more. *INFO:* 902-684-9068 / susan@hantsportovascotia.com. Wolfville Farmers' Market — DeWolfe Building, Elm Ave., Wolfville 8:30am–1pm September 19 Music: Sahara Jane and Daunt Lee

## LIVE THEATRE

Valley Ghost Walks – The Grand Pré Winery, September 18, 6:30pm; Clock Park, Wolfville, September 24, 8pm; Fundy View Community Hall, Halls Harbour, September 25, 7:30pm; Avon River Heritage Museum, Newport Landing, September 26, 8pm (Windsor Indoor Show) • Join Jerome the GraveKeeper and his ghostly friends on these family-friendly historical ghost walks. Our 8th season. **TIX:** \$15 adults, \$12 students for regular walks, \$20 with wine, \$15 without for wine walks. Available via Ticketpro.ca**INFO:**jerome@valleyghostwalks.com / valleyghostwalks.com

Who's Afraid of Virginia Woolf? – Studio-Z, Wolfville, Sept. 18, 19, 7–10pm • A modern American classic – and the first script to be presented by a new theatre group, The Wolfville Theatre Collective. It's a portrait of a marriage and an examination of truth and illusion – a heady cocktail. Come join the fun and games! TIX: \$15 @ Tan Coffee, Wolfville and at the door INFO: 902-542-1907 / butlermike50@gmail.com The Women of Lockerbie – CentreStage Theatre, Kentville, Sept. 18, 19, 25, 26, Oct. 2, 3, 9, 10, 16, 17, 23, 24, 8pm, Oct. 4, 18, 2pm • A powerful, September 26 Music: Scotty Marsters, Shannon Quinn, Kimberly Matheson, The Chimney Swifts, Sin & Swoon, and The BackYard Devils **Theme:** Deep Roots at the Market *INFO:* wolfvillefarmersmarket.ca

North Mountain Market — United Church, Harbourville 9am–1pm. Until Oct. 10. Celebrate local culture & heritage through art, music, & a farmers' market that features a diverse range of locally-produced goods. *INFO*: 902-538-7923 / northmountainmarket@gmail.com Farmers' Market — Waterfront, Windsor 9am–1pm. *TIX*: no charge *INFO*: windsorfarmersmarket@gmail.com Peace Vigil — Post Office, Wolfville 12–1pm Drop in and Drum! — Baptist Church, Wolfville 1–2:30pm. W/Bruno Allard. Drop in for a hands-on workshop & jam. Learn to play the djembe with rhythms & songs from West Africa. Everyone welcome, drums provided. *FEE*: \$5 *INFO*: facebook: Djembes and Duns Wolfville

Valley Game Night — Gametronics, New Minas 6pm. Board game/card game group. Yu Gi Oh — Thursdays, 6pm. Friday Night Magic (Magic: The Gathering) — Fridays, 6pm *FEE*: no charge *INFO*: facebook.com/GameTronics

### Sundays

Flea Market — Kentville Legion, 8am. 50/50, kitchen open. INFO/Tables: 678-8935

Black River Community Market & Schoolhouse Cafe — Community Hall, 989 Upper Sunken Lake Rd., Black River 11am–2pm, 2nd and 4th Sunday of each month (next: Sept. 27). Vendors, light lunch, live music. *INFO*: 902-542-0002 / jayneileenkenny@msn.com Social Ballroom Dancing — Community Centre, Port Williams 3–5pm. Practice your existing dance skills and learn new group dances. *FEE*: \$30 per couple per semester, or \$5 per session drop-in fee per couple. *INFO*: 902-698-2806 / DanceTime\_PortWilliams@hotmail.com

### Mondays

Free Community Walking/Running — Acadia Athletic Complex, Wolfville 6-9am & 6-9pm (Mon.-Fri.). On the indoor & outdoor track. *FEE*: no charge *INFO*: 902-542-3486 / sread@wolfville.ca 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 *INFO*: Susan, 902-542-4448 Harmonica Jams — Sobey's Community Room, New Minas 10–11:30am. Light music: country, waltzes, jigs &

poignant drama, dealing with the aftermath of the 1988 Pan Am Flight #103 explosion over the village of Lockerbie, Scotland. The play details an American mother's obsessive hunt to find her son's remains. Her husband meets a group of the local Scottish women who hope to bring closure and comfort to the victims' families through The Laundry Project, washing the thousands of pieces of clothing left from the crash and returning them to the victims' loved ones. Only the power of love can overcome the obstacles so that hatred will not have the final word. Mature subject matter. TIX: \$15 general, \$12 students/seniors INFO: 902-678-8040 / centrestage@centrestagetheatre.ca Much More Munsch – CentreStage Theatre, Kentville, Sept. 19, 20, 26, 2pm • Children will be invited to interact with the stories as they come alive before their eyes! Mortimer, The Paperbag Princess, Angela<sup>1</sup>s Airplane, Pigs, Mud Puddle, and some classics for the adults, as well! TIX: \$5, call to reserve. INFO: 902-678-8040 / centrestage@centrestagetheatre.ca Goodnight Moon & The Runaway Bunny

- Mermaid Imperial Performing Arts Centre, Windsor Sept. 20, 2-3pm • Goodnight Moon is a celebration of familiar nighttime rituals, while The Runaway Bunny's pretend tale of leaving home evokes reassuring responses from his loving reels. All levels welcome, bring your harmonicas. *FEE:* no charge *INFO*: Lloyd, 902-681-3711 / Ed, 902-678-4591. **LEGOMANIA** — Port William's Library, 3:30-4:30pm. Through September. Ages 6–9. No registration necessary. *INFO*: 902-542-3005 / valleylibrary.ca

Windsor Game Night — Library, Windsor 6pm. Board game group. New players welcome! *FEE*: no charge *INFO*: meetup.com/valleygames / turpin56@gmail.com **Toastmasters** — 2nd Floor, Irving Centre, Acadia 6:30–8pm. Communicative skills to enhance peaceful and effective dialogue. *INFO*: Chris, 902-691-3550 / vppr.wolfville.tm@gmail.com

Musical Jam Night — Community Hall, 659 Victoria Rd., Millville 7pm. Bring your instrument or just relax & listen to the sounds. *INFO:* cadavis@nspes.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:* 902-365-2409

### Tuesdays

Book in the Nook — Wolfville Memorial Library 10–10:30am. Suggested age range: 3–5. *INFO*: 902-542-5760 / valleylibrary.ca Friends in Bereavement — Western Kings Mem. Health Centre, Berwick 10am–12pm. 1st & 3rd Tues. each month (next: Oct. 6). VON Adult Day Program Room (main floor). *INFO*: 902-681-8239 / friendsinbereavement@gmail.com

**Rug Hooking** — 57 Eden Row, Greenwich 1–3:30pm. Drop-in rug hooking. *FEE:* donation *INFO:* Kay, 902-697-2850

Friends in Bereavement — Kentville Baptist Church 2–4pm. 1st & 3rd Tues. each month (next: Oct. 6). Left parking lot entrance, sponsored by Careforce. *INFO*: 902-681-8239 / friendsinbereavement@gmail.com Woodville Farmers Market — Community Centre, 342 Bligh Rd., Woodville 4–7pm. Until Oct. 6. Local producers & artisans. *INFO*: paulcameron@live.ca Toastmasters Club — Birchall Training Centre, Greenwood 6:30pm. Develop leadership skills using a variety of tools including speaking off the cuff and speaking in public. Guests always welcome! *TIX*: no charge *INFO*: Christine, 902-825-1061 / CFernie.CA@gmail.com Learn Irish Music — Paddy's Pub (upstairs), Kentville 7–8pm. Bring your instrument & learn to play traditional

mum. Enjoy wonderful puppets and scenery, and gain a new sense of appreciation for the Margaret Wise Brown stories that have delighted several generations. TIX: \$13 advance, \$15 door. Available at Ticketpro.ca, by phone at 1-888-311-9090, in person at Home Hardware (Windsor) INFO: 902-798-5841 / puppets@mermaidtheatre.ca The Beaux' Stratagem – Al Whittle Theatre, Wolfville Sept. 25, 7–10pm • Two charming, dissolute young men, have blown their fortunes in giddy London. Shamed and debt-ridden, they make a plan to marry for money. When the Beaux meet their match in Dorinda and Mrs Sullen they are most at risk, for in love they might be truly discovered. TIX: \$20. Available at ticketpro.ca, 1-888-311-9090, Home Hardware (Windsor), Cochrane's Pharmasave (Wolfville), Wilsons Pharmasave (Kentville, Berwick), at the door. INFO: kathy@justuscoffee.com

# **EXHIBITS**

Judith J. Leidl – Oriel Fine Art, Wolfville • Fine art: floral paintings, scarves, acrylic paintings, prints, ceramics, and Inuit work from Baffin Island. INFO: 902-670-7422 / judithleidlart.com Adeline MacInnes & Kay Lewis – CentreStage Theatre, Kentville • Hooked rugs on display. music in a relaxed, convivial setting. *FEE*: no charge *INFO*: 902-697-2148 / slowsession@outlook.com **Village Dancing** — Curling Rink (upstairs), Wolfville, Sept. 29—end of May. Traditional Balkan and Middle Eastern no-partner-style dances. Easy-to-learn, good exercise, great music from Greece, Bulgaria, Turkey, Israel and more. Expert instruction. Introductory level 7:30–8:30pm. Advanced and request session till 10pm. *FEE*: \$7 per session *INFO*: 902-690-7897 **Valley Scottish Country Dancers** — 125 Webster St.,

Kentville, 7:30–9:30pm. All levels, no partners needed. First term: Sept 15–Nov. 24, plus Jan. 5, 12, & 18. Second Term: Feb. 2–May 3. *FEE:* \$6/class, \$60/term. *INFO:* 542-5320 / vscd.info

Board Game Night — Paddy's Pub, Wolfville 8pm-12am *TIX:* no charge *INFO:* 902-542-0059 / judy@paddys.ca

### Wednesdays

Wolfville Breastfeeding Support Group — Library (upstairs), Wolfville 10am-12pm. Now weekly. *INFO:* facebook.com/AnnapolisValleyBreastfeedingSupportGroups Kentville Farmers' Market — Centre Square, Kentville 10am-2pm. Open year-round. *INFO:* marketmanager@kentville.ca / kentvillefarmersmarket.ca Wolfville Farmers' Market — DeWolfe Building, Elm Ave., Wolfville 4-7pm September 23 Music: Caleb Miles Theme: Growing Together — Planning for Wolfville September 30 Music: Jack McDonald Theme: Vintage Bazaar INFO: wolfvillefarmersmarket.ca

Wolfville Community Chorus — St. Francis of Assisi Parish, Wolfville 5:30–7pm. Brand new and exciting lineup of music. No experience necessary. *FEE*: \$180 per year (\$90 per term) *INFO*: 902-542-0649 / susan\_dworkin@hotmail.com

Valley Youth Project — Louis Millett Community Complex, New Minas, 6:30–8:30pm. First and third Wed. of each month. All LGBTQ+ and MOGI individuals 25 years and under are welcome. You can bring your friends too. *FEE:* no charge *INFO:* valleyyouthproject@gmail.com / valleyyouthproject.wordpress.com

New Horizons Band — Festival Theatre, Wolfville 7pm. Fun, informal community band under the direction of Brian Johnston. New members welcome! *FEE*: \$100 *INFO*: Donna, 902-542-7557 / macdonaldwilson@accesswave.ca

INFO: 902-678-8040 / centrestagetheatre.ca
Robert Rutherford: "The Big Picture" – Harvest Gallery, Wolfville. Until Oct. 11 • A show of both paintings and original silkscreen prints spanning a career on the road and in the studio.
INFO: gallery@harvestgallery.ca
Apple Bin Art Gallery – Valley Regional Hospital, Kentville • Approximately 100 pieces of affordable original art created by local Valley artists. Part proceeds go towards hospital equipment and to help support Annapolis Valley health care programs.
Uncommon Common Art – Various Kings

Country locations, until mid-October (an outdoor, public art scavenger hunt) • TIX: no charge INFO: Terry, 902-542-3981 / uncommoncommonart.com / uncommoncommonart@gmail.com Artisans in Action – Avon River Heritage Museum, Newport Landing 12-4pm • Live demonstrations by local artisans who work in historical trades, crafts, and art forms. Oct. 4: Traditional NS Crafts and Techniques (Mi'kmag, Acadian and Planters). TIX: no charge INFO: 902-757-1718 / infoavonriver@gmail.com "Maritime Scenes" – Jack's Gallery, Wolfville (in the JustUs! Café), through Nov. 8 • Paintings by Carol Morrison. INFO: acadiacinema.coop/ jacksgallery/

# The FREE Classifieds

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.



AVR Library system **has moved!** Location: 10 Main St. (former Legion Building) Name: Isabel and Roy Jodrey Memorial Library

The Hantsport Branch of the

Hours: Tues & Thurs, 2-8pm; Wed & Sat, 10am-2pm Books • DVD's • Audiobooks • Public Access Computers • Wi-Fi ch Tutorials • Free Children Summer Programs | valleylibrary.ca

### CLASSES/LESSONS/ Workshops:

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

**Inner Sun Yoga:** Classes for every level of student with certified instructors in our inviting studio space. *INFO*: 902-542-YOGA / innersunyoga.ca

**Chi kung - Yoga Energetics:** Mondays, 6:30–8pm, for 6 weeks (started Sept. 14). 128 Pleasant St., Wolfville. A practical system combining Taoist and Indian yoga techniques and principles based on Eastern medicine for optimum benefit to mental and physical health. See website for details on this and other programs. *FEE*: \$60 *INFO/Reg:* 902-697-2661 / yula@centrefortheways.com / centrefortheways.com

Strength and Stability Yoga: Wednesdays, 5-6:30pm, Manning Memorial Chapel, Acadia. All levels welcome. Drop in *FEE*: \$12 *INFO*: Jenn, 902-690-5464 / jennergy2012@gmail.com Partner Yoga/Thai Yoga Massage

### Workshop: Saturday, Sept. 19, 2:30–5:00pm, L'Arche Hall, Wolfville *FEE*: \$30 per person, \$50 for 2 people *INFO*: Jenn, 902-690-5464 / jennergy2012@gmail.com

**Yoga:** My Yoga Space invites you to mention this ad and receive a free class at 360 Main Street, Kentville. Join us! Full schedule available online. *INFO:* myyogaspace.ca

**Reiki Level 1 Training:** Saturday, Oct. 3 and Nov. 7. Two days of training with a month of practice in between. *FEE*: \$150 *INFO:* Jenn, 902-690-5464 / jennergy2012@gmail.com

Taoist Tai Chi™: Learn this ancient Chinese art of well-being. Lions Hall, 78 River St., Kentville: Tuesdays, 6–8pm and/or Thursdays, 11:30am–1pm. Berwick Town Gym: Mondays, 6–7:30pm. Beginner classes start September. *INFO*: Mary Anne, 902-678-4609 / kentville@taoist.org

**Aikido:** Tuesday/Thursday, 6–8pm, Clark Commons, Acadia. A different kind of martial art, non competitive, for men and women. Develops flexibility and relaxed movement. Start anytime. *FEE*: Try it for free! Student pricing available. *INFO*: Terry Lane, 902-542-1109

**The Art of Healthy Living Course:** Through this 6-weeks workshop learn a unique chi kung exercise routine and principles of right understanding and the right diet based on Eastern medicine. Wednesdays 6:30–8pm (started Sept. 16). Held at 128 Pleasant St. Wolfville. See website for details on this and other programs. *FEE:* \$75 *INFO/Reg:* yula@centrefortheways.com / 902-697-2661 / centrefortheways.com

**Workshop:** Auditioning for a Play – Demystified!: Oct. 17, 2–4pm @ CentreStage Theatre, Upper Performance Centre. Are you intimidated by auditioning? Our workshop will take you step-by-step through the audition process to help you feel comfortable and confident for future auditions. Auditioning is a skill that, like any skill, can be learned. *FEE*: no charge, but space is limited. *INFO/Reg*: Mindy, mindyvt@gmail.com / Junie, juniehutchinson@gmail.com

**Exploring Early Developmental Movement Patterns:** Sept. 19 & Oct. 24, a two-part experiential workshop. Embodying and understanding early fluid and neurological patterns of movement can enhance ours sense of presence and our ability to be present to others. *INFO*: 902-582-3888 / kp@alexandersociety.org

Write Your Own Story: Oct. 10, 10am–3pm @ Union Street Cafe, Berwick. Writing Workshop w/Donna Morrissey, International award winning author. Designed for fiction and memoir writers of all levels. Beginners welcome. Learn simplest form of short story writing and how to write convincing characters. Bring a lunch or purchase on-site at the Cafe. FEE: \$85 INFO/Reg: donnamorrissey@ns.sympatico.ca Writing Stories from Past Memories and Finding Your Voice: Saturday, Sept. 19,

Finding Your Voice: Saturday, Sept. 19, 10:30am-4pm @ 9838 Main St., Canning. Five hour workshop for fiction/memoir writers. Beginners welcomed. Bring lunch, and smiles for Teacher! *FEE:* \$85 *INFO/Reg:* donnamorrissey@ns.sympatico.ca **Belly Dance Classes:** Mondays, through Oct. 26 (except Oct. 12) @ Wolfville Farmers' Market. Beginners: 6:30-7:30pm, \$60. Intermediate/Advanced: 6:30-8pm, \$75. Pre-registration required. *INFO/Reg:* oriana@sisterlotus.com.

**Skating Lessons:** Wolfville Skating Club (Acadia Arena) – 18-week session begins Oct 3. Offering PreCanSkate, CanSkate, JrStarSkate. *INFO/Reg:* 902-684-0221 / wolfvilleskatingclub.ca / wolfvilleskatingclub@gmail.com

Food & Art: Oil Painting Class with Steven Rhude: Sept. 22-Nov. 3, 7-9pm @ Acadia University Art Gallery, Wolfville. Develop the ability to see, perceive, inscribe, and translate experience as it relates to food and a composition of the student's choice. Build a stretcher frame from scratch, stretch and prime canvas. Open to all skill levels. Materials not included. *TIX*: \$170 gallery members, \$180 non-gallery members. *INFO/Reg*: 902-585-1373 / artgallery@acadiau.ca

Head Start through the Arts: Starting Sept. 26-Nov. 28, 11am-1pm and 2-4pm @ Ross Creek Centre for the Arts, Canning, and in Greenwood. Arts classes, with all materials/books provided, for families with children aged 3-6 years old. Book your space - only 20 people per venue! *TIX:* \$200 per family, sliding scale based on need, so that no family is turned away. *INFO*: 902-582-3842 / mail@artscentre.ca

**Teen Art Saturdays (Visual Arts or Theatre):** Sept. 26–Nov. 2, 12–3pm @ Ross Creek Centre for the Arts, Canning 12-3pm • Ages 13–20. Composition, textures, perspective, and observational drawing and painting using acrylic and watercolour paint, pastels, pencils and charcoal. Actor's Workshop at Ross Creek is a fabulous program with Two Planks and a Passion Theatre's Artistic Director, Ken Schwartz, focused on improv and scene study. Show at program end. *TIX*: Cost: \$199 + HST, includes materials. *INFO*: 902-582-3842 / education@artscentre.ca

## 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

Apple Blossom Festival Board Members: Seeking new board members to serve on the volunteer Board of Directors. After 83 years we now require more people to do the work needed to run a full and successful festival. *INFO*: 902-582-7873 / info@appleblossom.com / appleblossom.com/forms (for application form)

**Nerds Needed!:** Help with a new tech club for kids 9–16. Kids will create cool projects, learn computer programming, xml/html, perl, game design, build websites & wikis, do computer animation and more.

Our goal is to teach kids mastery and control of technology, and counter the dependence that the daily use of Chromebooks in school creates. Open to kids of all levels of understanding. Share your knowledge – Join the Nerd-Herd. *INFO:* Devorah, anonyms@hushmail.com

**Pumpkin Pacer Volunteers Needed:** Volunteers needed to man the race course for both the Pumpkin Pacer 5k and the Kiddies 1k & 2k on Oct. 17 in Hantsport. Halloween dress up is encouraged and exuberant cheering on of runners is required. The Pumpkin Pacer supports the local food bank with part of each registration. *INFO:* scarey@westhants.ca

# FOR HIRE/PURCHASE:

**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

Let Donna Do It!: Do you have a resume, school paper, or other document that needs editing? Do you have paperwork that needs transcribing, or a business that needs promoting, or another administrative job that needs doing? Let Donna do it for \$35 per hour (\$18 for ½ hour job). *INFO*: donnaholmes712@gmail.com / facebook.com/letDonnadoit.

Interior/Exterior Painting: Women in Rollers does accurate quotes, shows up on time to work, and performs to perfection. We even leave your home neat and tidy! Call today for your free estimate. *INFO*: Pamela, 902-697-2926

Hand-Crafted Urn Boxes: Respectful, wooden, locally-made. *INFO:* Farmer Eddie, 902-542-3387 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, 902-691-3614

Sport Cards & Memorabilia: Our inventory is close to a million Sport Cards, all on a database, Price Guides, and Memorabilia. It covers all sports and Nascar Racing. We provide a quick response and can help you. If you are thinking of selling give us the opportunity to talk to you. Like your collection on a database, contact us. *INFO*: fjp@eastlink.ca / 902-678-3653

Acupuncture / Chinese Medicine / Herbal Care: #221, 112 Front St. Wolfville (above EOS). Hi, I'm Devorah Fallows & I'm committed to supporting health in our community. Find lasting, overall health by getting to the root of your problem using natural, safe & healthy methods. Specializing in menopause, sexual & reproductive health, emotional balancing & sleep restoration. Children welcome. INFO: 902-300-3017 / devorah@oceanbayclinic.com / oceanbayclinic.com Acupuncture-Tao TCM: A holistic approach to diagnosing and treating almost any health issue based on Traditional Chinese Medicine. Spring special: Complimentary consultation. Provided by Sensei Yula. INFO: centrefortheways.com. Book an appointment: 902-697-2661 / vula@centrefortheways.com **Errand Runner, Personal Shopper, Light** 

Errand Runner, Personal Shopper, Light Trucking & Deliveries: Serving your individual needs in the Annapolis Valley. *INFO:* John, 902-698-6766

**Tracks on Trails:** New dog service based in Wolfville and serving surrounding areas. Dog hikes, training and more! *INFO:* Cheryl, cheryloxford5@gmail.com / tracksontrails.ca

Face Painting: For any occasion, party, festival or event, for both children and adults. Based in Canning. *INFO:* tam@tigerlillycreations.com / facebook.com/Tigerlillycreations **Travel Planning Professional:** Book your winter escape early for best selection! Friendly, professional, service. Valley based. *INFO:* Denise with The Destination Experts, 902-692-9581 / 1-866-8969 x357 / dmacmillan@TheDestinationExperts.com **Financial Planning:** Plan to succeed.

With our personalized approach to financial planning, we can help your hopes and dreams become reality. Get advice. Get started today. *INFO:* Cynthia Farris Coane, Consultant. Investors Group Financial Services, Inc. 902-681-1061 / CynthiaFarris.Coane@investorsgroup.com

Intuitive Readings: Intuitive Therapy combines intuitive readings with therapeutic guidance. Receive a therapeutic reading in person, by phone, by email, by text, or Skype. Catherine Knott Intuitive Nature Therapist / Reiki Master / Health Professional. INFO: lisbonchai@gmail.com

Thai Yoga Massage: Relaxation for your mind, body, and spirit. This technique has been described as assisted Hatha yoga. Thai Yoga Massage improves circulation, relieves muscular tension, boosts the immune system, and balances the body energetically, inducing a calm mental state. *INFO*: Jenn, 902-690-5464 / jennergy2012@gmail.com

**Sanctuary Trio CD Release "Estuary":** Christoph Both-cello, Peter Togni-organ and Jeff Reilly-bass clarinet have created a new form of contemplative plainsong for the 21st century that is rich, intense and lyrical. Order their new CD, "Estuary" online. Also, see them in concert on Oct. 7, 7:30pm @ Wolfville Baptist Church. *INFO*: sanctuarytrio.com

**"A Northern Tapestry" - Buy Tickets Now:** A vibrant celebration of the Canadian landscape and her artists, photographers, poets, and writers, featuring twelve evocative songs. Get your tickets now for the Oct. 2 show at the Al Whittle Theatre, Wolfville, 7:30pm. *TIX*: \$24, \$16 @ Box of Delights, Wolfville. *INFO*: whistlingfishproductions.com / sgsn@shaw.ca

## EMPLOYMENT:

**Snow Removal:** Randall House Museum (259 Main Street, Wolfville) is looking for someone to maintain access to front door and heating-oil delivery pipe during winter months. *INFO:* 902-542-5426

### ACCOMMODATIONS:

House Sitting: 30-something professional able to provide house-sitting arrangements, within Wolfville preferred, car-required if beyond. Available anytime, references available. *INFO*: jeremy.t.novak@gmail.com

**For Rent:** 1,200 square foot retail space (\$1,000/month plus utilities) and 1,000 square foot office space (\$900 per month, heat included). 7 Gaspereau Avenue, Wolfville. Retail space is modern with accessible washrooms and entry. Office space has beautiful refinished pine floors, three offices and reception. Plenty of municipal parking in rear of building. *INFO*: 902-798-5997 / 902-790-6361

### **GENERAL**:

Seeking Vendors for SPCA Event: Kings County SPCA will be holding their Santa Claws Vendors' Event on Oct. 25, 10am–3pm @ the Louis Millett Centre, New Minas. Seeking crafters/vendors of all types! Book your 8' table for \$35 each. *INFO*: santaclawsevent2015@gmail.com

**Event Space Available:** Are you looking for that perfect space to offer a class, workshop, or seminar? My Yoga Space is available to rent for your events. Send us an email about your non-profit event promoting health & wellness and you could win one FREE rental! *INFO:* myyogaspace@outlook.com

### 簿**GRAPEVINE**

USZLO VIZ organic skin care & spa The SNAPSHOT

Send your Snapshot submissions to photos@grapevinepublishing.ca



### Tiszta Viz Organic Skin Care & Spa located at 18 Elm St. Wolfville, will be open for business September 22 at 9am!

Having worked with *Éminence* now for close to 9 years it is my passion to generate my knowledge and love for *Éminence* onto my clients bringing them more than just skin care. Bringing them healthy, environmental; organic results that sell itself.

### September 22<sup>nd</sup>

Tizsta Viz comes from the Hungarian origin meaning 'Pure Water'. We chose this name based on our Hungarian skin care line. We are proud to be carrying *Éminence Organic* skin care; originating from Hungary.

Our website it currently under going maintenance but Please visit our Tiszta Viz Organic Skin Care & Spa facebook page. Appointments can be made anytime for after September 22<sup>rd</sup> by emailing me at crystald.simpsonO@gmail.com. Our new phone number will be up and running by September 18<sup>th</sup> and the number to reach us at will be (902) 542-PURE(7873).

We look forward to seeing all of you soon & again thank you for all your patience!

Warmest Regards, Crystal Simpson & Brian Saunders Owners / Operators

Tiszta Viz Organic Skin Care & Spa | 18 Elm Street, Wolfville | www.tizstaviz.ca To learn more about Éminence products visit www.eminenceorganics.com



WHAT WOULD YOU DO WITHOUT FEAR? ABHAYA.CA









# SHOW ME YOUR INK

Donna Holmes

### TATTOO ARTIST:

Fraser Wright, Mission Tattoo Parlour, Calgary, AB

#### TATTODEE:

### Rebecca Fairless: Musician, Acadia Student & Deep Roots Assistant Festival Coordinator and Volunteer

Rebecca's niece and nephew gave her *Millions of Cats*, a book about an old couple who want a cat. The old man goes out to look for one and finds MILLIONS of cats. He asks them which is prettiest. The vain cats each say they are and fight to prove it. Afterwards, only one scraggly kitten is left. When asked how it survived, the kitten replies that it knew it was homely, so didn't answer when the man asked who was prettiest. The couple takes the cat in and cares for it, realizing that this IS the prettiest cat. Rebecca liked this cat's attitude and got the tattoo (as illustrated in the book) soon after healing from a broken elbow. Now, she can make the cat dance when she rotates her wrist.

Photo Credit: Rebecca Fairless



### Fall 2015 Clean-Up MARK YOUR CALENDARS



Wednesday, October 7th is the scheduled date for the Town of Wolfville's Fall Clean-Up.

Items are permitted out to the curb no sooner than 7 days prior to the actual collection date (no earlier than September 30th). All bagged waste MUST be in CLEAR BAGS only.

For complete Valley Regional Waste Management rules, please visit their websitewww.vwrm.com

### **Public Hearing Notice**

TAKE NOTICE at 6:30pm, on Tuesday,
October 6th, 2015, the Town of Wolfville will hold a Public Hearing in the Council Chambers of Town Hall, 359 Main Street, regarding the following:
an amendment of development

- an amendment of development agreement for 7 Gaspereau Avenue, PID 55274963, pursuant to MPS policy 9.3.
- a development agreement proposal to establish a three unit building at 22 Linden Avenue, pursuant to MPS policy 8.2.4.
- a development agreement proposal to establish six semi-detached dwellings at Lot No. 2013-3 Gaspereau Avenue (adjacent to 146), PID 55521611, pursuant to MPS policy 8.3.4.

Further information may be obtained by contacting Devin Lake, RPP, MCIP, Town Planner, 200 Dykeland Street, Wolfville, NS weekdays between 8:30 am and 4:30 pm, by phone at (902) 542-3232 or by e-mail at dlake@wolfville.ca.

### **Compliance Fast Fact**

The Town of Wolfville has off leash areas for dogs. But....all dogs off leash must return on command even during a distraction and should be in sight at all times under the Dog Control Bylaw. Find out more about Wolfville's Municipal Bylaws from our website: www.wolfville.ca/living-in-Wolfville/bylawsandpolicies

# Welcome to Wolfville's **GRAPEVINE PAGE!**

Watch for it every second issue to stay up-to-date on Town News.

### **WELCOME TO ACADIA STUDENTS**

• n behalf of the Town of Wolfville I would like to welcome all new and returning Acadia University students to our community. At this time, every year, our small town doubles in population and in energy. The impact of the student population on this area of the Annapolis Valley is reflected in the abundance of festivals, visual arts, music, restaurants, shopping and youthful vibrancy felt each and every day here in Wolfville.

I encourage the students, new to Acadia and veterans, to get involved with local sports (Go Axemen!!!), recreation (our bike trails are for the novice and the experienced), volunteer opportunities (and there are many of those) events, politics, sight-seeing and employment opportunities offered in the region. It is essential that our permanent

**DUTCH ELM INFECTED WOOD** Proper Disposal



• Beetles are attracted to fresh tree wounds; therefore pruning and removal must be done between October 1 and March 31 when beetles are not active.

• If you suspect a tree is infected an ISA Certified Arborist can confirm the infection. To reduce the spread of the disease to healthy trees, it is

necessary for your tree(s), including all the branches, to be removed and properly disposed of outside of Town limits.

### **MUNICIPAL PLANNING STRATEGY REVIEW**



As part of Wolfville's Municipal Planning Strategy (MPS) review the Town would like to invite members of the public to participate in a series of events that will help to guide the outcomes of this review. With the assistance of FOTENN Planning & Urban Design staff, we will IGNITE, IN-FORM, COLLECT and CREATE ideas on how we can improve our municipal documents to better suite Wolfville as a community with a proud history and bright future.

**IGNITE** - Community Presentations at Acadia Cinema's Al Whittle Theatre Tuesday, September 22, 2015 (7:00pm-9:00pm).

**INFORM** - Pop-Up Consultation at Acadia University, Main Lobby of the (new) Student Union Building, Wednesday, September 23, 2015 (10:00am-2:00pm). The Project Team will

be on the Acadia campus engaging students and staff on housing and downtown issues.

**INFORM+COLLECT** - Community Supper at the Wolfville Farmers' Market, Wednesday, September 23, 2015. The Project

deas on how we can improve our municipal documents to better suite proud history and bright future. hit-Councillors invite you to a Community Supper at the Farmer

Councillors invite you to a Community Supper at the Farmers' Market to discuss the project in an informal setting (discussions will continue at the CREATE workshop).

**CREATE** - Facilitated Workshop at Acadia's Festival Theatre, Wednesday, September 23, 2015 (6:30pm-9:30pm). Come and engage in facilitated topic discussions on key issues relating to the project. Topics will be set up with visual and digital tools to foster creative engagement with the issues.



### **DECORATIVE STREET LAMPS**

The Town of Wolfville has completed the installation of 20 LED decorative street lamps on Main Street. This installation is in keeping with the Town of Wolfville's focus on energy conservation as LEDs are extremely energy efficient and long lasting. LEDs are today's most efficient way of illumination and lighting, with an estimated energy efficiency of 80-90% when compared to traditional lighting and conventional light bulbs. The long lifetime of LEDs reduces the need to replace failed lamps, and this can lead to significant savings, particularly in the cost of sending out maintenance crews.

### **FIRE PREVENTION WEEK**

Fire Prevention Week 2015 will be observed from October 4 – 10, 2015. The theme for this year is: Hear The Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm! Check out the Fire Prevention Fact Sheets on the Fire Prevention Canada website: http://www.fiprecan.ca/fire-prevention-fact-sheets/

• The remaining stump(s) must be debarked or removed to the level of the surrounding ground to further reduce any possible habitat for the elm bark beetle which spreads the fungal disease from tree to tree.

residents and our student residents feel the cohesiveness that is Wolfville and enjoy its entire splendor. University is

a memorable experience and a period of personal develop-

ment and we are excited to be a part of it. Undergraduate,

graduate, professor, alumni or other, after you have spent

some time in the Valley it becomes part of who you are, so

make the most of it and take some time for the books too.

With sincere best wishes for an exciting and successful

• DO NOT store as fire wood.

year.

Mayor

Jeff Cantwell

Town of Wolfville

• The costs for such tree removals on private property are the responsibility of the property owner. Property owners are asked to please notify our Parks Foremen, Dave Taylor @ 902-542-3742 / dtaylor@wolfville.ca, with the date the tree is to be removed.

Dutch Elm Disease Regulations for Nova Scotia:

www.novascotia.ca/just/regulations/regs/for20492.htm

S D



### WHAT'S HAPPENING FROM SEPTEMBER 17-OCTOBER 1, 2015

SEND YOUR EVENTS TO INFO@GRAPEVINEPUBLISHING.CA

### Please note: Events are subject to change.

#### THURSDAY, 17

Author Reading: J.D. Goossens – The Box of Delights Bookshop, Wolfville 6–7pm • J. D. Goossens will read from his debut novel. An unexpected celebration of the city of Vancouver, To Lain Roads is a comic work of literary fiction that triumphs in smoking out stark humour and hope from the oddest of people and places. *TIX*: no charge *INFO*: 902-542-9511 / boxofdelightsbooks@gmail.com

**Community Garden Meeting** – *Town Hall, Kentville 7pm* • Meeting to discuss the soup program and moving forward. Engage the school with the new edible planter box beside the playground. Join the Food Security Conversation! *TIX*: no charge *INFO*: shiltz@blomidonnurseries.com

Valley Women's Business Network – Flight Line Cafe, Greenwood 7pm • Are you a Valley woman in business? Would you like to make new contacts? Then please join us and learn about the benefits of becoming a member. TIX: no charge INFO: rsvp@vwbn.ca Housing Forum – MacKeen Room, Wolfville 7-9pm • A panel discussion, moderated by Deputy Mayor Wendy Donovan, on housing in Wolfville, followed by a public question period. TIX: no charge INFO: 902-599-3205 /

jcollicutt@wolfville.ca **Ben Caplan & The Casual Smokers** – *Al Whittle Theatre, Wolfville 7–10pm* • Album release and North American Tour kick off. *TIX*: \$15 advance,

North American Tour kick off. *TIX*: \$15 advance, \$20 at the door. *INFO*: heather@bencaplan.ca **Music Jam** – *Community Center, Cambridge 7–10pm. Also Sept. 24, Oct.* 1 • 50/50 tickets. Donations to the refreshment table are greatly appreciated. *TIX*: donation *INFO*: 902-538-9957 / gands@xcountry.tv

NonDuality meetup – Manning Memorial Chapel, Wolfville 7-9pm • At our last meetup, an attendee suggested that our group open with a discussion of: Is there a personal God? Join us for a thoughtful, perhaps meditative discussion on consciousness as you see it. TIX: no charge INFO: 902-365-5235 / johnotvos@hotmail.com Talk: From the High Himalaya to the Bay of Bengal by Kayak – K.C. Irving Environmental Science Centre, Wolfville 7:30-9pm • Reflections of Development and Sustainability by Emmanuel Theophilus, founder and Co-Director of Himal Watch - A Trust for Nature, a research, education and community development organization in the Kumaon region of the Indian Himalaya. TIX: no charge INFO: 902-585-1562 / alan.warner@acadiau.ca

### FRIDAY, 18

**250th Hants County Exhibition** – Exhibition Grounds, Windsor. Sept. 18–20, & 25–27. • New events and old favourites including: Legends of the Land grand opening, music and cultural events in Heritage Hootenanny Tent, Classic Heritage Beef Show, Mi'kmaq First Nation Cultural Area, Hants County Local food celebration, Rare Breed Showcase, Butterfly Encounter, horse and livestock show and much more *INFO:* hantscountyex.com / 902-798-0000 **Art For Wellness** – Valley Community Learning Association, Kentville 1–4pm. Also Sept. 25. • A simplified arts experience in a stress-free environment for those who live independently but struggle with mental health issues including stress and anxiety. All materials are provided. Please pre-register. **TIX:** no charge **INFO:** 902-670-4103 / club@cmhakings.ns.ca **TGIF Supper** – *Royal Canadian Legion, Kingston 5-7pm. Also Sept. 25 (turkey burgers)* • Fish and chips, and coleslaw **TIX:** \$7 eat in, \$7.50 take out **INFO:** 902-765-4428

Avon Spirit Coffeehouse – Avon River Heritage Museum, Newport Landing 7–10pm. Also Sept. 25 • All are welcome to attend, sign-up starts at 7pm. Lydia and Sally Café is open. TIX: no charge INFO: 902-757-1718 / infoavonriver@gmail.com Friday Night Jam – Royal Canadian Legion, Wolfville 7:30–8pm • Every Friday night for the winter/spring seasons. TIX: \$2 INFO: 902-542-5869 / wolfvillelegion@gmail.com Concert: ORO! presents Brenna MacCrimmon – Manning Memorial Chapel, Wolfville 8pm •

Brenna MacCrimmon is a Toronto-based vocalist who specializes in the folk song traditions of Turkey and the Balkan regions of southeastern Europe. Brenna will be joined by ORO! Xpress, a mobile-friendly ensemble consisting of members of ORO! Orkestra. TIX: \$15, \$10 students INFO: oro.orkestra@gmail.com Charity Auction & Dance - Louis Millet Community Complex, New Minas 8pm-12am • Proceeds for Team Lucky Ducks for Run for the Cure. Music provided by Ed Grant. Lots of great auction prizes including trip to Hockey Game in Toronto, an iPad and more. TIX: tickets available at the door INFO: 902-441-0132 Dance: Gordie Duggan – Royal Canadian Legion, Windsor 8pm-12am • TIX: \$5 INFO: 902-798-2031 / windsorlegion@eastlink.ca

### SATURDAY, 19

Breakfast – Community Hall, Centreville 7-10:30am • The Good Neighbour Club is having a breakfast: Eggs, bacon, sausages, homemade hashbrowns, coffee, tea, juice, toast. TIX: donation INFO: 902-678-3999 Breakfast – Lions Club, Wolfville 7-10am • Scrambled eggs, pancakes, sausage, bacon, beans, hash browns, toast, tea, coffee or juice. Proceeds for community projects. TIX: \$6 adults, \$3 children under 10 *INFO:* 902-542-4508 Community Breakfast – Royal Canadian Legion, Windsor 7:30-10am • Bacon, sausage, ham, eggs, pancakes, hash browns, toast, baked beans, juice, coffee, tea. TIX: \$6 adult, \$4 children 6-12, no charge under 6 INFO: 902-798-2031 / windsorlegion@eastlink.ca Breakfast – United Church, Aylesford 8–11am • Homemade pancakes, scrambled eggs, sausages, ham, toast, tea, coffee and juice. TIX: donation INFO: 902-847-9624 Christmas Card Sale – Farmers Market, Wolfville 8:30am-1pm • Sale of Victorian Christmas Cards to fundraise for Randall House Museum. TIX: no charge INFO: 902-542-9775 / randallhouse@outlook.com 3rd Annual Avondale Garlic Fest -Avondale Sky Winery, Avondale 10am-5pm

Food, fine art, music, all things garlic!
 *INFO*: avondalegarlicfest.com
 **Turkish and Balkan Vocal Workshops** –
 *Manning Memorial Chapel, Wolfville 10am* 4:30pm • ORO! Orkestra is proud to present

workshops in Turkish and Balkan song with the renowned vocalist Brenna MacCrimmon. 10am–12:30: Turkish Songs, 2–4:30pm: Balkan Songs. *TIX*: \$25, \$20 students, or \$40 for both workshops *INFO/Reg:* oro.orkestra@gmail.com **Flea Market** – *Community Hall, Scotts Bay 10am-1pm* • Table rental is \$5 for an 8' table. Canteen on site. *TIX:* no charge *INFO:* 902-582-7489 / jerrychuntley@hotmail.com

Rummage Sale – Sea Side Centre, Scott's Bay 10am-1pm • Bags provided for rummage. TIX: \$5 per bag of rummage. INFO: 902-582-7178 Storytime with Blanca! – Box of Delights Bookshop, Wolfville 11am-12pm • Blanca Baquero will be reading books by William Steig, Mo Willems, B. J. Novak and more. TIX: free of charge for kids of all ages. INFO: 902-542-9511 / boxofdelightsbooks.com

**Open House** – Open Arms, Kentville 11am–2pm • Open Arms Community Resource Centre Grand Opening! Ribbon cutting at 11:30am followed by a BBQ and a look at the completed Outreach Centre. Everyone is welcome! TIX: no charge INFO: open.arms@live.com **OysterFest** – Planters Ridge Winery & Vineyard, Port Williams 12-4pm • Enjoy Eel Lake oysters prepared 4 different ways, each paired with a wine from Planters Ridge or a Bulwark cider. Featuring a cheese and charcuterie station along with the 2 Oyster stations and non alcoholic beverages. Educational winery tours at 1pm and 3pm. Learn about the winemaking process, cider making process, and how to properly shuck an oyster. Live music with Donna Holmes. TIX: \$35 +tax @ Planters Ridge Winery, by phone, or e-mail. INFO: 902-542-2711 / info@plantersridge.ca Ryan Cook – Moe's Place Music, Windsor 1–3pm • Come join us and our featured Artist Of the Month, Ryan Cook, for a few songs, what's sure to be an entertaining Q&A, and some stories from one of the best talents in Nova Scotia. TIX: no charge INFO: 902-798-5565 / info@moesplace.ca Dance ConXion Open House – Dance Conxion, Coldbrook 1-5pm • Dance ConXion Open House, AND Racers Rec Room Grand Opening. Free mini dance classes and demonstrations in various styles, dance battles for prizes and discounts all afternoon. Also race cars on Atlantic Canada's longest indoor race track, enjoy a hot dog and cake and meet the great staff!! TIX: no charge INFO: 902-365-7300 Harvest Tea – Community Hall, Black River 2-4pm • Sandwiches and desserts. TIX: donation INFO: 902-542-3498 / darlene.hennigar@gmail.com South Berwick Hall Fall Supper – Community Hall, South Berwick 4:30-6pm • Ham, baked beans, scalloped potato, brown bread, and strawberry shortcake. TIX: \$10 adults, \$5 children INFO: 902-538-3396 / jptrites@eastlink.ca Harvest Corn Boil, BBQ & Bluegrass - Luckett Vineyard, Wolfville 5pm • Join us on our patio for the perfect combination of wine, beer, cider, great food and rockin' tunes! Pretty Archie performs 7-10pm. Tickets include dinner, admission and one glass of select wine, Sea Level beer or Bulwark cider! TIX: \$50 + tax INFO: 902-542-2600 Runner's DISCO Ball – Trans Canada Trail, Kingston 6-7:30pm • Shake off the bell bottoms or shimmy into the hot pants! All runners and walkers are invited to this fabulously funky event in support of the Canadian Diabetes Association. 6km run/walk with a 6pm start time. Participants get a swag bag of goodies.. Awards for the top 3 costumes, plus lots of other prizes and giveaways. Disco ball, paparazzi, music - this is an event that you DON'T want to miss! Please RSVP - capped at 250 participants. TIX: \$25 @ Running Room and

Race Roster, or by email. *INFO:* 902-765-6588 / pkdooks@eastlink.ca

A Night of Music – Gaspereau Hall, 6:30pm • Fundraiser for the Tin Pan bakery and bistro in Port Williams. They are closed right now and we would like to help get them back on their feet! Humpan Brothers, Scotty Marsters, Liam Potter, and many more! *TIX*: free will offering. *INFO*: oliviamahaney@hotmail.com

Variety Show – Fundy View Community Centre, Halls Harbour 7-10pm • Come enjoy an evening of music with Mark Clarke, Ron Corkum/Carl Bezanson, Cye & the Guys, and Caroll Edwards. Canteen, 50/50 draw. TIX: \$5 adult, \$2.50 children INFO: 902-678-2295 / vintagemusic1@hotmail.com

Maritime Brass Quintet – Festival Theatre, Wolfville 7:30pm • Five of Canada's finest brass players: Curtis Dietz and Richard Simoneau (trumpet), Gina Patterson (horn), Eric Mathis (trombone) and Bob Nicholson (tuba & bass trombone). TIX: \$26, \$20 students @ Acadia Box Office, 1-800-542-TICK(8425) INFO: 902-585-1282 / pas@acadiau.ca

John Prine Tribute – Union Street Cafe, Berwick 8pm • Matthew Hornell, Andrew Sneddon, and friends pay tribute to John Prine. *TIX:* \$22 @ Union Street Cafe *INFO:* 902-538-7787 / contactunionstreet@gmail.com

Dance: Still Doin' Time – Legion, Kentville 9pm-12am • Bar & kitchen available. 19+ event. TIX: \$7 INFO: 902-678-8935

Dance: Route 12 – Lions Club, Coldbrook 9pm-12:30am • Great country/country rock and 50/60's music. TIX: \$6 INFO: 902-678-8013 / Kimberly.lunn@ns.sympatico.ca

### SUNDAY, 20

Acadia Aboriginal Arts Mawio'mi – K.C. Irving Environmental Science Centre, Wolfville 7am-9pm • A Mi'kmaq Mawio'mi is a gathering of people for various purposes. The aim of this year's Mawio'mi is to recognize the healing potential of the arts, and to learn other ways of being, thinking, & learning, with a focus on the question: How do we co-exist in a just & peaceful way? Opening Ceremonies (Day 1 of 3) - The day begins with a prayer ceremony at sunrise. Other events - poetry, music, dance, & feast - take place throughout the day (check schedule at tinyurl.com/Acadia-Mawiomi-Events). In the late afternoon at Welkaqnik House grounds the lighting of a sacred fire will take place, a fire that will be tended by firekeepers throughout the 3-day gathering. Following that event, in the KC Irving Centre garden, will be the Grand Entry & Opening Ceremonies. Early evening will have a Youth Talking Circle, with Tina Keeper. This is a community-campus event, so everyone wishing to explore our theme question is welcome to join in and participate. TIX: no charge INFO: 902-585-1502 / andrea.schwenke.wyile@acadiau.ca

Adrian Campbell Valley Classic Cycling Tour – Farmers Market, Wolfville 9am-4pm ● Choose from 2 Distance Rides (120 or 90 km), or from 2 Wine N' Rides (60 or 30 km). All rides include a catered lunch at Gaspereau Vineyards, live music, professional bike support, stocked fuel stations, medical support, and post ride BBQ. Wine tasting stops for 60 and 30 km rides at L'Acadie or Planters Ridge Vineyards. Fundraiser for the Adrian Campbell Scholarship Fund Association. *TIX:* \$50-\$95 Family rates available.

20



**VALLEY EVENT TICKET GIVEAWAY: CHANCE TO WIN 2 TICKETS TO:** A Northern Tapestry, Friday October 2, 8pm, Festival Theatre, Wolfville.

Draw date: Friday, September 25 Enter all draws: valleyevents.ca/win

Register at RaceRoster.ca. *INFO:* 902-798-7108 / info@adriancampbell.org

Windsor Terry Fox Run – Kings Edgehill School, Windsor 11am • Walk, run, or cycle the 5km route through the town of Windsor! 10am registration, 11am start. BBQ to follow. Pledge sheets available at terryfox.org. *TIX*: donation *INFO*: Tanya, 902-798-2278

Organic Market – L'Acadia Vineyards, Gaspereau 11am–3pm • Organic vendors, food, and music. Also, complimentary tours of organic vineyard and tasting Sept. 22, 23, 11am.*TIX*: no charge *INFO*: 902-542-8463 / lacadievineyards.ca Canning Jam – Moon Tide Farm, Scots Bay 12–

*opm* • Event Overview 1. "Preserving the Harvest" - Talk by Ann Huntley. 2. General Q & A about Food Preservation. 3. Work Stations (Pressure canning, Water bath canning, Fermentation). Oodles of canning and preserving knowledge, samples of preserves made by Moon Tide Farm, camping beside Cape Split, canning over a fire, dinner, and preserves to buy. *TIX*: \$25 per ticket, \$15 for dinner or bring your own *INFO*: 902-542-5310 / duncan@slowfood.ca

Benefit for Cole Wittenberg (soon to be three) – Louis Millet Community Complex, New Minas 1–4pm • Local musicians Carl Boutlier, Matt Lunn & Friends, Steve Lee and more. Bake table, canteen, gift basket raffle, 50/50 tickets, door prize. TIX: free will offering INFO: jojofrogs@hotmail.com Frenchy Bag Day – Royal Canadian Legion, Canning 1–3pm • Lots of clothes, toys etc. Donations welcome. Leftover items will be donated to the Diabetes Assoc. TIX: fill a large bag for \$5 INFO: 902-582-3157 Aide Walk Eaclife Acadia Athlatis Complax

Aids Walk For Life – Acadia Athletic Complex, Wolfville 2pm ● Hosted by the AIDS Coalition of Nova Scotia. Registration begins at 12:30pm. Funds raised stay local to support the programs and services of the AIDS Coalition of NS. Register/donate at aidswalkfforlife.ca. *TIX:* donation *INFO:* Kenda, 902-425-4882, x4882 / walk@acns.ns.ca

Adrian Campbell Scholarship Fund BBO & Silent Auction – Farmers Market, Wolfville 2:30– 4:30pm • BBQ reception with a silent auction that includes a week cottage rental, hotel stay, biking goods, our infamous candy bowl and more. Oulton's beef, Tap Root farm veggies, local beer and chocolate milk. Food preparation under the direction of Chef Peter Dewar. *TIX:* \$15 adult; \$5 child, \$35 family of 4 *INFO:* 902-798-7108 / info@adriancampbell.org

NS Youth Choir: 25th Anniversary Concert - Wolfville Baptist Church, Wolfville 3pm • The province's most talented young choral singers will gather as the Nova Scotia Youth Choir, under the direction of guest conductor, Kellie Walsh. As part of the anniversary year, the choir mounted a National Competition for Young Composers. The winner, Edward Enman, is originally from Kentville. His winning composition, "Time's Small Space" will be premiered. TIX: \$15, \$5 students INFO: 902-423-4688 / programs@nscf.ns.ca Fundy Film screens THE GRUMP - Al Whittle Theatre, 4 & 7pm • Based on Finnish author Tuomas Kurö's popular novel, this hilarious social satire features a stubbornly traditional 80-year-old farmer who raises hell when he is forced to move in with his city-dwelling sad sack son and domineering daughter-in-law. TIX: \$9

INFO: 902-542-5157

Authors @ Acadia: Paula Sevestre – K.C. Irving Environmental Science Centre, Wolfville 4:45-5:30pm • SELF HEALING & RECONCILIATION Paula Sevestre is author of Heaven's Wait (2014) and Out From Beneath Your Wings available winter 2015. *TIX*: no charge *INFO*: 902-585-1917 / andrea.schwenke.wyile@acadiau.ca Benefit Ham Supper – Fire Hall, Waterville 5pm

• Benefit for the Eisnor Family of Waterville. *TIX*: \$15 *INFO*: Joe, 902-691-1402 / Sylvia, 902-678-2368 Concert: Matt Balsor – *Baptist Church*,

#### Concert: Matt Balsor – Bapist Church, Cambridge 7pm • TIX: donation INFO: 902-538-0040 / mikeandmaria@bellaliant.net Hymn Sing featuring the Good Intentions

Baptist Church, Halls Harbour 7-9pm •
Fellowship and food to follow. TIX: donation INFO: 902-542-9449 / rmichaelshreve@hotmail.com
Gospel Concert and Hymn Sing – Bethany Memorial Baptist Church, Aldershot 7pm •
Featuring CORNERSTONE, Brent and Charlene Reid. TIX: free will offering INFO: 902-678-6755 / bmbcoffice@ns.aliantzinc.ca

### MONDAY, 21

Acadia Aborginal Arts Mawio'mi – K.C. Irving Environmental Science Centre, Wolfville 8:30am-10pm • Day 2 - The day begins reconciling with the land, led by Shalan Joudrey. Other events - justice, reconciliation & language workshops, plus poetry, music, dance, & a feast - take place throughout the day (check schedule at tinyurl.com/Acadia-Mawiomi-Events). In the evening, after the community feast, keynote speaker Tina Keeper will address the gathering. This is a community-campus event. TIX: no charge INFO: 902-585-1502 / andrea.schwenke.wyile@acadiau.ca What's Organic About Organic? - Just Us! Cafe, Grand Pré 6-7pm • In celebration of Organic Week, ACORN (Atlantic Canadian Organic Regional Network) is hosting a community info session and dialogue series all about organics in Nova Scotia, with Tegan Renner of ACORN. Come prepared with your organic thoughts and questions! Coffee & tea provided by Just Us! and snacks provided by Nature's Path. TIX: suggested \$5 donation to ACORN INFO: 1-866-322-2676 / tegan@acornorganic.org Authors @ Acadia: Tina Keeper – K.C. Irving Environmental Science Centre, Wolfville 7–9pm • Tina Keeper will speak to the Mawio'mi as the Keynote Speaker for the Monday evening event. She is a Winnipeg based media producer & is president of Kistikan Pictures. Tina was formerly an actor, perhaps best known for her work on the hit CBC series North of 60. Tina Keeper will also be participating in the Youth Dialogue on Sunday, September 20, 5-7:30pm.TIX: no charge INFO: 902-585-1917 / andrea.schwenke.wyile@acadiau.ca

### TUESDAY, 22

Acadia Aborginal Arts Mawio'mi – K.C. Irving Environmental Science Centre, Wolfville 8am-9pm • Day 3 – The day begins reconciling with the land, led by Shalan Joudrey. Other events – reconciliation & language workshops, plus parkour demos, poetry, music, dance, & a feast – take place throughout the day (check schedule at tinyurl.com/Acadia-Mawiomi-Events). In the evening, after the community feast, keynote speaker Pamela Palmater will address the assembled. This is a community-campus event. *TIX*: no charge *INFO*: 902-585-1502 / andrea.schwenke.wyile@acadiau.ca **Special Municipal Council** – *County of Kings Municipal Complex , Kentville 1pm* • *TIX*: no charge *INFO*: 1-888-337-2999

### Mental Health Peer Support Program -

海GRAPEVINE

Recreation Centre, Kentville 1–3pm. Also Sept. 29 • A non-judgemental place for anyone working towards mental health recovery and in need of a supportive and empathetic mentor and listener. Our facilitator can also help identify community resources that can provide supports during your path to recovery, whether housing, community, food, employment, social etc. TIX: no charge INFO: 902-670-4103 / club@cmhakings.ns.ca Health Talk – Kings Riverside Court, Kentville 2pm • Dr. Sarah Faour and Dr. Judith Puetz will speak about the Family Medicine Residency Program at Valley Regional Hospital. Free refreshments and parking. Community members welcome! TIX: no charge INFO: 902-678-5414 / vrh.foundation@ns.sympatico.ca

### Authors @ Acadia: Anna Marie Sewell -

K.C. Irving Environmental Science Centre, Wolfville 6-6:50pm • Anna Marie Sewell is a writer of poetry, theatre, stories & songs as well as an instructor for the Learning Centre Literacy Association in Edmonton, Alberta. She was born in Fredericton, Mi'kma'ki (NB) and is of Mi'kmaq/ Anishnabe & Polish heritage. Anna Marie will be speaking and holding poetry writing workshops throughout the Mawio'mi. Please see schedule for details. **TIX:** no charge **INFO:** 902-585-1917 / andrea.schwenke.wyile@acadiau.ca

Authors @ Acadia: Dr. Pam Palmater - K.C. Irving Environmental Science Centre, Wolfville 7-9pm • CANADA'S STATE OF EMERGENCY: How First Nations are the Solution is the subject of Dr. Pamela Palmater's closing night's final Keynote talk at this year's Acadia Aboriginal Arts Mawio'mi. Pam is a Mi'kmaq lawyer whose family originates from the Eel River Bar First Nation in northern Mi'kma'ki (New Brunswick). TIX: no charge INFO: 902-585-1917 / andrea.schwenke.wyile@acadiau.ca Town of Wolfville, Ignite! – Al Whittle Theatre, Wolfville 7-9pm • The IGNITE format is simple, each presentation will consist of 20 slides, which are automatically advanced every 15 seconds to create a 5 minute presentation during which the speaker uses the progression of the advancing slides to keep themselves on schedule. TIX: no charge INFO: jcollicutt@wolfville.ca

Annual General Meeting – Avon River Heritage Museum, Newport Landing 7–9pm • All are welcome to join us as we look back at the past year and ahead to the 2016 season. Community relationships will be discussed including partnerships with the Hants County Arts Council, the Avondale Hall and the Full Circle Festival. There will be an election of the Board of Directors. *TIX*: no charge *INFO*: 902-757-1718 / infoavonriver@gmail.com

### WEDNESDAY, 23

Hantsport Library Official Opening – Isabel & Roy Jodrey Memorial Library, Hantsport 10am-2pm • Short ceremony will be followed by an Open House. Everyone is invited. TIX: no charge INFO: 902-684-0103 / hantsport@valleylibrary.ca Deep Roots Music Camp – Curling Club,

Wolfville 12:30-6pm • Study old-time banjo and guitar with Kim Barlow and Old Man Luedecke, or songwriting with Heather Kelday, or fiddle and mandolin with Dennis Robinson. This 3-day camp will reinvigorate you musically (from beginners to seasoned pros) and help you connect with a unique creative community. TIX: \$120. Register before September 20. INFO: 902-542-7668 / office@deeprootsmusic.ca Growing Together: Planning for Wolfville -*Farmers Market, Wolfville 4–7pm* • The Town is reviewing its planning documents and wants your input. A casual, conversational event. Support the market vendors by purchasing your supper, and sit with us to talk in a designated area in the Community Room of the Market. TIX: no charge INFO: 902-697-3344 / manager@wolfvillefarmersmarket.ca

**"Who Cares?"** – Lower Denton Theatre, Wolfville 7–9pm • "Who Cares?" – an ethnodrama based on research conducted with family members who are supporting or who have supported loved ones living with changed health status and at end of life. Event includes a brief background on the research project that informed the ethnodrama, a 'taster' of the ethnodrama piece, a community dialogue about feeding support of loved ones, and a reception. **TIX:** no charge **INFO:** 902-585-1351 / cmorley@acadiau.ca

**Alive Inside Documentary** – Windsor Elms Village, Falmouth 7pm • A Story of Music & Memory. Be touched by a joyous cinematic exploration of music's capacity to reawaken our souls. *TIX:* no charge *INFO:* Pat, 902-472-3663 CFUW Wolfville: Meet and Greet – Manning Chapel, Acadia 7:15pm • Join us to hear of our exciting 2015-2016 programs and to sign up for Special Interest Groups and Issues Groups. Open to all women who share an interest in promoting quality education, improvement of the status of women and youth, and advancement of human rights, justice and peace. The Sept. Program: Monarch Butterflies in the Valley by Alison and Larry Bogan. New members are welcome. INFO: 902-542-5317 / cfuwwolfville.ca Deep Roots: Piaf at Grand-Pré – Grand-Pré

**Deep Roots:** Plat at Grand-Pre – Grand-Pre National Historic Site, Grand Pré 8–10pm • Just in time for the 100th year anniversary of the birth of Édith Piaf, Ariana has developed a live performance including 18 songs from the repertoire of Piaf, one of France's best loved performers. The songs are all sung en français and the show includes song synopsis and background info in English. She is accompanied by her long-time collaborator, the inimitable Andy Flinn. **TIX:** \$20 **INFO:** 902-542-7668 / office@deeprootsmusic.ca

### THURSDAY, 24

It's Storytime! – *Library, Kingston 1:30pm* • Join us for stories and rhymes! Parent/caregiver accompaniment is required. For ages 8 and under, but all ages welcome! Drop-in! *TIX:* no charge *INFO:* valleylibary.ca

Wellness Fair – Windsor Elms Village, Falmouth 3:30pm • Displays of products/services that enhance well-being for all! Guided Community Tours offered at 2:30pm & 3pm. TIX: no charge INFO: Pat, 902-472-3663

**Book Signing: Nick Holdstock, author of "The Casualties"** – *The Box of Delights Bookshop, Wolfville 6–7pm* • Nick Holdstock reads from

### WHAT'S HAPPENING FROM SEPTEMBER 17-OCTOBER 1, 2015 (cont'd)

and discusses his novel The Casualties. Samuel Clark likes secrets. He wants to know the hidden stories of the bizarre characters on the streets of Edinburgh, Scotland. He believes that he is able to change and that there is plenty of time to solve his problems. But Samuel Clark and the rest of the world are wrong. Change and tragedy are going to scream into his and everyone's lives. It will be a great transformation, a radical change; and it just might be worth the cost. TIX: no charge INFO: 902-542-9511 / boxofdelightsbooks@gmail.com / nickholdstock.com

#### African Violet Society - Sobeys, Greenwood 7-9pm • Anyone interested in growing African violets or related gesneriad houseplants is invited to attend the first meeting of the season. Paul Despres will give a presentation on the African violet computer database First Class. Our meeting includes a leaf draw where members share leaves of new and exciting plants not commonly available in stores. TIX: no charge INFO: 902-825-4600 / f.shilliday@msn.com Multiple Sclerosis – Sobeys, New Minas 7:30–9pm • First Meeting after summer break. TIX: no charge INFO: 902-684-3364 / alleeta@hotmail.com Deep Roots Kick Off Concert with Matt Andersen - Wolfville, Sept. 24-27 • SEE DEEP ROOTS POP OUT FOR FULL SCHEDULE! TIX: 4 Day Pass: Adult - \$115, Student - \$95 This Show Only Ticket Price: \$35.00 all service fees. Available at ticketpro.ca, Wilson's Pharmasave (Berwick, Kentville, Wolfville), Cochrane's Pharmasave (Windsor), Home Hardware (Windsor) INFO: (902) 542-7668 / office@deeprootsmusic.ca

### FRIDAY, 25

Tans for Cans – Golden Tan Salon, New Minas 8:30am-7pm • Bring a non-perishable food donation for our local food bank and we'll give you a free tan today! Call to book your spot in the sun! TIX: donation INFO: 902-681-8090 / goldentan@eastlink.ca

Children's Charity BBQ – Post Office, Kentville 11:30am-2pm • Join us for lunch! Rain date Oct. 2. TIX: \$2 hot dogs, \$1 pop and chips INFO: 902-678-0773

Artists@Acadia: Dan MacCormack - Vaughan *Memorial Library, Wolfville 3–4pm* • Dan MacCormack - Symphony of Ghosts. Dan discusses his creative interaction with the work of New Brunswick author David Adams Richards and the process of composing songs that reflect another artist's vision while remaining true to his own voice. TIX: no charge INFO: 902-542-7668 / office@deeprootsmusic.ca

Community Environmental Art Project -Presidents Field, Wolfville 4-6pm • Join the Uncommon Common Art team for an afternoon of environmental art making for all ages. Working as a group we will collect materials (sticks, leaves, grass, etc.) and arrange them to create one large piece of artwork, for others to find and for nature to take away. TIX: no charge INFO: uncommoncommonart@gmail.com Phil Williams: Master of the Wind - Baptist Church, Woodville 7pm • Enjoy an evening of Southern Gospel Music and Recitations. TIX: donation INFO: 902-681-9838 / debbieparrott1@gmail.com

Caleb Miles Hosting Open Mic – Royal Canadian Legion, Berwick 7-9pm • Cash Bar, 19+. Come early for Chase the Ace, and BBQ TIX: donation INFO: 902-538-7397 / mom8sk@hotmail.com

Food, Film, and Wine – Gaspereau Winery, 8pm • The Edible Sideshow food truck & Gaspereau Winery present: food film and wine. Film noir screening classic films. Food truck and wine by Gaspereau Winery. Bring a blanket and enjoy Tacos under the stars in the vineyard!! INFO: lisa.boehme@eastlink.ca / Facebook: gaspereau winery or the edible sideshow food truck Dance: Route 12 – Royal Canadian Legion, Windsor 8pm-12am • TIX: \$5 INFO: 902-798-2031 / windsorlegion@eastlink.ca

### SATURDAY, 26

Parish Breakfast – St. James Anglican Church, Kentville 8-10am • Menu includes eggs, bacon, toast, muffins, fruit salad, yogurt, baked beans, fish cakes, juice, coffee, tea. TIX: \$7 minimum per person INFO: 902-678-3123 / stjames@ns.sympatico.ca

Deep Roots at the Market – Farmers Market, Wolfville 8:30am-1pm • Performances by: Scotty Marsters, Shannon Quinn, Kimberly Matheson, The Chimney Swifts, Sin & Swoon, and The BackYard Devils. TIX: no charge INFO: 902-697-3344 / manager@wolfvillefarmersmarket.ca Giant Vegetable Growers Weigh Off - Glad Gardens, Waterville 9am-2pm • Competition for the largest, heaviest, and tallest vegetables grown right here in the Valley. Games, face painting, and a concession stand. Come to watch, or come to compete! TIX: no charge INFO: 902-582-1342 / kpphalen@hotmail.com Rummage Sale – St. James Anglican Church, Kentville 9am-2pm • Men's, women's & children's clothing, footwear, purses, scarfs & so much more! TIX: no charge INFO: 902-678-3123 / stjames@ns.sympatico.ca **Open House** – Shand House Museum, Windsor 10am-5pm • You are invited to Shand House for a special open house. TIX: no charge INFO: 902-798-2915 / michelle.coleman@novascotia.ca Bake Sale & Ticket Auction for Autism -Greenwood Mall, Greenwood 10am-1pm • Cookies, cakes, brownies and squares! Bid on some amazing auction prizes. TIX: donation INFO: 902-242-2019 / annapolisvalley@autismns.ca **Gravestone Restoration** – Chipman Corner *Cemetery, Kings County 10am–4pm* • Learn how to straighten gravestones. Hands on experience with Heather Lawson. Sponsored by Burial Grounds Care Society. Please register. TIX: no charge INFO: 902-542-2649 Book Launch: Angel Lady of the Maritimes -

The Inside Story Bookstore, Greenwood 12–2pm • Canadian Bestselling author, Karen Forrest is launching her newest book, Angel Lady of the Maritimes. Karen will offer free angel messages and answer your angel questions. TIX: no charge INFO: 902-404-3103 / karen@karenforrest.com Fall Merchandise Bingo – Fire Hall, New Minas

1-4pm • Jackpot Game - \$50 cash prize. Canteen open, sandwiches plus more. 50/50 Games; 20/80 Games, Mini Games, Bake Sale and 50/50 tickets. Come out and have a relaxing afternoon of Bingo. TIX: Books \$2 each INFO: 902-681-2787 / jwhuntley@eastlink.ca **Expressive Cafe, Nova Scotia Aphasia** Association – Royal Canadian Legion, Kingston 1pm • Practice speech and language skills in a safe and supportive setting, learn more about YOUR aphasia, and socialize with families living with aphasia. TIX: no charge INFO: 902-445-4960 / nsaa@bellaliant.net Auction & Dance – Fire Hall, Greenwich 2pm-12:30am • Ticket Auction 2-4pm. Doors open again at 7pm. Dance from 9pm-12:30am for

those 19 and over. Featuring the The Music Dogs. Ticket draws at 10pm. Proceeds for CNIB TIX: \$10 for dance INFO: 902-680-2343 Variety Music Night – Lions Club, Kingston 7-9pm • 50/50, canteen, wheelchair accessible. Featured local entertainers are: The Country Kids, Bruce Dewar and Wand B. TIX: \$5 at the door INFO: 902-765-2128

White Rock Community Auction – Community Hall, White Rock 7-12pm • Annual auction. There will be new donated items from local businesses and used items. Auctioneer: Doug Crowell. Silent auction, 50/50, canteen. Proceeds toward hall maintenance. TIX: no charge INFO: 902-542-3805 / hillscast@ggmail.ca

Valley Vinyl Uprising – Lions Club, Wolfville 8am-3:30pm • Wolfville Record Fair Welcome one and all to the 2nd Valley Vinyl Uprising. If you are a vinyl enthusiast of any age or musical taste there will be plenty of treasure to be found. Mark your calendars for this one day event in Wolfville during the Deep Roots Festival. 15 vendors including Select Sounds (Bedford) and Black Buffalo (Halifax) will have 25,000 LP's to browse. Parties interested in selling their old vinyl may contact us to discuss becoming a vendor, or to sell us your records directly. TIX: \$5 early bird 8-9am, \$3 9am-2pm, no charge after 2pm **INFO:** info@valleyvinyluprising.com

Kings Kikima Grannies Jewellery Sale -Blomidon Garden Centre, Greenwich 8:30-3:30pm • Raising funds for Grannies in Kenya supporting grandchildren orphaned by AIDS. Donations of jewellery welcomed. TIX: no charge INFO: 902-542-7591 / bacain33@gmail.com Dance: Big Deal – Legion, Kentville 9pm-12am

• Bar & kitchen available. 19+ event. TIX: \$7 INFO: 902-678-8935

Dance: Ruckus with Rob Brown – Royal Canadian Legion, Windsor 9pm-1am • TIX: \$7 at the door. INFO: 902-798-2031 / windsorlegion@eastlink.ca

### SUNDAY, 27

Guided Walk Acadian Forest Restoration -North Mountain United Tapestry, Harbourville 1-3pm • Landowner Doug Kemp & Forester Mike Hutchison will give a guided walk of Doug's efforts to restore the endangered Acadian Forest on his woodlot at Donnellan's Brook. Meet at the Harbourville United Church, 3201 Long Point Road. TIX: donation INFO: 902-538-3387 / patkemp@hotmail.com Fundy Film screens MR. HOLMES - Al Whittle Theatre, 4 & 7pm • A new twist on the world's most famous detective, in which Holmes (Ian McKellan) must face an unsolved case from his younger years while grappling with the diminishing powers of his mind. TIX: \$9 INFO: 902-542-5157

### **MONDAY, 28**

Men's Breakfast – The Driftwood Restaurant, Berwick 9-10:30am • Breakfast, and then a brief time of sharing conversations focused around a relevant topic. Evan Colford providing the leadership. TIX: breakfast menu INFO: 902-538-8214 / earleja@ns.sympatico.ca **ORO! Orkestra Dance Open House** – Curling Club, Wolfville 8-9:30pm • Learn to dance to the wild and beautiful party dance music of Bulgaria, Macedonia, Albania, Turkey, and the Roma, led by Heidi Kalyani. TIX: \$5 INFO: oro.orkestra@gmail.com

TUESDAY, 29 RCMP Advisory Board – Council Chambers, Town Hall, Wolfville 10am • TIX: no charge INFO: wolfville.ca

Town & Gown Meeting – Council Chambers, Town Hall, Wolfville 12pm • TIX: no charge INFO: wolfville.ca

WBDC membership meeting – Farmers Market, Wolfville 7-9pm • TIX: no charge INFO: secretary@wbdc.me

Why Some Smart Kids Can't Read: The Science of Dyslexia – Memorial Library, Wolfville 7-8pm • Bob Almack, president and CEO of Online Reading Tutor, will offer a presentation on what new brain science reveals about the reading brain. *TIX:* no charge *INFO:* 902-542-5760 Talk Life Community: Get Your Life out of Survival Mode – Stems Café, Greenwich 7–9pm • Certified High Performance Coach, Susan Delano Swim will speak about the tools that you can tap into to take back some control to reach your full potential and lead a life that brings fulfillment, energy and happiness. Proceeds will be donated to the SPCA. Please RSVP. TIX: \$20 by email INFO: 902-678-1562 / talklifecommunity@gmail.com / susandelanoswim.com

Jessie's Diary 1901 to1910 – County of Kings Municipal Complex , Kentville 7:30-9pm • Jessie MacCallum was fifteen years old when she wrote her first diary entry on January first 1901. Her writings include stories of her many travels via the then extensive railway network, and her interests in sports, clothing, the outdoors, and boys. Dr. Julian Gwyn will lead the talk and excerpts from Jessie's diary will be on exhibit during the evening. TIX: donation INFO: 902-678-6237 / info@kingscountymuseum.ca

### WEDNESDAY, 30

**Cozy Corner Storytime** – *Library, Hantsport* 10:30am • Please join us for a fun-filled hour of stories, rhymes, games, and crafts. For children 2-6 and their caregivers. TIX: no charge *INFO:* 902-684-0103

Ron Edmunds Duo – Kentville Centre Square, Kentville 11am-2pm • TIX: no charge *INFO:* ibrownstein@ ns.sympatico.ca Planning Advisory Meeting – Council *Chambers, Town Hall, Wolfville 1:30pm* • *TIX:* no charge *INFO:* wolfville.ca

Vintage Bazaar – Farmers Market, Wolfville 4–7pm • Vintage Bazaar with Daisy Roots Vintage, In. Formation and No Faux where we will be featuring Vintage clothing and Conscious Couture! TIX: no charge INFO: 902-697-3344 /

manager@wolfvillefarmersmarket.ca Fundy Film screens EX MACHINA – Al Whittle Theatre, 7 pm • In this stylish and cerebral thriller a young programmer is selected to participate in a ground-breaking experiment in artificial intelligence by evaluating the human qualities of a breath-taking female android. TIX: \$9 INFO: 902-542-5157

Historic Talk on African Canadian Society - Haliburton House Museum, Windsor 7-9pm • Join us for this historic talk on African Canadian culture and society in the age of Sam Slick. TIX: no charge INFO: 902-798-2915 / michelle.coleman@novascotia.ca Contra Dance – Farmers Market, Wolfville 7:30-10pm • No experience or partner is necessary. Intro lesson 7:30pm, full dancing 8-10pm. Part of "Contrafest 15", with Callers/Musicians from USA. *TIX:* \$10, \$8 students/unwaged *INFO:* valleycontradances@gmail.com / contrafest.ca

### THURSDAY, 1

Harvest Supper – All Saints Anglican Church, Kingston 4:30-6pm • Ham, baked beans, scalloped potatoes, pumpkin pie, apple crisp TIX: \$10 adult, family rates available INFO: 902-765-4023 / hulfords@eastlink.ca



# Indigenous Renaissance: Healing & Reconciliation through the Arts

### Marke Slipp

The 3rd Annual Aboriginal Arts Mawio'mi, or 'gathering', aims to recognize the healing potential of the arts, and to learn other ways of being, thinking, and learning, focusing on the theme, "How do we co-exist in a just and peaceful way?"

The is a timely Mawio'mi, this election year, given the 94 recommendations in the Truth and Reconciliation Commission Report, addressing human rights issues Indigenous peoples in Canada face, from homelessness and hunger, to missing and murdered women. The local community now has an opportunity to honour the trust of Indigenous elders, artists, and community members; and to listen and learn about ancient ways of being, knowledge systems, language, culture, and laws of the land. We have a common future to envision about how to co-exist and individual and collective actions to deliberate and follow through on.

Acadia's Welkaqnik ('meeting space') Eagles-in-Residence include spiritual advisor Joe Michael, filmmaker Cathy Martin, artist Gerald Gloade, Indigenous law court worker and cultural teacher Barry Bernard, and legal healing circle facilitator and artist Holly Meuse, who will share their insights and facilitate dialogue. Evening Keynote Speakers inclue Tina Keeper (ex-MP, North of 60 actress), Pam Palmater (activist, lawyer, professor), and Anna Marie Sewell (playwright, poet, literacy instructor). There will also be presentations from Paula Sevestre (author, spiritual teacher) and Shalan Joudry (poet, performance artist).

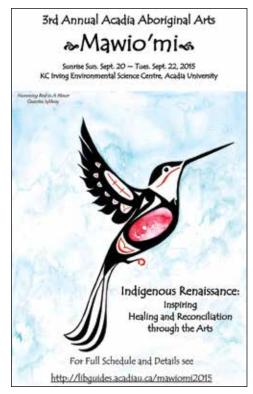
Being an arts and culture Mawio'mi there are also many entertaining events to participate in. Events begin gently on September 18 with an afternoon Blanket Ceremony; then Sacred Fire teachings building with much drumming, dancing, and singing; plus workshops, teachings, and feasting until Tuesday evening. You can view protocols and all programmes at libguides.acadiau.ca/mawiomi2015 (subject to change).

Activities include Daily Sunrise Prayer Ceremonies; and on Sunday–Tuesday mornings, poet Shalan Joudry offers Reconciling with the Land teachings. On Sunday afternoon, Grand Entry and Opening Ceremonies are followed by workshops and teachings, and then later, a Moose Meat Feast! Following supper, Tina Keeper hosts a Youth Talking Circle.

Monday sees many simultaneous events throughout the day including Truth and Reconciliation workshops (Recognizing Treaties, Law & Governance, Rx For Canada); Therapy Through Art with Bev Walker; a poetry reading with Anna Marie Sewell; plus entrepreneurial workshops and more. In the evening Tina Keeper will address the gathering.

Tuesday workshops include Reconciliation and Decolonizing; Legends, Language, & Place Names; Finding Your Inner Poet; Indigenizing Education; Lacrosse; Parkour teachings(!); and more. The final evening sees two keynote speakers - Anna Marie Sewell reading at 6pm followed by Pamela Palmater with Canada's State of Emergency: How First Nations are the Solution.

This is a community/campus event, and everyone wishing to explore the theme question is welcome to participate. At the outdoor amphitheatre the general public are invited to share music, humour, dance, and more during the Open Mic. The organizers say, "Bring your voice and your instrument, and share a story, a joke, a song, and dance."





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