
THE GRAPEVINE

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

February 19 – March 5, 2015 | Issue No. 12.04 ★ COMMUNITY ★ AWARENESS ★ INVOLVEMENT ★ You're holding one of 3700 copies

The Year of the GOAT

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ON THE COVER

IS IT THE YEAR OF THE SHEEP, GOAT, OR RAM?

Nobody is quite sure due to the fact that the Chinese word 羊 (yáng) can refer to sheep, goat, ram/buck, or even antelope! Adding to the confusion is the fact that this word translates into "sheep" in Japan,


"goat" in Vietnam, and "ram" in Korea. However, experts on Chinese folklore argue that there is good evidence (in ancient pictures, statues, & customs) that suggest this truly is the Year of the Goat.

The baby goat on our cover was one of trip-lets born to a goat named Midnight. He's a Nubian - a dairy breed of goat with long floppy ears that are intelligent, curious,

and just all-around charming! Colleen George always dreamed of having a farm, and as an adult dreamed of raising goats. One day she visited the goats at Henni-gar's Farm Market and fell in love. Soon after, she contacted a local couple (Aaron & Tammy Levy) who breed Nubian goats. Goats are herd animals and shouldn't be kept alone or they'll get lonely and de-pressed. So Colleen took two of the gals,

Midnight and her half-sister Jewel, home to the bit of land that Colleen's partner helped her to fence in. Colleen thinks it's never too late to follow your dreams. "It's scary sometimes, and it's heartbreaking when something goes wrong, but through the ups and downs there is satisfaction in attempting something at middle-age that I dreamed about as a child."

Cover photo by Colleen George




centrestagetheatre.ca PRESENTS

AGATHA CHRISTIE

A MURDER IS ANNOUNCED

A MISS MARPLE MYSTERY

Adapted by Leslie Darbon
Directed by Paul Abela
Assistant Director Susan Monro



Linda Levy-Fisk | Danielle Lutz | Cherie Zinck | Marc Hetu
Thea Burton | Diana Bishop | Chantal Murphy | Liz Stern
Tomas Hiseler | Ryan Trimper | Mike Butler.

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LOOKING FOR AN EVENING OF MURDER, MAY-HEM AND FUN? An announcement in the village paper states the time and place where a murder will occur. Miss Marple is at her best as she quietly gathers the clues in the case. Can you solve it before she does?

Agatha Christie's mystery novel 'A Murder is Announced' has been adapted for the stage by Leslie Darbon and is directed by Paul Abela. Assistant director is Susan Monro. Cast Mem-bers (in order of appearance): Linda Levy-Fisk, Danielle Lutz, Cherie Zinck, Marc Hetu, Thea

Burton, Diana Bishop, Chantal Murphy, Liz Stern, Tomas Hiseler, Ryan Trimper, and Mike Butler.

'A Murder is Announced' plays on February 27, 28, March 6, 7, 8m, 13, 14, 20, 21, 22m, 27, 28. Showtimes are 8pm with 2pm matinees on Mar 8 & 22.

Suitable for all ages. Tickets \$15/\$12 (Call 902-678-8040 for reservations).

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

WOLFVILLE'S DINING DILEMMA - AN INTERVIEW WITH MICHAEL HOWELL

by Genevieve Allen Hearn and Jeremy Novak

With the recent closure of Front & Central, the viability of an upscale restaurant scene in Wolfville has come into question. Michael Howell, former owner of The Tempest, former President of the Restaurant Association of Nova Scotia, and current President of Slow Food Nova Scotia, gave his insights on the state of the restaurant industry in our region.

Howell purports, "We've become a victim of our own success because the population hasn't grown as fast as the interest in creating business in cuisine here." He continues, "Also, I think that tourism has flat-lined in the past couple years, but that hasn't slowed down the increase in the number of restaurants that have opened up".

Dave Smart worked for Howell at The Tempest before he became the proprietor of Front & Central. Howell saw Smart as a worthy suc-cessor of a brand that took Howell ten years to

develop. Front & Central was open for two and a half years and closed its doors at the end of 2014. "The haunting statistic," says Howell, "is that fifty percent of all restaurants fail within two years. I think that's a statistic that a lot of people opening a restaurant tend to ignore because they think that they can do it - that they have the resources or the skill or talent. I got here in 2002, since then there are five or six new restaurants in town, which is an increase of probably 25% of restaurants, but we haven't seen a twenty-five percent increase of customers. So think about that pie - it's just split ever thinner".

What's the solution? How can Wolfville attract new customers when population growth is sluggish? Howell thinks that attracting new customers is not solely the restaurateurs' responsibility.

Continued on page 5...



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THE GRAPEVINE

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GRAND PRÉ: Convenience Store, Just Us! Coffee Roasters
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Random Acts of Kindness is Brought to you by Daniels' Flower Shop Ltd.
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This is a big thank you to all of the kindly neighbours, snowplow drivers and sidewalk plowers who have gone above and beyond to help keep our homes and communities accessible during and after our epic past snowstorms. You know who you are! Your kindness doesn't go unnoticed. I heard of a snowplow driver stopping to quickly rescue a local elderly couple trying to handle things on their own ("no charge, ma'am!"). And I want to give a big extra thank you to the plow driver and other driver who stopped to help push my vehicle out of my driveway when I'd gotten it stuck. You special helpful people all rock and bring a ray of sunshine to cloudy snowy days. Keep up the kind work and please know that we will all pass it on.

Kate Dalton, Wolfville, NS

THE FURRY FEATURE

The Furry Feature is brought to you by Deep Hollow Print
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FEATURE CAT — PEDRO

Pedro is a black and white neutered short-haired male cat born Jan 22, 2007. He is brother to Pepsi. Their owner has passed away and a friend looked after them until we had room to bring them in here. It would have been ideal to be able to adopt them out together but Pepsi has been adopted already so we just need a home for this love bug. Pedro is a tad bit shy at first but is very loving. He is wearing a handsome tuxedo coat!



Wolfville Animal Hospital | 542-3422 | 12-112 Front St,
Wolfville | wolfvilleanimalhospital@ns.aliantzinc.ca



UPDATE — DODGER

DODGER HAS BEEN ADOPTED!

FAMILY FUN IN THE VALLEY: S is for Soccer Dome

Every Monday, Wednesday and Friday morning there is an open-soccer time for tots. This runs between 10am and 11am for free. Soccer balls are left out and children can play as they wish with nothing formally structured. On Tuesdays and Thursdays, at the same time, the same program runs for \$2 each. On Saturday mornings, until March Break, is the Super Happy Active Family Time (SHAFT). This is an unstructured playtime from 10am to 11am for children of all ages.

If you are looking for a really fun spot to host a birthday party, you can have it at the soccer dome where you get both field time and use of one of the meeting rooms for cake and presents! Stay active this winter with the Kentville indoor soccer dome!

Laura Churchill Duke
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Keith Irving
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The Legislative Page Program is accepting applications from university students or recent graduates by Feb 27th. For further information contact pages@novascotia.ca or my office.
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the free tweets

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Suggested Theme:

Because it's February 19, it's time to celebrate the Chinese New Year! The Chinese word 'yáng' refers to both goats and sheep/rams. According to the Chinese Zodiac, people born into this sign (1943, '55, '67, '79, '91, '03, '15) are known to be: tender, calm, wise, economical, and sensitive to art, beauty & faith. Of course you can't have the yang without the ying. It's also said that sheep are: shy, moody, weak-willed, puzzled about life, and hesitant to express love openly. Regardless of when you were born, what characteristics would you use to describe your business?...or, be creative and write a fortune cookie.

Wolfville Nutrition Consulting

189 Dykeland Street, Wolfville, (902) 542-2000 ext 5 / wolfvillennutrition@gmail.com / wolfvillennutrition.ca / [facebook.com/wolfvillennutrition](https://www.facebook.com/wolfvillennutrition)

Happy Chinese New Year! Wishing you vitality and good health! We provide food and nutrition expertise, customized meal plans, menus and more. Individual, family, group/team, and workplace sessions provided.

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Flowercart — 9412 Commercial Street, New Minas, 681-2349 / lisahammettvaughan@flowercart.ca / flowercart.ca / [facebook: Flowercart](https://www.facebook.com/Flowercart) • Flowercart was born in 1970 - some mothers created work for young adults returning to Kings County after attending

the Nova Scotia Youth Training Centre. At Flowercart we've always strived to be helpful, creative problem solvers, who work purposefully in teams, teaching and learning. Flowercart's work promotes community participation of adults considered to have an intellectual disability through supported training and employment.

Errands by Karen — 790-2626 / errandsbykaren@hotmail.com • Happy Lunar New Year from Errands by Karen! Is your New Years resolution to de-clutter and re-organize your living space? Or perhaps a respite for yourself, or a loved one? Give Karen a call to discuss your ideas.

SoundMarket Recording Studios — 63 Pleasant Street, Wolfville, 542-0895 / [facebook.com/soundmarket](https://www.facebook.com/soundmarket) • Studio, mobile recording, & concerts. Enjoy an intimate concert at the studio on Feb. 21, 8pm with Mike Aubé. From the SoundMarket fortune cookie generator we offer you this fortune: "You are a person of culture, cultivate it."

Careforce — Kentville, 365-3155 / careforce@careforce.ca / careforce.ca • Here's a fortune cookie for you, courtesy of Careforce Health Services: to

ensure good health; eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life. Lucky numbers: 9 02 3 65 31 55.

RE used resale Co-op, Ltd. — 8759 Commerical St., New Minas, 681-1210 / reusedresale@gmail.com / REusedresale.com / [facebook.com/REusedresale](https://www.facebook.com/REusedresale) • RE's closed for the beginning of 2015 and our imagined Chinese New Year fortune cookie would sound like this: Although progress may be slower than expected, to rush now would be a mistake. Full preparedness will prove itself a wise choice once things are back in full swing.

Valley Ford (Ernie Robinson) — 898 Park St., Kentville, 678-1330 / ernie.robinson@valleyford.ns.ca / valleyford.ca • Happy Chinese New Year! Your Valley Ford fortune cookie says: "You will save a fortune on a 2014 Escape, or get a fortunate 0 per cent rate on a 2015 Escape!" You've driven the rest—call me to test drive an Escape, Canada's best-selling compact SUV!!

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Devorah Fallows Acupuncture & Chinese Medicine 中国医药 — #221, 112 Front St., Wolfville, 300-3017 / devorah@oceanbayclinic.com / oceanbayclinic.com • Happy Chinese New Year! As this is a common time for colds & flu, it's a great time to try out a Chinese Medicine "SHOT-at-the-FLU" with HOT SHINS! Devorah's helping the community stay healthy, NATURALLY. Bring a friend for a 2-4-1 discount. The clinic is also stocked with great seasonal treats like: heat packs, liniments, sore throat remedies, anti-bacterial & anti-viral herbal formulas & more. Devorah Fallows says: "Warm yer shins & Be Well"

Sister Lotus Body Care Products, Belly Dance & Herbal Education — Wolfville, 680-8839 / sisterlotus.com • Have been busy setting up "The Red Tent Room" & "The Cleopatra Room" for my upcoming MINI PRIVATE WOMEN'S RETREAT!! Also, another session of "The Budding Herbalist", on-line foundational course, will be starting its second season this Spring. See the website for more info.

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valleyfamilyfun.ca/index.php/blog

February 2, 2015: Card Holders

When my kids were little they loved to play card games like Go Fish and Uno. However, they had a really hard time holding all of their cards in their small hands. This is when we did some research and came up with 2 easy ways to make cardholders for kids!

acivilizedpursuit.tumblr.com

January 28, 2015: Bud Picking

Two days ago I did my first bud picking. There is an actual term for this but I can't recall it. So let's call it that. You arrive relatively early in the vineyard wearing two pairs of pants and socks, five layers of shirts and jackets, scarf, hat, and gloves—plus some hefty boots.

earthsciencesociety.com

January 14, 2015: A Question of Iron

Iron is Earth's most common element by weight. There is so much of it that a compass needle (yes, also the one in your smartphone) lines up with the earth's magnetic field. We also know that Iron changes form, because we are familiar with rust.

www.5down.org

February 2, 2015: Relics

Not only did Mike finally run out of reasonable excuses to put off going through some of his own childhood memorabilia, he also agreed to write the chalkboard list!

MIKE UNCORKED

Oscar Gold Fever 2015



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*the sweetness
of doing nothing*

By: Mike Butler

Hi Everyone! Well, it's another snowy day here in Wolfville and I am home with my computer writing a blue streak and included in my streaking (hee hee) are my Grapevine articles! I'm churning them out between trips outside to shovel! (Will the snow ever stop?)

I am a film buff and I get very excited for all the award shows, but the crowning glory is the Oscars. The Academy Awards ceremony, which airs on Sunday February 22nd, is like Christmas for me and I always look forward to this Mike Uncorked Oscar Gold Fever article. Want to do something fun on Oscar night? Well, you can watch the Oscars on the big screen at the Al Whittle Theatre in Wolfville. Put on your Oscar finery to be eligible for a door prize! Admission is free but please bring a donation towards screening costs. It was awesome last year! The Oscars will be broadcast immediately following the screening of *Mr. Turner* (nominated for Four Oscars!). The Academy Awards Ceremony starts at 9:30pm.

Here are my predictions for this year's Oscars:

BEST SUPPORTING ACTRESS: The Academy can sometimes throw a surprise winner our way in this category, but not this year folks. Patricia Arquette has cleaned up every other major award this season for her spectacular work in *Boyhood*, she is a fourth-generation actor who has paid her dues and she will walk away with an Oscar on the 22nd.

BEST SUPPORTING ACTOR: The winner of this category was also a no-brainer for me since I first saw *Whiplash*. J.K. Simmons' scene-stealing, demanding and exceptional performance is everything that screams Oscar. He's a safe bet on the 22nd!

BEST ACTRESS: After six previous nominations (including two in the same year) but no wins to her name, this year has belonged to Julianne Moore and she will win the Oscar for her beautiful performance of a fifty year old mother and wife who develops early Alzheimer's in *Still Alice*. Moore has always been brilliant but she shines in this film. This will be my WOO HOO moment of the night!

BEST ACTOR: I have loved Michael Keaton since 1988 when he played *Beetlejuice* but he has scored his greatest acting triumph this year with *Birdman* and I would love to see him walk home with an Academy Award. BUT the winner



will be Eddie Redmayne for his jaw-dropping transformation into Stephen Hawking in the *Theory of Everything*. Reminiscent of Daniel Day-Lewis in *My Left Foot*, Redmayne embodies Hawking and it has Oscar written all over it.

BEST DIRECTOR: This is a tough category and it could make or break my perfect Oscar score but I have to go with the best work here and I think it was Richard Linklater for his genius construction and risky project *Boyhood*.

BEST PICTURE: I was scanning my predictions from previous years and you know what... I have guessed the Best Picture Oscar correctly every year since 1988 when *Rain Man* took home the Gold. So I feel very confident about choosing *Boyhood* as the winner! I love when the Academy Award for Best Picture actually goes to the best picture of that year and *Boyhood* certainly was that. It was a beautiful film and an incredibly precarious film-making endeavour but the director and cast pulled off an amazing cinematic feat!

OTHER CATEGORIES:

ADAPTED SCREENPLAY: *The Imitation Game*

ORIGINAL SCREENPLAY: *Birdman*

FILM EDITING: *Boyhood*

CINEMATOGRAPHY: *Birdman*

PRODUCTION DESIGN: *The Grand Budapest Hotel*

ANIMATED FEATURE: *The Lego Movie...* Oh wait! It got robbed of a nomination... I guess I'll pick *How to Train Your Dragon 2*

COSTUME DESIGN: *The Grand Budapest Hotel*

MAKEUP AND HAIR: *The Grand Budapest Hotel*

VISUAL EFFECTS: *Interstellar*

SOUND MIXING: *Interstellar*

SOUND EDITING: *Interstellar*

SONG: 'Glory' from *Selma*

SCORE: *Theory of Everything*

FOREIGN LANGUAGE FILM: *Ida*

Tune in to the Oscars and see how I did with my picks. Come to the Al Whittle and point and laugh at me if I made a mistake! Create your own ballot, invite friends over and admire the best dressed or poke fun at the worst dressed as Hollywood celebrates the best in film. Thanks Everyone!

THE CROSSWORD

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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 Gayla Cameron

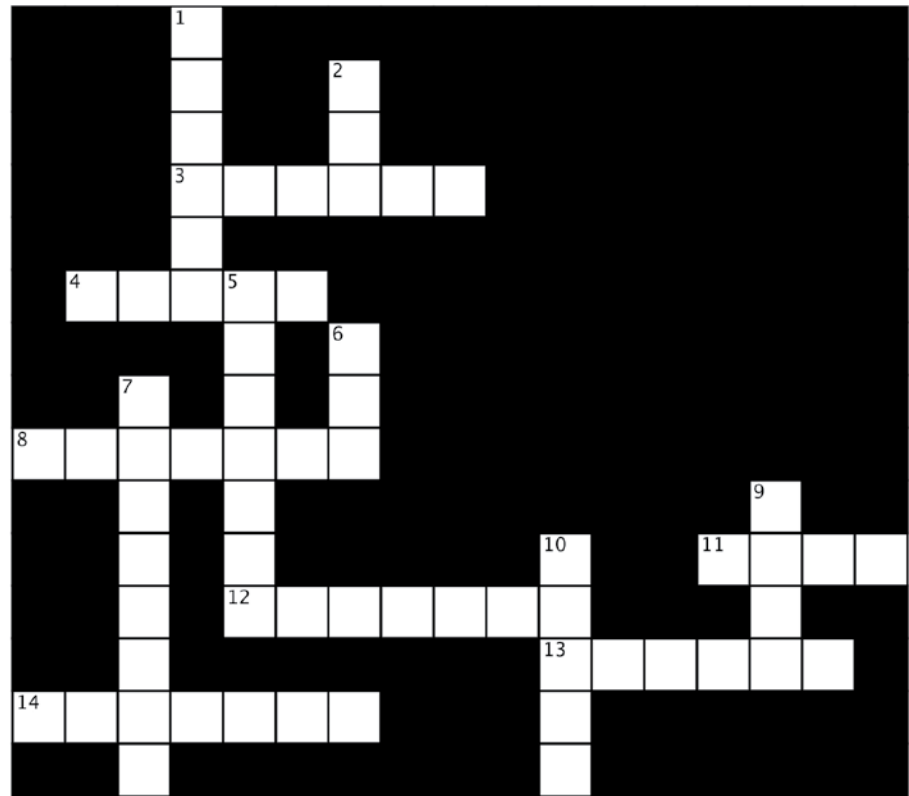
GOAT? SHEEP? OR RAM? | by Donna Holmes

Across

3. Yours truly's sign, the ___, is the only mythical animal on the Chinese Zodiac.
4. The Chinese think of those born in the Year of the Sheep (or Goat) as harbingers of gentleness and ___.
8. In ___ (country), the 2015 New Year sign is mui, which unambiguously means goat.
11. Fire, Earth, Metal, Water, or Wood - which element is associated with the 2015 Chinese New Year?
12. Is it the year of the Goat? Sheep? or Ram? In ___ (language) all three can be used to describe the 2015 Chinese New Year symbol.
13. The sheep (or goat, or ram) was the ___ animal to arrive when Buddha summoned them.
14. Speaking of sheep, the sketch comedy group Dead Sheep ___, is performing a skit at the Al Whittle in 'Broken Leg Theatre' on Sat Feb 21.

Down

1. Legend has it that ___ summoned all the animals before he departed from Earth. He rewarded the 12 that appeared by naming a year after each in the order that they arrived.
2. Chinese horoscopes say that Sheep/Goats should avoid those born in the Year of the Ox or the year of this canine.
5. Acadia University's ___ Students & Scholars Association is partnering with the Wolfville Farmers' Market to celebrate the "Year of the Goat" on Sat morning, Feb 21.
6. In Korea, 2015 is the Year of the ___.
7. Chinese New Year begins on ___ 19th in 2015.
9. Wikipedia calls 2015 the year of the ___. But the Chinese word "yang" could also refer to sheep.
10. In Japan, the sign is hitsuji which unambiguously means ___.



Name & Phone Number:

Wolfville's Dining, Continued from page 2...

He believes it's a challenge that should be addressed by the municipalities, the Department of Tourism, the Business Development Corporations, and the Regional Economic Development networks. He points to large community events such as the Devour! Food Film Festival and the Deep Roots Music Festival as economic drivers. Surveys showed that anyone who came to Devour for the day last year spent \$91, and overnight attendees spent \$250.

In order to maintain Wolfville's status as a restaurant destination, it's imperative that people, businesses, and organizations create dynamic tourism opportunities that attract visitors during off-peak seasons. Howell claims that November, January, February, and March are terrible months for restaurant traffic in Wolfville. It is no mistake that Devour takes place in November.

"For those five days we actually bring people into Wolfville who wouldn't otherwise have been there. Other people need to create events

and opportunities for business so that our local restaurants are supported." Events are just one part of the solution, however. Infill development in the downtown core would increase vibrancy and attract more professionals. "The town is desperately short of commercial space. In comparison to most Nova Scotian municipalities, it is grossly out of balance. We need more dentists and lawyers setting up offices... these places have employees that go out for lunch," Howell states.

As well, there are other ways that the town

can complement the burgeoning restaurant and winery industry. Howell suggests a wine interpretive centre that serves as a gathering point for visitors and includes a merchant that carries all of the region's wine brands. He also suggests more interactive, hands-on agricultural activities for those who are looking for a unique, rural experience.

"Ultimately," Howell concludes, "we need to give people more reasons to stay in Wolfville rather than stopping for lunch and then moving on."

Horoscopes for the week
of February 19th

Rob Brezsky's
FREE WILL ASTROLOGY

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freewillastrology.com

ARIES (March 21-April 19): There are many different facets to your intelligence, and each matures at a different rate. So for example, your ability to think symbolically may evolve more slowly than your ability to think abstractly. Your wisdom about why humans act the way they do may ripen more rapidly than your insight into your own emotions. In the coming weeks, I expect one particular aspect of your intelligence to be undergoing a growth spurt: your knowledge of what your body needs and how to give it what it needs.

TAURUS (April 20-May 20): What is the proper blend for you these days? Is it something like 51 percent pleasure and 49 percent business? Or would you be wiser to shoot for 49 percent pleasure and 51 percent business? I will leave that decision up to you, Taurus. Whichever way you go, I suggest that you try to interweave business and pleasure as often as possible. You are in one of those action-packed phases when fun dovetails really well with ambition. I'm guessing that you can make productive connections at parties. I'm betting that you can spice up your social life by taking advantage of what comes to you through your work.

GEMINI (May 21-June 20): In 1900, the world's most renowned mathematicians met at a conference in Paris. There the German whiz David Hilbert introduced his master list of 23 unsolved mathematical problems. At the time, no one had done such an exhaustive inventory. His well-defined challenge set the agenda for math research throughout the 20th century. Today he's regarded as an influential visionary. I'd love to see you come up with a list of your own top unsolved problems, Gemini. You now have extra insight about the catalytic projects you will be smart to work on and play with during the coming years.

CANCER (June 21-July 22): "Spanipelagic" is an adjective scientists use to describe creatures that typically hang out in deep water but float up to the surface on rare occasions. The term is not a perfect metaphorical fit for you, since you come up for air more often than that. But you do go through phases when you're inclined to linger for a long time in the abyss, enjoying the dark mysteries and fathomless emotions. According to my reading of the astrological omens, that's what you've been doing lately. Any day now, however, I expect you'll be rising up from the Great Down Below and headed topside for an extended stay.

LEO (July 23-Aug. 22): When faced with a big decision, you might say you want to "sleep on it." In other words, you postpone your final determination until you gather more information and ripen your understanding of the pressing issues. And that could indeed involve getting a good night's sleep. What happens in your dreams may reveal nuances you can't pry loose with your waking consciousness alone. And even if you don't recall your dreams, your sleeping mind is busy processing and reworking the possibilities. I recommend that you make liberal use of the "sleep on it" approach in the coming weeks, Leo. Revel in the wisdom that wells up in you as you're lying down in the dark.

VIRGO (Aug. 23-Sept. 22): In 1962, Edward Albee published his play *Who's Afraid of Virginia Woolf?* It won numerous awards and is still performed by modern theater groups. Albee says the title came to him as he was having a beer at a bar in New York City. When he went to the restroom, he spied the words "Who's Afraid of Virginia Woolf?" scrawled in soap on the mirror. I urge you to be alert for that kind of inspiration in the coming days, Virgo: unexpected, provocative, and out of context. You never know when and where you may be

furnished with clues about the next plot twist of your life story.

LIBRA (Sept. 23-Oct. 22): Edward III, a medieval English king, had a favorite poet: Geoffrey Chaucer. In 1374, the king promised Chaucer a big gift in appreciation for his talents: a gallon of wine every day for the rest of his life. That's not the endowment I would have wanted if I had been Chaucer. I'd never get any work done if I were quaffing 16 glasses of wine every 24 hours. Couldn't I instead be provided with a regular stipend? Keep this story in mind, Libra, as you contemplate the benefits or rewards that might become available to you. Ask for what you really need, not necessarily what the giver initially offers.

SCORPIO (Oct. 23-Nov. 21): To make the cocktail known as Sex on the Beach, you mix together cranberry juice, orange juice, pineapple juice, peach schnapps, and vodka. There is also an alternative "mocktail" called Safe Sex on the Beach. It has the same fruit juices, but no alcohol. Given the likelihood that your inner teenager will be playing an important role in your upcoming adventures, Scorpio, I recommend that you favor the Safe-Sex-on-the-Beach metaphor rather than the Sex-on-the-Beach approach. At least temporarily, it's best to show a bit of protective restraint toward the wild and sometimes erratic juvenile energy that's pushing to be expressed.

SAGITTARIUS (Nov. 22-Dec. 21): In Herman Melville's short story "Bartleby, the Scrivener," a lawyer hires a man named Bartleby to work in his office. At first Bartleby is a model employee, carrying out his assignments with dogged skill. But one day everything begins to change. Whenever his boss instructs him to do a specific task, Bartleby says, "I would prefer not to." As the days go by, he does less and less, until finally he stops altogether. I'd like to propose, Sagittarius, that you take inspiration from his slowdown. Haven't you done enough for now? Haven't you been exemplary in your commitment to the daily struggle? Don't you deserve a break in the action so you can recharge your psychospiritual batteries? I say yes. Maybe you will consider making this your battle cry: "I would prefer not to."

CAPRICORN (Dec. 22-Jan. 19): "All life is an experiment. The more experiments you make the better." That's what American philosopher Ralph Waldo Emerson advised. Even if you're not naturally inclined to see the potential wisdom of that approach, I invite you to play around with it for the next three weeks. You don't need to do it forever. It doesn't have to become a permanent fixture in your philosophy. Just for now, experiment with the possibility that trying lots of experiments will lead you not just to new truths, but to new truths that are fun, interesting, and useful.

AQUARIUS (Jan. 20-Feb. 18): The art of the French Aquarian painter Armand Guillaumin (1841-1927) appears in prestigious museums. He isn't as famous as his fellow Impressionists Paul Cézanne and Camille Pissarro, but he wielded a big influence on them both. His career developed slowly because he had to work a day job to earn a living. When he was 50 years old, he won a wad of free money in the national lottery, and thereafter devoted himself full-time to painting. I'm not saying you will enjoy a windfall like that anytime soon, Aquarius, but such an event is possible. At the very least, your income could rise. Your odds of experiencing financial luck will increase to the degree that you work to improve the best gifts you have to offer your fellow humans.

PISCES (Feb. 19-March 20): "It isn't normal to know what we want," said pioneering psychologist Abraham Maslow. "It is a rare

and difficult psychological achievement." That's the bad news, Pisces. The good news is that you may be on the verge of rendering that theory irrelevant. In the coming weeks, you will be better primed to discover what you really want than you have been in a long time. I suggest you do a ritual in which you vow to unmask this treasured secret. Write a formal statement in which you declare your intention to achieve full understanding of the reasons you are alive on this planet.

Homework: Where in your life do you push harder than is healthy? Where do you not push hard enough? Testify at FreeWillAstrology.com

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By Jake Rideout | Inquisitive Toy Company
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1

This year's Chinese New Year falls on what date?

2

2015 is the year of the...

3

How long do Chinese New Year festivities go on in North America?

4

Which 2 animals, one mythical and one not, are associated with New Year dances?

5

What is the colour symbolizing luck and good spirits associated with the Chinese New Year?

ANSWERS:
1. February 19, 2. Goat (and sheep and ram), 3. 15 days, 4. Dragon & lion, 5. Red

TIDE PREDICTIONS at Cape Blomidon			
Source: Canadian Fisheries & Oceans. www.waterlevels.gc.ca			
FEB	High	Low	
19	12:42pm	6:53pm	
20	* 1:30pm	7:15am	
21	2:19pm	8:04am	
22	3:08pm	8:52am	
23	3:59pm	9:42am	
24	4:52pm	10:35am	
25	5:49pm	11:31am	
26	6:49pm	12:30pm	
27	7:18am	1:33pm	
28	** 8:20am	2:36pm	
MAR	High	Low	
01	9:20am	3:36pm	
02	10:15am	4:30pm	
03	11:05am	5:17pm	
04	11:50am	5:59pm	
05	12:31pm	6:38pm	
there are normally two high and low tides a day			
* Highest High: 45.9 feet ** Lowest High: 38.1 feet			

EAT TO THE BEAT

THURSDAYS:

Edible Art Cafe
(New Minas): Ron Edmunds Band (5th, 12th, 19th) 12pm-2pm

Troy Restaurant
(Wolfville): Ian Brownstein & Ron Edmunds (5th) 6pm

Just Us! Cafe
(Wolfville): Open Mic hosted by ISSA & The Acadia Women's Center (5th), hosted by The Acadia Music Program (12th), Community Jam (19th) 6:30-8pm

Cocoa Pesto
(Windsor): Adam Cameron (5th, 12th, 19th) 7pm

Spitfire Arms Alehouse (Windsor): Jam Session (5th, 12th, 19th) 7-11pm

Tommy Gun's
(Windsor): Meredith McCulloch (5th, 12th, 19th) 7-11pm

Dooly's (New Minas): Dooly's Karaoke w/Margie Brown Duo (5th, 12th, 19th) 8pm

Paddy's Pub
(Kentville): The Hupman Brothers (5th, 12th, 19th) 9pm

Paddy's Pub
(Wolfville): Trivia Night (5th, 12th, 19th) 9pm

Library Pub
(Wolfville): Jazz downstairs (5th, 12th, 19th) 7-10pm, Alex and Riley upstairs (5th, 12th, 19th) 9pm

Anvil (Wolfville): Top 40 DJ C-Bomb (5th), DJ (12th, 19th) 10pm

FRIDAYS:

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

Pete's Fine Foods
(Wolfville): Mat Elliot & Cailun Campbell (6th, 13th) 5:30pm

King's Arms Pub by Lew Murphy's
(Kentville): Shawn Hebb (6th) 5:30pm, Brian Byrne (6th) 9:30pm

Blomidon Inn
(Wolfville): Jazz Mannequins (6th, 13th) 6:30-9:30pm

The Port Pub (Port Williams): Live Music w/Cody Vokey (13th) 7pm

Joe's Food Emporium (Wolfville): SWIG (6th), TBA (13th) 8pm

Spitfire Arms Alehouse (Windsor): Jamie Junger (13th) 8pm

Paddy's Pub
(Kentville): Hal Bruce 60's & 70's Classics (13th) 8pm

West Side Charlie's (New Minas): DJ Lethal Noize (6th), DJ Billy T (13th) 10pm

SATURDAYS:

Farmers Market
(Wolfville): Sleepytime Shufflers (7th), George Symonds (14th) 10am

Edible Art Cafe
(New Minas): John Tetrault (7th, 14th) 12pm-2pm

Paddy's Pub
(Kentville): Ardyth & Jennifer (14th) 6pm

Spitfire Arms Alehouse (Windsor): Hupman Brothers (7th), SWIG (14th) 8pm

Sidetrack Beverage Room
(Berwick): CD Release Party feat. Loos Canon (14th) 8pm

King's Arms Pub by Lew Murphy's
(Kentville): The Tracey Clements Band (7th), TBA (14th) 8:30pm

Paddy's Pub
(Wolfville): Sleepytime Shufflers (7th) 9pm, Mike Aube (14th) 6pm, John Tetrault (14th) 9pm

Library Pub
(Wolfville): Dan McFadyen (7th, 14th) 9pm

Tommy Gun's
(Windsor): DJ Shorty P, \$3 (7th, 14th) 9:30pm-1:30am

HERE AND AWAY: “Minority” Populations

by Pamela Swanigan-Graves

Canadian figures are from a 2011 Statistics Canada survey, and refer to individuals who self-identify as members of a “visible minority” population. American figures are from 2013 census data, and refer to those who identify as other than “non-Hispanic white alone” (that is, not Hispanic white and not mixed-race). Note that both Canada and the United States apply the term “minority” to groups other than white even if they form the majority of the population. European figures refer to those identified as “other than European or White.”

Canada: 19.1%

Nova Scotia: Visible minority population: 5.2% (2.3% African-Canadian)

PEI: 3.1%

New Brunswick: 2.3%

Newfoundland and Labrador: 1.4%

Quebec: 11%

Alberta: 18.4%

Ontario: 25.9%

British Columbia: 27.3%

United States: 22.3% (“non-Hispanic white alone”)

Maine: 5%

Iowa: 15%

Illinois: 35%

Mississippi: 43%

New Mexico: 60%

California: 61%

Hawaii: 83%

Haiti: 5% (other than “black”; almost entirely mulatto and white)

United Kingdom: 14% (other than “white ethnic group”)

Poland: 0.5%

Portugal: 1.1%

Austria: 8.3%

Sweden: 10.6%

Algeria: 1% (other than Arab-Berber)

Jordan: 2% (other than Arab)

Russia: 20.2% (other than Russian: includes Tatar, Ukrainian, and Bashkir)

China: 8.1% (other than Han Chinese)

Japan: 1% (other than Japanese: includes Korean, Chinese, and Brazilian)

South Korea: 0% (population racially homogenous, except for a statistically insignificant number of Chinese)

Sources: *Halifax Chronicle-Herald; Statistics Canada; United States Census Bureau; Henry J. Kaiser Family Foundation; Office for National Statistics (UK); Institut national d'études démographiques (INED); Infoplease; Washington Post*

IB... A UNIQUE EDUCATIONAL OPPORTUNITY

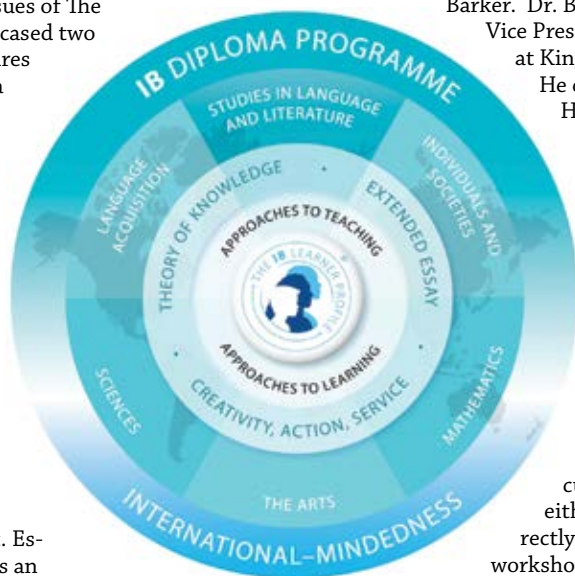
In the last two issues of The Grapevine I showcased two very unique features

of the IB Diploma Program – Creativity Activity Service (CAS) and Theory of Knowledge (TOK). Today I am highlighting the extended

essay (EE). As with CAS and TOK, the EE is mandatory for all IB students and there is no public high school equivalent. Es-

entially, the EE is an independent, in-depth, self-directed research project producing a 4,000-word paper. It is intended to promote high-level research and writing skills, encouraging intellectual discovery and creativity. It provides students with an opportunity to not only engage in personal research but to also show their knowledge, understanding and enthusiasm about a topic of their choice, under the guidance of a supervisor (a teacher in the school). This leads to a major piece of formally presented, structured writing in which ideas and findings are communicated in a reasoned and coherent manner, appropriate to the subject chosen. The completion of the written essay is followed by a short debriefing interview, or viva voce, with the supervisor. The extended essay is assessed against common criteria, interpreted in ways appropriate to each subject. In those countries where it is the norm for interviews to be required prior to acceptance for employment or for a place at university, the extended essay has often proved to be a valuable stimulus for discussion.

Extended Essay workshops have taken place in the past at Horton and were led by Dr. William



Barker. Dr. Barker is the former Vice President and Chancellor at Kings College in Halifax. He did contract work for Harvard University and has also taught English Literature at Dalhousie University. Dr Barker has been instrumental to the great success that Nova Scotia IB students have had with their

extended essays. Horton IB staff and former and current IB students, either directly or indirectly, have found these workshops to be an invaluable experience. A testimonial from a Horton IB graduate echoes these thoughts:

“...the extended essay was also a very effective way to introduce me to writing long, self-driven research papers - a skill that has saved me several hours of work in my first term alone. The extra time and effort I put into my studies during IB have been rewarded by the free time it has provided for me in university. I cannot stress enough how important essay-writing and presentation skills have been in my courses at UNB. I feel like they have been my most important asset coming out of IB, especially since there is no equivalent to the EE or the higher level English assessments in the standard NS curriculum. I have a huge advantage in my courses as a result of these skills.” – Isayah Vidito, BSc Engineering, UNB.

More info can be found at www.hortonhighschool.ca following the “Students” link as well as www.ibo.org

Submitted by Jason Fuller, IB Coordinator, Horton High School jasfuller@nspes.ca

RECIPE | Baked Potato Soup

Stephane Levac, Frais Catering | 902-691-4706 | frais catering.ca

I always like to make soup with ingredients that you can find in your own pantry. I mean, who has the energy to head down to the grocery store, when you have to dig yourself out of three feet of snow? Forget the storm chips, hopefully this recipe will inspire you to look in your own fridge/pantry and create something delicious!

Baked Potato Soup

Makes 6-8 servings

Ingredients:

- 5lbs Russet Potatoes peeled and diced
- 1 Large Onion diced
- 3 Celery Ribs diced
- 6 Slices of Bacon sliced in ¼” pieces
- 8 Cups Chicken Stock
- 250ml Sour Cream plus a few tbsp.
- 250ml Heavy Cream
- Salt & Pepper
- Old Cheddar Cheese grated
- Green Onions sliced

Directions:

In a large stock pot, render bacon until brown and crispy. Remove half the bacon and reserve on a paper towel. Add celery and onions to the pot and cook until softened, about 5-7min. Add potatoes and chicken stock and bring to a boil. Reduce heat and simmer until potatoes have softened, about 45-50min. Remove

from heat and season with salt and pepper. Stir in sour cream and heavy cream. With a hand held blender or blender, puree the soup until desired consistency. If you find that the soup is too thick, add a little more stock or water. Divide in soup bowls and garnish with reserved bacon, sour cream, green onions and serve.



IN REVIEW: Recent Events, Happenings and News

By Emily Leeson

GOING, GOING, GONE! The Wolfville Facebook Adirondack Chair Auction ended on February 6. This was the town’s first ever attempt at an online auction. Bids started at \$35 and a few chairs were sold at well over \$75.

THE ACADIA AXEWOMEN BASKETBALL TEAM defeated the first place Saint Mary’s Huskies 61-58 on February 11. This is the Axewomen’s fourth win in the last six games.

THE TOWN OF WINDSOR was recently transformed into the Town of Winner for a Tim Horton’s Roll Up the Rim to Win promo. Check out the video on Youtube by searching: Town of Windsor, Nova Scotia gets RRRolling!

BERWICK SWAG now available! Town of Berwick hats and scarves can now be purchased at the Berwick Town Hall with \$3 from each sale going to the Berwick Foodbank.

On February 12, Acadia President and Vice-Chancellor Ray Ivany announced that **NS PUBLIC HEALTH WILL PROVIDE MENINGOCOCCAL VACCINE TO ALL ACADIA STUDENTS**. Multiple immunization clinics have been scheduled during the next two weeks. Ivany stresses that Acadia “will strictly adhere to all of the protocols and procedures specified by Nova Scotia Public Health.”

SNOWMAGEDDON. Snowpocalypse. Snowzilla. SnOMG. All of the above. On February 15, the Annapolis Valley was pounded with piles of snow. Pretty much everything was closed, including highway 101. Large areas of the Valley were without power due to the excess of snow and high winds.

THE TOWN OF WOLFVILLE’S EMERGENCY MANAGEMENT COORDINATOR is now on Twitter! Follow @EMO_Wolfville to track emergency issues that may impact the town. Plenty of useful info is tweeted, it was no surprise that on February 15, @EMO_Wolfville was offering Snow Shovelling Safety Tips.



Wolfville on February 15 by James Skinner



“It’s a good day to stay inside and read The Grapevine (or the The Athenaeum)” by James Skinner



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: *Carnivorous Plants*

Did you know that lurking beneath the snow in bogs all across Nova Scotia there are insect-eating plants just waiting for the spring bug season to begin? That's right we have carnivorous plants native to Nova Scotia. These highly intelligent plants get their nutrients from insects rather than soil as they grow in very low nutrient peat environments.

We have insectivorous pitcher plants and sundews growing in our bog at the Botanical Gardens. The pitcher plants sit and wait for their prey to fall into their watery traps, once the bugs are caught they can't crawl back out as there are tiny downward-pointing hairs on the inside of the pitcher or leaf blade that make climbing out impossible. The plants create an



A tropical sundew keeping the insect population in check in the greenhouse at the KC Irving Environmental Science Centre.

enzyme that breaks down the bodies of the insects allowing the nutrients to be available.

Sundews have their own trickery; they have a sticky substance on their leaves that act as traps. You'll have to wait until spring to see these clever native plants, however we also have a small collection of tropical carnivorous plants growing in our greenhouse, which can be viewed at any time.

The greenhouses are open to the public 7 days a week. For more information visit our website: botanicalgardens.acadiau.ca

Melanie Priesnitz
Conservation Horticulturist
Harriet Irving Botanical Gardens
Acadia University, Wolfville, NS

ACADIA PERFORMING ARTS SERIES PRESENTS *Symphony Nova Scotia On February 28*



The Acadia Performing Arts Series presents Symphony Nova Scotia on Saturday, February 28 at 7:30pm at Convocation Hall, in the main administration building at Acadia University in Wolfville. Under the baton of Music Director Bernhard Gueller, the orchestra's feature piece is a Mendelssohn concerto for violin and piano with Terence Tam (violin) and Lorraine Min (piano).

After launching his career across Canada and around the world, former Symphony Nova Scotia concertmaster Terry Tam returns "home" for a rare joint performance with his wife and musical partner, pianist Lorraine Min. This accomplished couple takes on Mendelssohn's Double Concerto, a delightful work that showcases the composer's youthful vivacity and virtuosic talent. And, if you're longing for a bit of spring, Beethoven's "Pastoral" symphony, a warm and expressive journey through nature, is guaranteed to make you think of warmer temperatures and fields in bloom.

THE PROGRAM:

John Adams, Chamber Symphony Mendelssohn, Concerto for Violin and Piano
Beethoven, Symphony no. 6 "Pastoral"

Tickets for this concert are \$34 for adults, \$22 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.

Submitted by Peter Smith, peter.smith@acadiau.ca

Acadia Graduate Student Conference 2015



"Towards a Better Future"

February 27th & 28th

KC Irving Center
Auditorium

Acadia University, Wolfville, Nova Scotia

Keynote:

Dr. Catherine Morley

Department of Nutrition and Dietetics

Come out to the panel sessions to learn more about the multi-disciplinary research happening at AcadiaU.

ALL ARE WELCOME TO ATTEND!

Go to our website for full schedule:
<http://theagsa.ca>



In Vino Veritas

The Acadia Graduate Students' Association

invites you to our 2nd annual

Formal Wine and Cheese Fundraiser

SATURDAY FEBRUARY 28TH

7 PM – 12 AM

WOLFVILLE FARMERS' MARKET

TICKETS: \$10

MUSIC BY: SALTGRASS & THE VALLEY ALL-STAR BAND

BUY TICKETS AT THE WFM OR AT THE DOOR!

OPEN TO ALL ANNAPOLIS VALLEY COMMUNITY MEMBERS, ACADIA FACULTY, STAFF AND STUDENTS
COME OUT AND CELEBRATE THE AMAZING GRADUATE STUDENT RESEARCH, DANCE AND ENJOY LOCAL
WINE FROM AVONDALE SKY WINERY & CHEESE FROM FOXHILL CHEESE HOUSE!

**2nd Annual In Vino Veritas Wine & Cheese
Saturday February 28, 7pm – 12am at the Wolfville Farmers' Market**

To celebrate the end of the Academic Conference, the Acadia Graduate Student Association is hosting its 2nd Annual Semi-Formal Wine & Cheese fundraiser. With live music, snacks, and local wine, this will be a great way to conclude the conference and meet people from the community and from Acadia. Any questions can be directed to AcadiaGraduateStudent@gmail.com. We hope to see everyone there!

The WHO'S WHO:

Anne MacKinnon: Woman Without Borders!

By: Mike Butler

I consider myself extremely fortunate to have the ability to work in the retail field. I know many people who would give away their two thumbs to avoid ever having to work in retail but I, on the other hand, love it because I am very good at it. I chose retail because I would gladly give my two thumbs away to never have to work in any other field! In particular, I put doctors, nurses, and those working in the health care system, on a pedestal for their dedication, hard work, and attraction to a world I know I could never participate in. Anne MacKinnon gave me a deeper appreciation for that kind of hard work and this incredible woman is forever my hero.



says, "I remember sitting at the table with twenty-five other people from all around the world and thinking I was, for the first time, with like-minded people who wanted to go to the 'field' to help less fortunate people in countries that had conflict or natural and man-made disasters"

A side note: My life in retail (aside from our Kentville connection) brought Anne and me together when I sold her two of my favorite lamps during the time I was 'Lighting Store Mike'. When Anne and I sat down for our Grapevine chat recently, her beautiful house had those lamps (and many other wonderful pieces) in it. Oh the small world.... but back to the big world!

I am constantly floored by how small of a world we live in, how we're all connected somehow, and how we trickle in and out of each other's lives leaving little heart prints everywhere. Anne MacKinnon showed me both the small world and the large world connections we have. I am in awe of her work.

Anne MacKinnon grew up in Kentville. Her dad, Rocky Hazel, owned and operated the Valley Drive In and the Paramount Theater (these were staple places in my youth where I spent LOTS of my time and developed my love of film) so her Valley roots run deep. She went to Dalhousie University and received a Bachelor of Science in Nursing. Her very first job was in Neonatal intensive care at the IWK Hospital for Children where she would travel all over the Maritimes to pick up sick newborns. Hearing that right there made me automatically put Anne in a higher realm of super human.

After getting married, Anne worked in New Zealand for two years. On the way back home she traveled through Australia, South East Asia, Singapore, Hong Kong, Bangkok, Japan, and then took the Trans-Siberian railway for three weeks to Europe. This trip inspired her to travel abroad for the rest of her life. Anne eventually settled in Fredericton and raised three sons.

In the back of her mind, she had been harbouring a calling to do medical humanitarian work. After going on short stints to Haiti, she applied to the International Medical Humanitarian organization DOCTORS WITHOUT BORDERS (MSF). After being accepted, she went to Barcelona for a training program. She

Through MSF, Anne has been to India for six months, Liberia for two months, and Ethiopia for three months as well as Malawi for a tropical Pediatric course. Her stories of the living conditions, lack of resources, and the world she saw are both humbling and awe-inspiring. Saying that I am a better person by just knowing someone like Anne, who does this kind of work with sick and underprivileged children and their families, is a gross understatement.

And where has this work taken Anne, besides taking her to a higher state of gratitude for her own health and life? Well, Anne is now with the faculty of Nursing at Dalhousie University. She is also on the Board of Directors for Doctors without Borders Canada, which will include some travel in the near future. And with all the travelling Anne has done, she says this of life in Wolfville, "I am now back in the Valley and I'm so happy to be in Wolfville where I can do my running, play tennis, hike, bike, go to Absolute Health gym, ski, attend Fundy Films, go to the Performing Art Series, be with family and friends... Wolfville just has everything and it's so beautiful in every direction."

Anne, thank you so much for your warmth and generosity in a field of work that requires so much mental, physical, and spiritual strength. I applaud your efforts and after sitting with you, chatting about life, love, and light (literally with the lamps) I am inspired and uplifted. You are a woman without borders! All my best!



Who's Who is Brought to you by
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WINTER MARKET

Wednesdays 10 - 2
Rec Centre, 350 Main St. Kentville

Reconnective Healing
I open the door, and you walk through it -
returning HOME to a State of Balance,
Wholeness and Vitality

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...Eat to the Beat Continued from page 6

West Side Charlie's (New Minas): Brian Byrne (7th) 3-7pm, DJ Billy T (7th) 10pm, Paul Marshall Band (14th) 3pm, DJ Lethal Noize (14th) 10pm

Dooley's (New Minas): DJ Green Dragon (7th, 14th) 10pm

Anvil (Wolfville): DJ Vanz (7th, 14th) 10pm

SUNDAYS:

Pete's Fine Foods (Wolfville): Mat Elliot & Cailun Campbell (8th, 15th) 1pm

Cocoa Pesto (Windsor): Open mic w/John & Krista (8th) 3-6pm

Paddy's Pub (Wolfville): Paddy's Irish Session (8th, 15th) 8pm

MONDAYS:

Edible Art Cafe (New Minas): Carl Boutlier (9th, 16th) 12pm-2pm

Paddy's Pub (Wolfville): Open Mic w/Jason Price (9th), w/Andy and Ariana(16th) 8pm

TUESDAYS:

Edible Art Cafe (New Minas): Carl Boutlier (10th, 17th) 12pm-3pm

Spitfire Arms Alehouse (Windsor): Trivia Nights, \$2 (10th, 17th) 7pm

Paddy's Pub (Kentville) Irish Jam Session (10th, 17th) 8pm

T.A.N. Coffee (Wolfville): Open Mic w/Donna Holmes (10th, 17th) 8-10pm

WEDNESDAYS:

Edible Art Cafe (New Minas): Steve Lee & Ian Brownstein (11th, 18th) 12pm-3pm

Troy Restaurant (Wolfville): Ian Brownstein & Friends (11th, 18th) 6pm

West Side Charlie's (New Minas): Billy T's Karaoke (11th, 18th) 10pm

MUD CREEK ROTARY CLUB

The Mud Creek Rotary Club presents a donation of \$5,000 for the CAREY Me Program managed by Valley Regional Health Foundation. CAREY Me provides financial support to individuals dealing with end-of-life issues who are able to remain at home. Pictured (L to R) are Marilyn Carey, Program Founder; Gerry MacIsaac of the VRH Foundation; Kathie Manko; and Tony Gale, President of Mud Creek Rotary.

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UPCOMING EVENTS

- 🎉 **Mardis Gras Party**
w/ The Mark Riley Duo Band - Fri. Feb 27th, 7pm
- 🎉 **Live Music**
w/ Cody Vokey - Fri. March 6th, 7pm

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Mon - closed, Tues/Wed 12-6, Thurs/Fri 10-6, /Sat 10-5, Sun 12-5



A conversation with Amanda Ferguson & Lindsay Reid from The Rolled Oat Cafe

When did The Rolled Oat open?

We opened in July 2010 so this summer will be 5 years!

Why did you name it The Rolled Oat?

Naming a business is really hard. We didn't have a lot of time to come up with one so I called Lindsay and was like "k we need a name" and she just started saying all these names and we both liked The Rolled Oat.

What's your favourite recipe involving rolled oats?

Amanda - My favourite is our oatcakes. It's my mom's recipe. But the most popular is definitely our oatmeal chocolate chip cookies.

Lindsay - I also love our black bean and oat veggie burger

Why are you in business in Wolfville?

Amanda - I worked at the cafe that was in our spot before the Rolled Oat (The Vegetarian Lunchbox). It was a very spontaneous quick decision to take it over, so we didn't really choose Wolfville. It just happened.

Who eats at The Rolled Oat?

Everybody eats at the Rolled Oat! We have a unique range of customers and we're getting more and more students which is awesome.

Seeing as it's the Chinese New Year this week, what's the best Chinese recipe that you make?

Come in on Friday the 20th and we'll have something ready for you.

I'm not much of a cook, can recipes that call for lamb be easily substituted with ram or goat?

Amanda - I don't know. I've never cooked lamb, ram or goat. I'm not that into meat. Try the internet.

As there are four of you working at the cafe, what's the division of labour (who does what)?

There's only three of us there at one time. Lindsay and I do most of the cooking and all the baking. It's kinda like we all know what needs to be done so we just do it.

What's your most popular special?

Our pad thai.

Why aren't you open for supper?

We thought about it after we first opened, but now we have kids and it's nice to not have to work 10-12 hours a day.



WOLFVILLE'S BUSINESS BUZZ

Upcoming Events:

Wolfville Magic Winery Bus WBDC Member Information Session

Wednesday, February 25, 2015 commencing at 6:30pm, Studio Z, Al Whittle Theatre. Presentation of 2014 guest and economic impact survey by Donna Sears, Assistant Professor, F.C. Manning School of Business Acadia University plus a sharing of ideas for how Wolfville businesses share in the benefits from our wine bus visitors.

Wolfville Business Monthly Mid-Week Mingle

WHEN: Third Wednesday of each month from 4:30 - 6pm

WHERE: Pete's Mezzanine (for the winter months until Wednesday Farm Market resumes in May.

Light refreshments and snacks will be provided. Facilitated by Elsie of Wetmore Counselling and supported by the Wolfville Business Development Corp. We look forward to having you join us - a warm welcome awaits!

Monthly WBDC Board of Directors Meeting

WHEN: Second Thursday of each month commencing at 8 am

WHERE: Meeting locations vary. If you would like to host a meeting contact WBDC Office.

Board Business Highlights:

- Mayor Jeff Cantwell has joined the Board as a director representing the Town of Wolfville.
- Executive committee working on goals for the next six months including governance, communication and member engagement.
- Wolfville recognized by Vacay.ca as a top 20 Canadian destination. Wolfville to be featured in Atlantic Business Magazine in March.
- New Wolfville BuzzTown page has been launched in The Grapevine and will occur monthly. It will feature Wolfville businesses and provide useful information.
- Board has completed its annual review of Executive Director.
- Continued commercial development on the east end of Main Street expected this year.
- \$15M redevelopment announcement for Wolfville School is great news for the community.
- Town has begun a review of its parking inventory and policies.
- Danielle Campagne of La Louve Home Interiors has volunteered as the retail representative on the Town's Mobile Vending By-Law working group.
- Town Centre parking lot has been leased to the Town. Town now responsible for its operation and maintenance.

What are a few things you'd like people to know about The Rolled Oat?

Amanda - We try our best to make awesome simple food and to accommodate specific diets and requests. So if you haven't tried our food yet you should probably come on in!

Lindsay - The Rolled Oat is a big supporter of local artists. Our walls are covered with beautiful art (for sale) made by local artists and we sell CDs for many Valley musicians. Also we've been making a lot of specialty cake orders as people are seeing our baked goods on Facebook and Instagram.

What fortune advice would you give?

Amanda - "Don't litter"

Lindsay - Play along with our new Instagram Challenge! Post a photo of any of your rolled oat food with the hashtag #GVRolledOat and we will randomly pick a winner.

The Rolled Oat Cafe
420 Main Street, Wolfville
(902) 542-9884 / therolledoat@yahoo.ca
/ therolledoat.com / @therolledoat



Photos courtesy of Mark Davidson

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AT THE BOOK FAIR IN HALIFAX last weekend the Atlantic Independent Bookseller's Association rallied together to attend the public information session regarding Nova Scotian tax reform; specifically to protest the recommendation to raise consumption taxes on printed books. We were by far the largest special interest group represented, and we took the opportunity to argue passionately against this proposal, which would generate paltry revenue and negatively affect our province's literary community. You still have until the end of February to voice your concerns about this, so get in touch with your MLA or write to taxreview@novascotia.ca and let our government know that we won't stand for taxing literacy.

FEBRUARY 22 - 28 IS FREEDOM TO READ WEEK, an annual event that encourages Canadians to think about and reaffirm their commitment to intellectual freedom, which is guaranteed them under the Charter of Rights and Freedoms. Organized by the Freedom of Expression Committee of the Book and Periodical Council of Canada, find out more at freedomtoread.ca.



HARPER LEE'S "NEW" NOVEL GO SET A WATCHMAN is set to be published in July and we are now accepting pre-orders! This controversial release from Harper Collins is sure to be the literary buzz of the summer. Contact the bookshop to reserve your copy now.

OUR RESIDENT AUSTRALIAN VOLUNTEER KATE

has been working hard to revamp and update the bookshop's web presence. Please check out our updated website, boxofdelightsbooks.com to find out how your local indie can work for you and check out our must-read reviews!

"What a miracle it is that out of these small, flat, rigid squares of paper unfolds world after world after world, worlds that sing to you, comfort and quiet or excite you. Books help us understand who we are and how we are to behave. They show us what community and friendship mean; they show us how to live and die."

— ANNE LAMOTT

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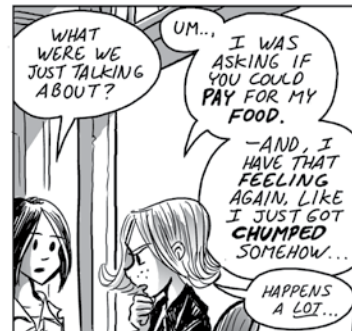
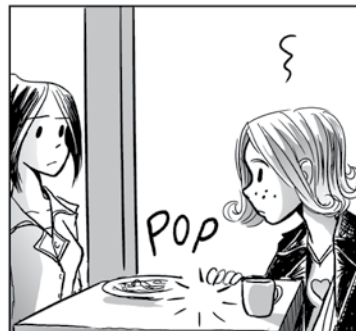
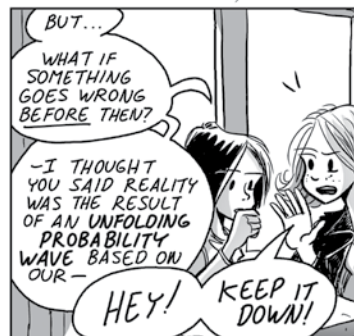
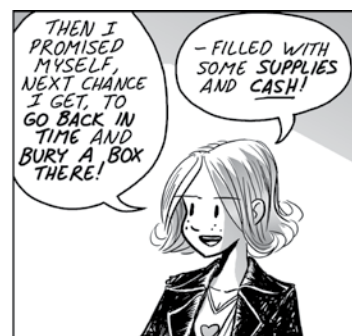
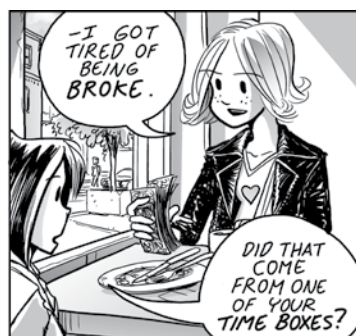


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Mommy

Wednesday, February 25: 7 p.m.

Big Eyes

Sunday, March 1: 4 & 7 p.m.

The Secret Trial 5

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WHAT'S HAPPENING FROM FEBRUARY 19 – MARCH 5, 2015

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Unless otherwise stated, please dial 902
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THURSDAY, 19 – Chinese New Year!

Adult Ceilidh Fitness – Community Hall, Greenwich 7–8pm. Also Feb. 26 & March 5 • A fun hour of simple steps and sensational music! **TIX:** \$50 for 8 weeks, \$10 drop-in **INFO:** 582-1786 / info@webstersdance.com

Non Duality Meet Up – Manning Memorial Chapel, Wolfville 7pm. Also March 5. • Nonduality is the sense that all things are interconnected while at the same time all things retain their individuality. Strive for a bigger perspective on life, a greater sense of freedom, and more stable happiness. Join our discussion. **TIX:** no charge **INFO:** 401-3973 / smodayur@gmail.com

Cinéma Politique – Studio-Z, Wolfville 7–9pm • Author Michael Harris recently published PARTY OF ONE, a book that outlines Stephen Harper's work in changing Canada as we knew it. A video presentation to stimulate discussion around our thoughts about what Harper has done to Canada, and what we might do to support more progressive politics. Sponsored by WAPP (Wolfville Advocates for Progressive Politics). **TIX:** donation **INFO:** 678-3748 / cinopolitique@gmail.com

Cambridge Music Jam – Community Center, Cambridge 7–10pm • 50/50 Draw. Donations to our refreshment table are greatly appreciated. Come enjoy the music. **TIX:** donation **INFO:** 538-9957 / gands@xcountry.tv

FRIDAY, 20

Fibre Ops Friday – Library, Windsor 10am–12pm. Also Feb. 27 • For knitters, crocheters, hookers, spinners, and weavers. Bring your own project. **TIX:** no charge **INFO:** 798-5424 / windsor@valleylibrary.ca

Jam Session – Royal Canadian Legion, Wolfville 7:30pm • Wolfville Legion Jam Session every third Friday of the month. Local talent. Proceeds for the Legion **TIX:** \$2 **INFO:** 542-3314

Axemen Basketball – Acadia Athletic Complex, Wolfville 8pm (6pm women's) • VS UPEI **TIX:** no charge for students with ID **INFO:** acadiaathletics.ca

SATURDAY, 21

Good Neighbour Breakfast – Community Hall, Centreville 7–10:30am • Eggs, bacon, sausages, juice, coffee, tea, homemade beans, homemade hashbrowns, toast, etc. Everyone welcome. **TIX:** donation **INFO:** 678-3999

Breakfast – Lions Club, Wolfville 7–10am • Scrambled eggs, pancakes, sausage, bacon, beans, hash browns, toast, tea, coffee, juice. Everyone is welcome! **TIX:** \$6 adults, \$3 children under 10 **INFO:** 542-4508 / wolfvillelionsclub@hotmail.com

Lunar New Year Celebration – Farmers Market, Wolfville 8:30am–1pm • Celebrate The Year of the Goat. Acadia Chinese Students and Scholars Association create with colourfully festive events: children's crafts, dragon dancing, delicious flavours by vendors, Chinese music and more. Wear red for good fortune. **TIX:** no charge **INFO:** 697-3344 / manager@wolfvillefarmersmarket.ca

YNC Acadian Forest Snowshoe – Wild Roots Nature Education Centre, Berwick 10am–12pm • The Berwick Young Naturalists Club explores the changing Acadian Forest with Dr. Nick Hill. E-mail to register your children and bring the whole family. Geared for children 7+, snowshoes provided if requested. Younger kids may need to be sledded into the site. **TIX:** no charge **INFO:** marina_myra@hotmail.com

Winter Frolic – Northville Farm Heritage Centre, Billtown 10am–3pm • Horse-drawn sleigh rides, hot chocolate, wiener and marshmallow roast, blacksmithing demo. Bring your sleds and toboggans, kids! Storm date: Feb. 22 **TIX:** donation **INFO:** info@northvillefarm.ca

Wolfville Orchid Display – K.C. Irving Environmental Science Centre, Wolfville 10:30am–4pm • **TIX:** no charge **INFO:** 542-5972 / jutacab@gmail.com

Valley Stamp Club – Community Centre, Port Williams 1:30–3:30pm • Meeting, presentation and auction. Visitors welcome. **TIX:** \$6 annual dues, \$1 per meeting. **INFO:** 665-4577 / stamps@eastlink.ca

Coldest Night of the Year (for Open Arms) – Kentville Fire Hall, Kentville 4pm registration, 5:15pm walk begins • A 5km or 10km walk in support of Open Arms, serving people living with poverty in Annapolis Valley. Your involvement in this walk impacts hundreds of lives in a positive way, helping build a bright future that once seemed out of reach. Between 6–8pm a warm, light meal will be served to all walkers and volunteers. **TIX:** \$25 registration fee, waived if you raise \$150 (adult) or \$75 (youth) **INFO:** coldestnightoftheyear.org/location/annapolisvalley

Concert: The Hupman Brothers/Caleb Miles – United Church, St. Croix 7:30–10pm • This trio has shared the stage many times together with fans enjoying their collaborations on songs. **TIX:** \$10 at door **INFO:** hupmanbrothers@hotmail.com

Broken Leg Theatre: Snow – Al Whittle Theatre, Wolfville 8–10pm • Featuring: Andy Flinn, Caravan Theatre, tap, flamenco, acro, & ballet acts, Suzanne Balcom, The Dead Sheep Scrolls, Dianne Looker; and more! BLT is a theatrical variety show much like "Night Kitchen" – but mostly theatrical acts. Drama, comedy, musical theatre, dance. **TIX:** \$10 at door/email **INFO:** Donna, iwakichick@hotmail.com

CK vs. RCMP Hockey Game – Kings Mutual Century Centre, Berwick 8–10pm • 50/50 draw after 2nd period. To support CK safe grad **TIX:** \$5 **INFO:** 538-4700 / slksmith@nspes.ca

Mike Aubé Live Recording – SoundMarket Recording Studios, Wolfville 8–10pm • Valley folk favourite Mike Aube unveiling new songs and trying out his ukelele and tenor guitar skills in an intimate setting. Limited seating. **TIX:** \$10 in advance @ Box of Delights or SoundMarket, \$12 at door **INFO:** 542-0895 / kory.bayer@gmail.com

African Heritage Month Celebration – Louis Millet Community Complex, New Minas 8pm–12:30am • Celebration to honor African Nova Scotian community members that have made a difference. **TIX:** \$10 @ Black Educators Association Valley office (136 Exhibition St., Kentville), and KAAEC committee members **INFO:** 678-3390 / regedsecretary@ns.sympatico.ca

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

SUNDAY, 22 – Oscars!

Ticket Auction – Heritage Hall, Coldbrook 10am–2pm • Over a hundred items, canteen on site, 50/50. Profits for Acadia students to travel on Global Brigade mission. **TIX:** \$1 per 20 tickets **INFO:** vanda@staff.ednet.ns.ca

Brunch With Friends – Churchill House, Hantsport 11am–1pm • Support the Save Hantsport Public Library Campaign. Limited seating, contact us for advance tickets. **TIX:** \$10 **INFO:** 684-4005 / thefhpl@gmail.com

Scotian Hiker: Planters Ridge Winery Snowshoe – 1441 Church St, Port Williams, 12–3pm • Downhill through the vineyard and trek out onto the dykeland; there is no formal trail, so we have lots of options (and plenty of snow!). Bring water, energy snacks, and dress in layers, (bring wind protection). Optional wine-tasting, check the website on event morning in case of changes. **TIX:** no charge for snowshoeing, \$5 for wine-tasting **INFO:** scotianhiker.com

Everyday Citizenship: Community Discussion Series – Box of Delights Book Shop, Wolfville 1pm • Speaker: Jan Tait on Health, The Body, and Osteopathy. Refreshments provided. Feel free to bring your own chair! See page 11. **TIX:** no charge **INFO:** 542-9511

Kings-Hants NDP Nomination – Lions Club, Wolfville 1–4pm • 2015 Federal Election - pick your Kings Hants NDP candidate! **TIX:** no charge **INFO:** Kings-HantsNDP@hotmail.com

Country Music Show – Fire Hall, Waterville 2–4pm • The Nova Scotia Country Music Hall of Fame hosts. Performances by: Joyce Seamone, Matt Balsor, Floyd Spicer & Jo-Ann Newman, Matt Lun, Graham Moorehead, and Ruth Manning. **TIX:** \$10 **INFO:** rmanning@bellaliant.net

Fundy Film screens MR. TURNER – Al Whittle Theatre, 4 & 7pm • Timothy Spall's masterful performance and Mike Leigh's brilliant direction help create this engaging biopic that explores the final 25 years in the life of the great, if eccentric British painter, J.M.W. Turner. Four Oscar nominations! See ad p. 11. **TIX:** \$9 **INFO:** 542-5157 / info@fundyfilm.ca

Concert: Old Man Luedecke & The Good Lovelies – Mermaid Imperial Performing Arts Centre, Windsor 7pm • Luedecke's narrative driven folk songs are playful, coy and soul warming. His collection of songs are artfully crafted, and tenderly performed. Funny and upbeat, with just a pinch of sass, the Good Lovelies' textbook three part harmonies, constant instrument swapping and witty stage banter have enlivened the folk music landscape. See poster page 16. **TIX:** \$25 advance, \$28 door @ Windsor Home Hardware & all Ticketpro outlets (ticketpro.ca) **INFO:** 798-5841 / puppets@mermaidtheatre.ca

Health and Fitness Dance Program – Louis Millet Community Complex, New Minas 7–8:30pm • Latin, Ballroom and Social dance practice. Informal opportunity to practice and improve your dancing skills. One half hour basic instruction (7–7:30pm), everyone welcome. **TIX:** \$2 **INFO:** Glenda, 542-5053

Oscars Night Party – Al Whittle Theatre, Wolfville 9:30pm • Watch the Academy Awards on the big screen!! Doors will open immediately following Fundy Film's screening of Mr. Turner. Dress up and be eligible for a door prize!! Stay through the full show and dish the fashion and Hollywood dirt with your friends and neighbours. **TIX:** no charge **INFO:** 542-3344 / manager@alwhittletheatre.ca

MONDAY, 23

Taoist Tai Chi – Town Hall, Berwick 6–7:30pm • The Taoist Tai Chi™ class teaches beginning and continuing students the ancient art of tai chi. Mondays 6–7:30pm Beginners & Continuing. **TIX:** \$125 adults, \$110 students/seniors (4 months) **INFO:** 678-4609 / kentville@taoist.org

Town Council Meeting – Council Chambers, Kentville 7pm • Open to the public. **TIX:** no charge **INFO:** kentville.ca/town-hall/town-council

Love Thyself into Wellness – Kings Arms Pub, Kentville 7–9pm • Talk Life Community presents spiritual psychotherapist and author, Connie Robichaud. Focusing on matters of the heart and how the combination of emotional and physical wellness of the heart is crucial for our overall wellbeing. **TIX:** \$20 **INFO/Reg:** Lia, 680-5331 / talklifecommunity@gmail.com / Laura, 678-1562 / lauracd@ns.sympatico.ca

FarmWorks Gentle Dragons in Berwick – Kings Mutual Century Centre, Berwick 7–9pm • Hear from people starting or growing food related businesses and to learn how you can help support these and other businesses that are contributing to healthy farms and healthy food. **TIX:** no charge **INFO:** 542-3442 / lbest@ns.sympatico.ca

Learn to Dance ORO! Orkestra style – Curling Club, Wolfville 8–9:30pm • Rescheduled from Feb. 16. Want to dance? ORO! Orkestra (Wolfville's Turko-Balkan folk dance party band) offers the second of three extra-special winter teaching sessions, in preparation for the next live musik dance party! Led by dancer Heidi Kalyani. **TIX:** \$5 **INFO:** oro.orkestra@gmail.com

TUESDAY, 24

Wintertime Storytime – Memorial Library, Wolfville 10–11am • Kids age 3-5 and their caregivers join us for wintertime stories, songs and fun. **TIX:** no charge **INFO:** 542-5760 / valleylibrary.ca

Painting Circle – The Bread Gallery, Brooklyn 10am–2pm • The Hants County Arts Council re-launches weekly circles. W/support from the ArtsVest program, open to all. **TIX:** no charge **INFO:** 757-3377 / hcacinfo@gmail.com

Planning Advisory Committee – County of Kings Municipal Complex, Kentville 1–4pm • Review of Draft MPS/LUB - Agriculture Priority Designation **TIX:** no charge **INFO:** 678-3335 / kings2050@countyofkings.ca

LegoRama – Library, Windsor 3:30–4:30pm. Also March 3 • After school Lego for children ages 5-10. LEGO provided. **TIX:** no charge **INFO:** 798-5424 / windsor@valleylibrary.ca

Taoist Tai Chi – Lions Club, Kentville 6–9pm • Beginners 6–8pm, Continuing 7–9pm; Thursdays Beginners 11:30–1pm, Continuing 12–1:30pm. **TIX:** \$125 adults, \$110 students/seniors (4 months), \$300 Continuing for year **INFO:** 678-4609 / kentville@taoist.org

FarmWorks Information – Local No. 9 Valley Food Store, Avonport 7–9pm • Visit one of FarmWorks newest clients, meet the directors and learn how you can help support local farms and food producers in Nova Scotia. **TIX:** no charge **INFO:** 542-3442 / lbest@ns.sympatico.ca

A Night of Adventure – Just Us!, Studio Z, Wolfville 8pm • An international talk about one man's journey through part of the Sahara Desert, travelling with a tradition Camel Salt Caravan. Fritz walked nearly 1500km over 37 days to a salt mine with a group of nomadic people. **TIX:** no charge **INFO:** 698-9364 / greenradventures@gmail.com



VALLEY EVENT TICKET GIVEAWAY: CHANCE TO WIN 2 TICKETS TO:
The Great Gatsby Gala and Auction! Saturday March 7, 7:30pm, Louis Millet Community Complex, New Minas. Draw date: Monday, March 2 Enter all draws: valleyevents.ca/win

WEDNESDAY, 25

Cozy Corner Storytime – Library, Hantsport 10:30–11:30am • A fun-filled hour of stories, rhymes, games and crafts. For preschool aged children and their caregivers. **TIX:** no charge **INFO:** 684-4005 / valleylibrary.ca

Babies and Books – Library, Windsor 10:30–11am. Also March 4 • One-on-one time for babies (0-24 mos.) & their caregivers with stories, songs, rhymes & social time. **TIX:** no charge **INFO:** 798-5424 / windsor@valleylibrary.ca

Winter Blahs Dessert and Card Party – Avon United Church, Hantsport 1–4pm • Call to book a table. **TIX:** \$5 **INFO:** Wheet, 684-3598 / Louise, 684-1134

Kidz Zone, LEGO Mindstorms Robotics – C@P Lab, Wolfville 3:30–5pm • Work in a group to build a robot and program it to do some pretty amazing things. Ages 9-13, please pre-register. **TIX:** no charge **INFO:** 542-5760 / wolfvillecap@valleylibrary.ca

Wolfville Magic Winery Bus WBDC Member Information Session – Studio Z, Al Whittle Theatre, Wolfville 6:30pm • 2014 guest and economic impact survey by Donna Sears and a sharing of ideas for how Wolfville businesses share in the benefits from our wine bus visitors. **TIX:** no charge **INFO:** wolfvillemagicwinerybus.ca

Fundy Film screens MOMMY – Al Whittle Theatre, 7 pm • With two 2014 Cannes awards and a Palme d'Or nomination, Xavier Dolan's latest feature is about a feisty widowed single mom burdened with the full-time custody of her unpredictable 15-year-old ADHD son. As they struggle to make ends meet, the peculiar new neighbour across the street, Kyla, offers help. Together, the three find a balance. See ad p.11. **TIX:** \$9 **INFO:** 542-5157 / info@fundyfilm.ca

Wolfville Historical Society – Beveridge Arts Centre, Rm. 132, Acadia 7pm • Speaker Dr. A. J. B. Johnston, Canadian Historian and Novelist speaks on "History and Fiction" and give the background to his Thomas Pichon novels. **TIX:** no charge **INFO:** 542 9775 / Randallhouse@outlook.com

CFUW Wolfville – Manning Memorial Chapel, Acadia 7:15pm • Club night is a "show and tell" by members of the various CFUW interest groups, as well as a fundraiser for our Conference Fund. Refreshments, all welcome. **TIX:** no charge **INFO:** 798-0028 / lbrannen@ns.sympatico.ca

Wellness Wednesday – Community Hall, Millville 7:30–8:30pm • Come experience the Isagenix difference. All are welcome. **TIX:** no charge **INFO:** 840-1562 / cadavis@nspes.ca

THURSDAY, 26

Knitting/Fibre Circle – The Bread Gallery, Brooklyn 10am–2pm • The Hants County Arts Council re-launches weekly sessions. Open to the public. **TIX:** no charge **INFO:** 757-3377 / hcacinfo@gmail.com

Fun and Fables – Library, Windsor 10:30–11:30am. Also March 5 • One-on-one time for preschoolers (2-5) & their caregivers. **TIX:** no charge **INFO:** 798-5424 / windsor@valleylibrary.ca

Soup Luncheon – Kings Presbyterian Church, New Minas 11am–1pm • 8 homemade soups, rolls, desserts and beverages. **TIX:** donation **INFO:** 681-1333 / kingschurch@ns.aliantzinc.ca

Afterschool Art for Kids – Memorial Library, Wolfville 3:15–4:15pm • Ages 8+. Book

illustration techniques, mixed media collage. **TIX:** no charge **INFO:** 542-5760

Family Movie Night – Kings County Academy, Kentville 6–8pm • Big Hero 6! Bring your camp chair and a blanket. 6:30pm show time, canteen available. Parents responsible for their children and are required to stay with them. Open to all, funds to the PTA. **TIX:** donation **INFO:** 678-1562 / lauracd@ns.sympatico.ca

Data Visualization – Patterson Hall, Acadia 6–9pm • Instructor: Phil Renaud. Purpose: To introduce the basics of data visualization, its history, methodologies and tools. To present demonstrations and allow the participants to experience one or more visualization tools using sets of canned data. Bring laptop and be comfortable with Excel & web browsers. Register by Feb. 25. **TIX:** no charge **INFO:** 585-1777 / wesley.booth@acadiau.ca

Lecture: Slavery in Nova Scotia – K.C. Irving Centre, Acadia 7pm • In commemoration of African Heritage Month. Dr. Whitfield is a well-known expert in the history of the Black population in the Maritime colonies and will discuss slavery in the region before 1783 in the wider context of the British/French Atlantic world. All Welcome. Refreshments to follow. **TIX:** no charge **INFO:** 585-1289 / gillian.poulter@acadiau.ca

Awesome Annapolis Valley Pitch Night – Louis Millet Community Complex, New Minas 7–8pm • Got an awesome idea? Want to bring it to the Annapolis Valley? We invite everyone to our second ever pitch night! Each contender has 4 minutes to convince our trustees your idea is most deserving. Open to all. **TIX:** no charge **INFO:** 300-7335 / hello@awesomeannapolisvalley.com

Multiple Sclerosis Meeting – Sobeys, New Minas 7:30–9pm • Regular Monthly Meeting. **TIX:** no charge **INFO:** 684-3364 / alleeta@hotmail.com

FRIDAY, 27

2nd Annual AGSA Academic Conference – K.C. Irving Centre, Acadia 9am–5pm. Also Feb. 28 • The Acadia Graduate Student Association multidisciplinary research conference. There's plenty of interesting research being done at Acadia, an opportunity to hear what others are up to! Keynote speaker: Catherine Morley. Open to everyone. See page 8. **TIX:** no charge **INFO:** AcadiaGraduateStudent@gmail.com / theagsa.ca

Documentary: To Light A Candle – Maziar Bahari – Al Whittle Theatre, Wolfville 7–10pm • Part of a February 27 global campaign titled "Education is Not a Crime" being organized by Maziar Bahari whose imprisonment in Iran is featured in a major motion picture, "Rosewater", produced by Jon Stewart. Inspired by the resilience of the Baha'i Community in the face of unrelenting persecution. Q & A to follow. **TIX:** no charge **INFO:** 237-2646 / mfi.bbliss@gmail.com

Open Mic w/Tony & Lennie Barkhouse – Royal Canadian Legion, Canning 8–11:30pm • Come enjoy some fun and music. **TIX:** \$5 **INFO:** 582-7246

SATURDAY, 28

Breakfast – Royal Canadian Legion, Wolfville 7:30–10am • Bacon, eggs, hash browns, beans, toast, juice, tea and coffee. Everyone welcome. **TIX:** \$6 **INFO:** 542-3314

Craft Fair – Lions Club, Berwick 10am–4pm • Get out of the winter blues. Proceeds to

Make-A-Wish Atlantic Provinces. **TIX:** \$2 **INFO:** kel_lyn_eve@hotmail.com

Music: Gloryhound – Moe's Place Music, Windsor 1–3pm • Artist Of The Month Series showcases local, fast-rising Canadian rock band. An intimate acoustic performance. **TIX:** no charge **INFO:** 798-5565 / info@moesplace.ca

Heart's Delight Dessert Social – United Baptist Church, Port Williams 2–4pm • Chocolate fountain and cakes, steeped tea. Proceeds support the church. **TIX:** \$5 **INFO:** 542-3495 / office@pwubc.org

Heritage Banquet – Royal Canadian Legion, Windsor 6–11pm • Julian Gwyn discusses Swords and Plowshares: the effects of WWII on Nova Scotian agriculture. Beef dinner served at 6:45pm. **TIX:** \$25 @ Home Hardware, Readers Haven Bookstore, and Daniels Flower Shop (all Windsor). **INFO:** Elliott, 798-1065 / West Hants Historical Society, 798-4706 / whhs@ns.alaintzinc.ca

Music Night – Baptist Church, Coldbrook 6:30pm • Featuring Pastor Phil Williams from Woods Harbor. Free will offering, refreshments to follow. **TIX:** donation **INFO:** 679-0112 / coldbrookbaptist.weebly.com

A Musical Evening – Fire Hall, Canning 7pm • A musical evening with the Fieldwood Heritage Society. Entertainment w/Liam Potter, Sam Powers, Cooper's Monkeys. **TIX:** free will offering **INFO:** 582-7873 / fieldwoodhs@gmail.com

Variety Show – Community Hall, Burlington 7pm • Family friendly variety show: Country Kids, Darrin & Monica Beaton, Carl Vroom, Cuckoo Moon, Pete Adams, Lustre Brothers and more. Proceeds for hall renovations. **TIX:** donation **INFO:** Anna, 538-3234 / Adam, 698-9206

In Vino Veritas – Farmers Market, Wolfville 7pm–12am • The Acadia Graduate Student Association (AGSA) hosts second annual In Vino Veritas wine and cheese fundraiser. Music by Saltgrass and the Valley All-Star Band, wine for purchase from Avondale Sky Winery. See page 8. **TIX:** \$10 at Wolfville Farmers' Market or at door **INFO:** acadiagraduatestudent@gmail.com

Symphony Nova Scotia – Convocation Hall, Wolfville 7:30pm • Concertmaster Terry Tam returns "home" for a rare joint performance with his wife and musical partner, pianist Lorraine Min. Mendelssohn's Double Concerto and hear Beethoven's "Pastoral" symphony. See page 8. **TIX:** \$34, \$22 students @ Acadia Box Office 1-800-542-TICK **INFO:** 585-1282 / pas@acadiau.ca

Concert: Fortunate Ones & Del Barber – Evergreen Theatre, Margaretsville 8–10:30pm • Canadian pop-folk duo with wide-eyed energy and pragmatic optimism. Del Barber sings from the heart about his roots, telling tales from the road. **TIX:** \$20, \$10 students **INFO:** 825-6834 / evergreentheatre@gmail.com / evergreentheatre.ca

Rock & Roll Burlesque – Al Whittle Theatre, Wolfville 8–11pm • The spirit of blues, swing and rockabilly is alive and well in eastern Canada. Chris Martin Trio, The Green Reflectors, Miss Magenta, and Aurora Wilde. Host Buster Price. Prizes and a small pop shop selling vintage fashion, records, tees & cds **TIX:** \$15 **INFO:** tiffany@letsriotmusic.com

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

SUNDAY, 1

Snowshoe Races – The Gorge, Kentville 11am (Registration opens 9:30am) • Trailhead located at the end of Gladys Porter Dr. located off of Park St. across from the baseball fields. 2.5KM, 5KM and 10KM distance options. Walk, jog or run your race. Ages 10 and up. **TIX:** \$20 adult, \$10 youth ages 10–16 **INFO:** race@trailflow.ca

Fundy Film screens BIG EYES – Al Whittle Theatre, 4 & 7pm • Tim Burton's biopic centres on the awakening of Margaret Keane (Amy Adams) as an artist and her tumultuous relationship with her husband who was catapulted to international fame because, while he was taking credit for her work, her enigmatic paintings of waifs with big eyes became a phenomenal success. Adams won the Golden Globes Best Actress award. See ad p. 2 **TIX:** \$9 **INFO:** 542-5157 / info@fundyfilm.ca

TUESDAY, 3

Committee of the Whole – Town Hall, Wolfville 9am • **TIX:** no charge **INFO:** wolfville.ca

Soup Luncheon – Orchard Valley United Church, New Minas 11:45am–1pm • Hamburger or mushroom soup. **TIX:** \$8 **INFO:** 681-0366 / tperrin@OrchardValleyUnited.ca

Public Hearing and Municipal Council – County of Kings Municipal Complex, Kentville 6pm • **TIX:** no charge **INFO:** 1-888-337-2999

Wolfville & Area Newcomers's Club – Farmers Market, Wolfville 7:30pm • Speaker: Beth Lenentine, manager of the Coldbrook Biodiversity Facility - a live gene bank program for endangered stocks of wild Atlantic salmon. Everyone welcome. **TIX:** no charge **INFO:** wolfvillenewcomers@hotmail.com / wolfvillenewcomers.org

WEDNESDAY, 4

Fundy Film screens: THE SECRET TRIAL 5 – Al Whittle Theatre, 7 pm • Five men have spent nearly 30 years combined in Canadian prisons. They saw no evidence against them nor were they charged with any crime. This documentary about the human impact of the "War on Terror" offers a sobering examination of the Canadian government's use of the security certificate, a Kafkaesque tool allowing for indefinite detention without charges, based on evidence not revealed to the accused or their lawyers. Raises poignant questions about the balance between security and liberty. See ad p.11. **TIX:** \$9 **INFO:** 542-5157 / info@fundyfilm.ca

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Weekly Events

PLEASE NOTE: Event information may change without notice

Thursdays

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

Brown Bag Lunch — Fountain Learning Commons, Great Hall, Wolfville 12–1pm. **February 26 Speaker:** Carolyn Mallory **Topic:** Arctic Field Camp & Nunavut Biodiversity **Special Location:** Seminary House Room 242 (main floor) **March 5 Speaker:** Sarah Hayes **Topic:** Osteopathy **TIX:** no charge *INFO:* 585-1434 / allinfo@acadiau.ca / all.openacadia.ca

In the Round Knitting Group — Gaspereau Valley Fibres 1–4:30pm. Also Tuesdays 6–9pm. *INFO:* 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:* \$5 *INFO:* Robin, 698-6309

Yoga — White Rock Community Centre, 6:30–7:30pm. *FEE:* \$2 drop in fee *INFO:* 542-3109 / dianneandjohn@eastlink.ca

Introductions – An Open Mic — Just Us! Cafe, Wolfville, 6:30–8pm. Come listen to or share songs, slams, or stories. *FEE:* no charge *INFO:* kathy@justuscoffee.com

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

Boardgame Night — C@P Lab, Wolfville Public Library, 7pm. Bring your games! Ages 12+ *FEE:* no charge. *INFO:* 790-4536 / turpin56@gmail.com

Fridays

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

Chase the Ace — Royal Canadian Legion, Berwick 5pm. Chase the Ace drawn at 7:15pm, light supper served 5–7pm **TIX:** \$5 per person, \$5 supper *INFO:* 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

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

Feb. 21 Music: Chantal Peng (Lunar New Year Celebration)

Feb. 28 Music: Angela Riley
INFO: wolfvillefarmersmarket.ca

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

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

Flea Market — Kentville Legion 8am. Until May 9. 50/50, kitchen open, everyone welcome. *FEE:* \$5 tables *INFO:* 678-8935

Free Community Swim — Acadia Athletic Complex, Wolfville 3–4pm. Until end of March. Everyone is invited! Funded by the Department of Health & Wellness THRIVE! Program. *FEE:* no charge *INFO:* 542-0368 / KOuterleys@wolfville.ca

Social Ballroom Dancing — Community Centre, Port Williams 3–5pm. Practice your existing dance skills and learn new group dances. *FEE:* \$17.50 per membership per semester, or \$5 per session drop-in fee per couple. *INFO:* Alan, 678-0375 / DanceTime_PortWilliams@hotmail.com

Acadia Improv — Student Union Building (basement), Acadia 7pm *INFO:* colinmcguire@live.ca

Mondays

Free Community Walking/Running — Acadia Athletic Complex, Wolfville 6–9am & 6–9pm (Mon. to Fri.). On the indoor & outdoor track. *FEE:* no charge *INFO:* 542-0368 / KOuterleys@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, drop-in *INFO:* Susan, 542-4448

Fitness Classes — White Rock Community Centre, 10:30–11:30am. Also Tuesdays. *FEE:* \$2 drop in fee *INFO:* 542-3109 / dianneandjohn@eastlink.ca

Fiber Ops — Hantsport Library, Every second Monday, 3–4:30pm, Until Spring (next: Feb. 23). Chat & Knit, Stitch, Hook or Weave. Bring your project & join this friendly group. All levels of experience welcome! Light refreshments served. *INFO:* hantsport@valleylibrary.ca

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

Toastmasters — 2nd Floor, Irving Centre, Acadia 6:30–8pm. Communicative skills to enhance peaceful and effective dialogue. *INFO:* Chris, 691-3550 / vppr.wolfville.tm@gmail.com

Darts (mixed league) — White Rock Community Center, 7pm. *INFO:* Garf Langille, 542-7073

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:* 365-2409

Tuesdays

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

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

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

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

Yoga for Teens — Wolfville Recreation, 7 Victoria Ave. After school until 5pm, until April. W/Kelly Sheehan. Students in grades 5–9 are invited to enjoy the many benefits of yoga and mindfulness. **TIX:** no charge *INFO:* wolfville.ca / facebook.com/wolfvillerecreation

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

Learn Irish Music — Paddy's Pub (upstairs), Kentville 7–8pm. Bring your instrument & learn to play traditional music in a relaxed, convivial setting. *FEE:* no charge *INFO:* 697-2148 / slowsession@outlook.com

Valley Scottish Country Dancers — 125 Webster St., Kentville, 7:30–9:30pm. Second term: Feb. 10 – May 12. All levels, no partners needed. *FEE:* \$6/class, \$60/term. *INFO:* keppie@eastlink.ca / vscd.info

Card Party (45's) — White Rock Community Center, 7:30pm. Until April 21. *INFO:* Deanna Schofield, 542-7234

International Folk Dance — Wolfville Curling Club (upstairs), 7:30–10pm. Until June. Traditional circle & line dances from the Balkans & the Middle East. Expert instruction. No previous experience necessary. *FEE:* \$5 regular, \$3 students *INFO:* 690-7897

Wednesdays

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

Brain Injury Support Group Drop-In — Baptist Church, Kentville 10am–12pm. 2nd & 4th Wednesdays of the month (next: Feb. 25). For brain injury survivors, their families and/or caregivers. Drop in for a coffee! *INFO:* valley@braininjurys.com / BrainInjuryNS.com

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

Toddler Rhyme Time — Kings County Family Resource Centre, 503A Main St., Kentville 9:30–10:30am. Please register. *FEE:* no charge. *INFO:* 678-5760 / kcfrc.ca

Wolfville Breastfeeding Support Group — Anglican Church, Wolfville 10am–12pm. 1st & 3rd Wednesdays of the month (next: March 4). *INFO:* Annapolis Valley Breastfeeding Support Groups on Facebook

Recreational Pick-Up Indoor Soccer — Indoor Soccer Facility, Kentville 11am–1pm. Co-Ed & all ages. Bring both a dark & white shirt. *FEE:* \$5 *INFO:* 678-2426

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

Valley Youth Project — Louis Millet Community Complex, Rm 128, New Minas 6:30–8:30pm. 1st & 3rd Wednesdays of the month (next: March 4). Social drop-in for LGBTQ+ youth and allies, 25 years & under. Conversation, snacks, activities, & good company. *INFO:* valleyyouthproject@gmail.com / valleyyouthproject.wordpress.com

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

LIVE THEATRE

Broken Leg Theatre - Snow — Al Whittle Theatre, Wolfville Feb. 21, 8–10pm • Andy Flinn, Caravan Theatre, tap, flamenco, acro & ballet acts, Suzanne Balcom, The Dead Sheep Scrolls, Dianne Looker, and more!! Broken Leg Theatre is a theatrical variety show that follows the same kind of format as "Night Kitchen" – but instead of mostly music acts, we'll have mostly theatrical acts. Our shows include drama, comedy, musical theatre, dance... or maybe even something by YOU! **TIX:** \$10 at the door or by email. *INFO:* iwakichick@hotmail.com / facebook.com/brokenlegtheatre

A Murder is Announced — CentreStage Theatre, Kentville Feb. 27, 28, March 6, 7, 13, 14, 20, 21, 27, 28, 8pm. March 8, 22, 2pm • Looking for an evening of murder, mayhem and fun? An announcement in the village paper states the time and place where a murder will occur. Miss Marple is at her best as she quietly gathers the clues in the case. Can you solve it before she does? Suitable for all ages. See poster page 2. **TIX:** \$15/\$12 *INFO:* 678-8040 / centrestagetheatre.ca

Dinner Theatre: "After Ever After" — War Memorial Community Centre, Windsor Feb. 28, 6:30pm (doors open 5:30pm) • Presented by The Accidental Actors, and hosted by Windsor Lions and Hants SPCA. Enjoy a roast beef dinner, 50/50 draw, & cash bar. 19+ event. Please support these wonderful causes. **TIX:** Advance tickets only. \$25 per person @ Sanford's General Store (Ctr., Burlington), Home Hardware (Brooklyn), Kwikway (Falmouth), Home Hardware, Scotiabank, Shur-Gain, Moe's Music Sales (Windsor) *INFO:* 798-2913 / 798-4428 / hantssspca@gmail.com

EXHIBITS

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

"PRESS" — Harvest Gallery, Wolfville. Until March 13 • "PRESS" Our annual Printmaker's Show *INFO:* 542-7093 / harvestgallery.ca

Alex Pfaff — Jack's Gallery, Wolfville. Until March 29 • Solo show of paintings by Alex Pfaff. Submissions of work for future shows is also being accepted. Download submission form at acadiacinema.coop/jacksgallery *INFO:* jacksgallerywolfville@gmail.com

Chris Sheppard — Memorial Library, Wolfville. Until mid Feb. • A selection of photographs of local scenes, such as Evangeline, the Gaspereau Ravine, and the Cape Split shoreline. *INFO:* facebook.com/fundyrocks / fundyrocksgroup@gmail.com

Marjorie Houghton — CentreStage Theatre, Kentville • Paintings of landscapes & seascapes, many set in beautiful Halls Harbour. *INFO:* 678-7354

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

Group Showcase — The Bread Gallery, Brooklyn. Until March 29 • Our 4th annual End of Winter Showcase is a juried selection of recent works by members of the Hants County Arts Council. This showcase features a variety of paintings, sculpture, fibre art, carvings and folk art. *INFO:* 757-3377 / breadgallery.blogspot.ca

The FREE Classifieds

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CAMPS:

March Break Drama Camp: March 16-20, CentreStage Theatre, Kentville. The Taming of the Shrew, non-musical, for ages 9-16. Learn stage skills: voice, movement, character development and technical aspects. The artistic director is Colleen Hagen. **INFO:** Lana, jchurchill@ns.sympatico.ca / centrestagetheatre.ca

March Break Camp: March 16-20, 9am-4pm @ Wolfville Recreation Centre. Theme: "Yours Truly King Arthur." For grades P-5. Activities: medieval events, horseback riding, archery, calligraphy & shelter building & more. **FEE:** \$100, \$135 early drop-off/late pick-up **INFO:** wolfville.ca/recreational-services/ facebook.com/wolfvillerecreation

March Break Camps: March 16-20 @ Ross Creek Centre for the Arts, Canning. Awesome full day programs (shuttle bus available) for ages 5-16. Incredible instructors, a gorgeous setting and a wonderful experience. Programs in art, theatre, winter exploration & more! **INFO:** artscentre.ca

March Break: It's coming faster than you realize, but Valley Family Fun has got you covered! A list of camps available is being updated all the time on the March Break Tab. Camps: art, dance, recreational, theatre, & more! **INFO:** valleyfamilyfun.ca/index.php/march-break

CLASSES/LESSONS:

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:** 542-YOGA / innersunyoga.ca

Chakra Yoga w/Jenn Boutilier: Wednesday evenings, Feb. 25 - April 29 (first 3 weeks in February are drop-in classes) 5-6:30pm, at the Manning Memorial Chapel. **FEE:** \$100 for 10 weeks **INFO:** Jenn, jennergy2012@gmail.com

Three Week Chi Kung-Tao Program: Learn a healthy and energizing 30 minute routine that improves circulation, increases muscle tone, controls weight and clarifies the complexion. Wednesdays 7-8pm Feb 25, March 4 & 11. Taught by Sensei Yula and Becca Mukti. **FEE:** by donation **INFO/Reg:** 697-2661 / yula@centrefortheways.com / centrefortheways.com

Taoist Tai Chi™: Beginner's classes start Feb. 23, 24 & 26. Lions Hall, 78 River St., Kentville: Tuesdays, 6-8pm & Thursdays, 11:30am-1pm. Berwick Town Gym: Mondays, 6-7:30pm. **INFO:** Mary Anne, 678-4609 / kentville@taoist.org

Voice and Piano Lessons: W/Susan Dworkin. All ages and levels. 25 years teaching experience. **INFO:** 542-0649 / susan_dworkin@hotmail.com

How to Hook Onto Your True Purpose: Mini-E-course w/Susan Carey, certified life coach, Turning Point Coaching Solutions **FEE:** \$4.99 **INFO:** susancarey.org/mini-courses.html

Introduction to Nonviolent Communication: 4-part DVD series presented by Peacemakers - An Association for Alternative Dispute Resolution. Resolve conflict peacefully and develop relationships based upon mutual respect. March 7, 1:30-3:30pm in Room 117, Louis Millett Complex, New Minas. Continuing next 3 Saturdays. **FEE:** no charge **INFO/Reg:** 798-3793 / paulillsley.com/peacemakers

Climbing Club: Tuesdays, 3:30-5:30pm @ Gaspereau Elementary School. Starts Feb. 10 for 6 weeks. Climb the Wall! Tons of games, problems, traverses and instruction on climbing technique and safety (grades 6-12) w/Joel Hornborg, Bekah Reagan, Phill Craik. **FEE:** no charge **INFO/Reg:** Joel, 542-0357 / gaspereau.rec@gmail.com

WORKSHOPS/RETREATS/SESSIONS:

Educational Wine Seminars: Planter's Ridge Winery, Port Williams. Expand your wine knowledge. Feb. 21, 2-4 pm Sensory Development: pick out aromas and flavours w/Amy Savoury. March 7, 2-4 pm Wine & Food Pairing: learn how different foods change the flavour of wine w/Paul Thimot. March 14, 2-4 pm Wine 101: navigate a wine list, taste with confidence, properly open and serve wine to your guests w/Mark DeWolf. **FEE:** \$25 per person per workshop **INFO/Reg:** 542-2711 / info@plantersridge.ca / plantersridge.ca

Mini Private Women's Retreat: March 13-15, Wolfville. May include: herbal medicine making, yoga, breathwork, meditation, belly dance, herbal cooking & baking, hiking, snowshoeing, smudging, 'spa time' with Sister Lotus products, reading, writing, visioning, quiet time, wood stove, deep bathtub, gourmet meals (can cater to your dietary needs), herbal elixirs, all supplies. **FEE:** \$225, includes lodging & healthy, gourmet meals. \$150 w/o lodging. Non-refundable. **INFO/Reg:** 680-8839 / oriana@sisterlotus.com

Talk Eating Healthy: Kitchen Session: Mosaic Market, 141 Water St., Windsor 7pm • Feel A.L.I.V.E. w/guest speakers, onsite Naturopathic Doctor, Dr. Adrienne Wood, and Mosaic's Michelle. Easy healthy living tips. Monday, February 23 - Sleep & Stress: Useful Tips & Gift **TIX:** \$15 **INFO:** 798-4415 / feelalive.mosaic@gmail.com

Art Studio Weekend Intensive: Feb. 20-22 @ Ross Creek Centre for the Arts, Canning. Intensive workshop taught by NSCAD professor Gene Daniels. Take your skills to the next level, fast-paced and supportive, for anyone over 16. Get portfolios ready for all art schools & entrance scholarships. **FEE:** \$199+hst **INFO:** artcentre.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

Health Board Volunteers: Your Eastern Kings Community Health Board is looking for volunteers. **INFO:** 542-1244 / kwilkie@avdha.nshealth.ca

Nominate Volunteer of the Year: The Town of Wolfville and Acadia University host the community Volunteer Awards, March 18. Identify who you think deserves to be honoured for their outstanding efforts. This year's categories: Leader of Tomorrow, Youth Program Leader, Emerging Leader, Community Leader, Arts Heritage & Culture Awareness Leader, Environmental Protection & Enhancement Leader, Sports & Recreation Leader, Leader of Lifelong Achievement. **INFO/Forms:** Wolfville's Town Hall, ASU counter, or wolfville.ca. Submissions due March 1.

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

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, 697-2926

Acupuncture-Tao TCM: A holistic approach to treating almost any health issue. Diagnosis and treatment

based on Traditional Chinese Medicine. Provided by Sensei Yula. **INFO:** centrefortheways.com. Book an appointment: yula@centrefortheways.com / 697-2661.

Acupuncture / Chinese Medicine / Herbal Care: #221, 112 Front St. Wolfville (above EOS). 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:** Devorah, 300-3017 / devorah@oceanbayclinic.com / oceanbayclinic.com

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

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

Acadia Cinema Coop Shares: Invest in the cultural life of your community and earn a 2014 personal tax credit. 35% NS tax credit on each share purchased by the end of February! **INFO:** acadiacinema.coop

Existing Mobile Business For Sale: Operate from Home - No storefront needed. Exclusive territory - All of SW Nova Scotia. Already generating 45K+ with potential for more. Equipment & training Included. Proprietary recipes & flavours. Excellent profit margins. **INFO:** bmkc@me.com

Land for Sale - Dream View: 20-acres with a dream view! Hwy 358 North Mountain-side property. 370 ft. driveway-approved road frontage. Perc-tested & migrated PID# 55007892. \$44,900. Check out the view with Ernie Robinson. **INFO:** 385-1515

ACCOMMODATIONS:

Room for Rent: Quiet country house 3km from Acadia. Large bedroom, spacious house, busy adult roommates. Our favourite things: cooking/eating, woodstoves in winter, our dogs, cat and ducks, music, sustainability, community, crafting, gardening. Avail April, flexible. **FEE:** \$400 all incl. **INFO:** tzomisara@gmail.com

Roommate Wanted: Seeking new roommate in our Wolfville home. 4 month or 1 year contract starting immediately. \$600 includes internet & wood heat. Other utilities split 5 ways. **INFO:** Hello@duncanebata.com

GENERAL:

Wolfville Community Chorus: New members welcome! Join us for our Winter/Spring Session. No experience necessary! **FEE:** \$90 members fee **INFO:** 542-0649 / susan_dworkin@hotmail.com

Prom Dress Consignment: We are looking for your prom dresses. Twice in a Life Time Prom Dress Consignment Sale, April 18, 12-5pm in Kentville. Set your price, and we will take only 20% for our charity. **INFO:** susancarey@ns.sympatico.ca

For Rent: Business Opportunity. 9323 Commercial St., New Minas. Available immediately. 2000 sq. ft. space. Ideal office, grocery, etc. 18 car parking lot. On #1 Hwy frontage across the street from Lawtons and by the new Irving development. See page ____ **INFO:** 681-2011 / 679-8239

Wolfville Historical Society Memberships: Appreciate the rich heritage of Wolfville and surrounding area. From June to Sept. it operates the Randall House Museum. In 2014 it co-ordinated the acclaimed 1914: War Comes to Wolfville project. Please join with us this year as we plan another exciting project. **FEE:** \$20 individual, \$30 family, \$100 sustaining member, \$10 youth under 21 (prices per year) **INFO:** randallhouse@outlook.com

SATURDAYS at The Noodle Guy

Big Country jam with **Alex Hastie** & friends 1:30-4

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2014-2015 Performing Arts Series

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SUNDAY, APRIL 19 at 2pm

all tickets: \$13 advance / \$15 door

All seats reserved. Buy tickets online at Ticketpro.ca, by phone at 1-888-311-9090, and in person at Windsor Home Hardware and all other Ticketpro outlets. Ticket prices include taxes and fees.



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& OLD MAN LUEDECKE

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