

# THE GRAPEVINE

ARTS | CULTURE | COMMUNITY

October 4 – October 18, 2018 | Issue No. 15.18 | 5000 copies

## GIVING *Thanks*

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SISTERS IN SPIRIT VIGIL AT  
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## KATRINA BISHOP CONCERTS AT THE WHITTLE IN WOLFFVILLE AND SEA-ESTA IN DELHAVEN

Mike Butler

I've just been introduced to a fabulous musician who happens to be coming to the Valley this month, and you should all make time to go see her.

Katrina Bishop is stopping by the Al Whittle Theatre in Wolfville on Saturday October 20 to promote her CD *Hopsotch*, filled with songs about wine and cheese, bad drivers, muffins, and rain, among other things. It's going to be a wonderful evening spearheaded by this very talented lady, along with her special guest, Jeff Jodrey.

When speaking with Katrina, she also mentioned another special concert stop: "I'll be performing on Friday, October 12 at Sea-Esta in Delhaven, a 55-seat house concert setting that's open to the public for ticket purchases." She'll also be performing in Halifax at the Scotiabank Stage of Neptune Theatre for a Sunday matinee on October 14. The show will be a bit of "a concert/tea party," Katrina says, "with free coffee, tea, and sweets to have in the theatre."

As mentioned, Jeff Jodrey will be performing opening sets at both the Neptune show and the Al Whittle show, so you get two artists to entertain you. Jeff is an amazing guitarist, a 2016 EMCA nominee, and an all-round super

nice guy. He also happens to be Katrina's second cousin, so she's pretty stoked that they get to share the stage!

I learned that besides being a very talented musician, Katrina was also an Apple Blossom Princess (Hantsport '85). She also did the artwork for the Vancouver comic book *Sam and Dave*, and she's a certified log home builder who's pretty handy with a chainsaw and a crane. So, after the show if you have any questions about pageants, comics, or log homes, just ask away!

For a teaser of her music, and for all things Katrina Bishop, head to her website at [katrinabishop.com](http://katrinabishop.com).

Tickets for the Al Whittle Theatre show can be purchased at The Box of Delights Bookshop on Main Street, Wolfville or at the door. For the Sea-Esta show, reserve tickets in advance by emailing [soundconnectionstherapy@gmail.com](mailto:soundconnectionstherapy@gmail.com) or find "Sea-Esta" @DelhavenNS on Facebook for more information.

Tickets are \$20.00, and you're bound to have a wonderful evening of song and entertainment.



## AFRICAN DANCE CLASSES OFFERED IN WOLFFVILLE

David Edelstein

This fall, Mohamed and Marielle Duranteau are spicing up the Valley cultural scene with a series of classes in traditional West African dance at the Acadia University Chapel in Wolfville.

Mohamed Duranteau is an accomplished dancer from Guinea, West Africa, who immigrated to Canada several years ago. He and his wife Marielle, who is originally from Nova Scotia, have been teaching dance together and performing for audiences for the last 12 years — first in Victoria, BC, then in Montreal, and now in Halifax. This is the first series of classes that the duo have run in the Valley.

Mohamed and Marielle's classes offer a fun and immersive introduction to the culture of Guinea and West Africa, in which participants dive right into the rhythms and learn traditional dance movements in a relaxed atmosphere. Each class begins with an invigorating warm up and continues with dance theory, followed by the repetition of each movement in a diagonal line across the dance floor. To

add to the experience, classes are accompanied by live percussion performed by members of local group Djugdjug Ensemble.

The current series of 6 classes began on September 24 and continues every Monday until November 5 (no class on Thanksgiving, Oct. 8) at Manning Memorial Chapel in Wolfville. Everyone is welcome to drop in for a single class or sign up for all of them. The fee is \$20 per class.

If the classes are well attended, Mohamed and Marielle hope to return for another series of classes in the new year — a great opportunity to expand the diversity of cultural experiences offered in the Annapolis Valley!



For more information, contact Marielle at [wontanaradrumdance@gmail.com](mailto:wontanaradrumdance@gmail.com) or 250-885-6315, or visit [@wontanaradrumdance](https://www.facebook.com/wontanaradrumdance) on Facebook

# Katrina Bishop

## ~ Odd Songs ~

A show about wine and cheese, bad drivers, sociopaths, hopsotch, cowboys, housework, math, love, loss, muffins, puppeteers, luminescent invertebrates and rain (among other things)



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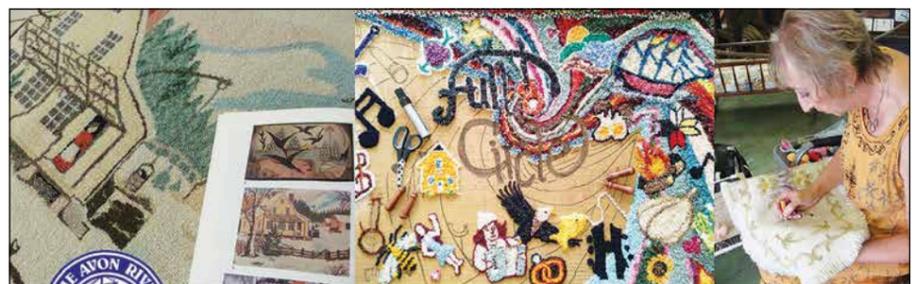


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AVON RIVER HERITAGE SOCIETY'S

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*Traditional Nova Scotian Arts & Crafts*

Join us on October 7th from noon until 4pm for a pop-up sale and demonstration led by Cheticamp rug hooker and visual artist, Sandra Aucoin. Try your hand at hooking with yarn by contributing to our Full Circle themed rug.

Sandra Aucoin has been sketching, painting and rug hooking for as long as she can remember. She is a self-taught artist who comes from a long line of Cheticamp rug hookers. Sandra will also share her family's traditional Acadian meat pie recipe, which will be served in the Lydia & Sally Cafe and available to take home.

[avonriverheritage.com](http://avonriverheritage.com)

Avon River Heritage Society Museum, 17 Belmont Rd, Newport Landing, Hants Co.

# INDEX

Margaret Drummond's  
**WORD OF THE ISSUE:**

Spurtle  
(noun):

A traditional Scottish utensil (wooden stick) for stirring porridge.

"In order to achieve perfect consistency and avoid clumping, connoisseurs of porridge are always prepared with spurtle in hand."

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## THE GRAPEVINE



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- |  |   |   |
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- GASPEREAU:** Gaspereau Vineyards, Luckett Vineyards, Reid's Meats & Kwik-Way, XTR Kwik-Way
- WOLFVILLE:** Carl's Your Independent Grocer, Cuts Meat Market, Eos Natural Foods, Just Us! Café, T.A.N. Coffee, Library, Wolfville Farmers' Market
- GREENWICH:** Avery's Farm Market, Edible Art Cafe, Elderkin's Farm Market, Hennigar's Farm Market, Noggins Corner Farm Market, Stems Cafe, Stirling's
- PORT WILLIAMS:** Fox Hill Cheese House, Planters Ridge, Sea Level Brewery, The Noodle Guy
- CANNING:** Degraaf's Kwik-Way, ValuFoods, i scream

- NEW MINAS:** Boston Pizza, Captain Sub, Irving Big Stop, Jessy's Pizza, Long and McQuade, Milne Court Petro-Canada, Pita Pit, Swiss Chalet
- KENTVILLE:** Half Acre Café, Jason's Your Independent Grocer, T.A.N. Coffee, Valley Regional Hospital
- COLDBROOK:** Access Nova Scotia, T.A.N. Coffee, Callister's Country Kitchen, Foodland, Vicki's Seafood Restaurant
- BERWICK:** Driftwood Restaurant, Jonny's Cookhouse, Luigi's Pizza Palace, North Mountain Coffeehouse, Rising Sun Cafe, Union Street Café, Wilsons Pharmasave
- AYLESFORD:** Chisholm's PharmaChoice
- KINGSTON:** Library, Pharmasave, French Bakery, J&R Pizzeria
- GREENWOOD:** Country Store, Valley Natural Foods, Tim Hortons, McDonalds, The Mall
- MIDDLETON:** Library, Angie's, Goucher's, Wilmot Frenchy's, Sub Shop

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## WHO'S WHO

### STEVE ROE: A SHREK-TACULAR ACTOR!

Mike Butler

Shrek, the loveable ogre that kids and adults have adored since he first appeared on the big screen in 2001, is not only a star of the big screen, but also the big stage! *Shrek* the film was turned into *Shrek: The Musical* a few years ago and Valley audiences are about to get the chance to see this production in all its colourful glory, with a local actor taking the helm in the role of the title character. If you've been to a few Quick As A Wink or Stage Prophet shows in recent years, then you might know the name Steve Roe, but after October, this Shrek-tacular performer will forever be associated with the endearing Scottish ogre.

Steve Roe grew up in a suburb of Toronto. His mom grew up in Nova Scotia and his grandmother, aunt, and uncle still lived here when he was young, so Steve spent many Christmases and summer vacations on the East Coast. The culture and people felt like home to him and the landscape and landmarks always had a way of soothing the urban monster growing within him. "I keep a mental list of places in the world that I feel totally at peace," Steve says, "and most of them are in Nova Scotia. I live here now with my wife Sharon and our two children and it's the best place!"

Steve's musical roots run deep: "My love of music was fostered at a young age by a family filled with talent. I took piano lessons from Grandmother Roe, and was inspired by many members of the "Roe Family Orchestra." Having a father with a doctorate in music composition couldn't have hurt my chances of pursuing a career in music either, but I never felt forced or pushed into it. Hearing him practice the trombone in the basement while I was trying to watch *Thundercats* likely had some impact subconsciously. Music steered my educational life as well, taking multiple music electives each year in high school and continuing with a music degree in voice from the University of Toronto. After graduation, I performed in professional choirs including The Nathaniel Dett chorale of Toronto which helped to form my choral spirit and style of choral directing."

It took Steve a while to find his place, partly because his mom and sister moved back to Nova Scotia. He bounced back and forth between performing professionally in Toronto and looking for work on the East Coast, faced with an apparent choice between being close to family and a career in music. Family easily won the battle! After working as the service manager at The Halifax Mac Store (computers being another interest of Steve's), and taking a college program in digital animation, he returned to music and now works full-time in the profession. He says, "I am now organist, choir director, and private music instructor at the Windsor United Church and King's-Edgehill school, and also perform professionally throughout Nova Scotia. Having Kings-Edgehill as host theatre for Quick As A Wink productions has allowed me to be close at hand to be a part of their shows, which is wonderful!"

As a father of two young children, Steve loves sharing his passion for music, theatre, art, movies, and sports with them and loves to see all of those things through their fresh eyes and youthful perspective. And the talent doesn't stop at just one parental figure in Steve's house: "I also feel lucky to have found a partner in my wife who shares many of these interests (still no luck on baseball though). Singing with Sharon is a very fulfilling experience, and I can't wait to make the duet a quartet as the



kids get older." Sharon has graced the Centrestage Theatre stage many times and has also performed the role of director for many shows.

Steve's theatre career has been one of many highs. He has been fortunate to play in some of his favorite shows such as *Les Misérables*, *Annie*, *The Man of La Mancha* and *The Little Mermaid* and most recently, *A Christmas Carol* and *Sweeney Todd*. "I remember watching theatre while growing up and dreaming of some day playing certain roles," Steve says. "I feel very fortunate to have realized many of those dreams. One of my favourite things about theatre is the back-stage choreography of putting a play on the stage. Knowing that at "this" point in the show, I should be in this spot, see these people coming offstage carrying props, while hearing very specific music and knowing what the next conversation is going to be about. If only life were like that sometimes, when you want a break from spontaneity and uncertainty."

Coming up, as mentioned, Steve will tackle the very demanding role of Shrek the ogre in *Shrek: The Musical*, coming to Kings-Edgehill through Quick As A Wink. I am honoured to be the director of this show and finally get to work with Steve, as I've been a fan for years. The cast, lead by Steve, Alan Slipp, and Kate Hubley, is dynamite, and the warm costumes and layers of makeup will not slow any of them down. Audiences are going to love this show so make sure you get your tickets fast!

*Shrek: The Musical* is being performed at the Fountain Performing Arts Center at Kings-Edgehill, Windsor on October 12, 13, 19, 20 at 7pm with matinee performances on October 13, 14, and 20 at 2pm. This is one show you don't want to miss!

So, what lies ahead for Steve? He says, "part of my job at the church is playing for funerals and weddings. I have found funerals, in particular, a constant source of perspective on life. Hearing other people's stories, I am regularly reminded of the advantages of doing the things that you most want to do while you are able. This also has a way of pushing the boundaries of what you think your capabilities are. Though there is no official "bucket list," there are definitely a few shows left on the my "list" and doing them with my family would make them even more special. I am also in the process of writing my own show which will hopefully make its debut in 2020."

Steve, it has been a true pleasure watching your performances and being a part of the theatre world with you. You are one Shrek-tacular performer! Thank you! 🍷

## ON THE COVER

A fall favourite, Kentville's Pumpkin People Festival kicks off October 6 and continues until Hallowe'en. This year's theme is "On the Go!", exploring all modes of transportation old, new, and futuristic. Visit all 300 pumpkin people in scenes across the Town of Kentville, including a Viking ship, a hovercraft, a bullet train, a cruise ship, a spaceship, and more!

Learn more about the Kentville Pumpkin People Festival on page 12.

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## THE FREE CLASSIFIEDS

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

### CLASSES & WORKSHOPS:

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**Glooscap Curling Club of Kentville:** Offering Learn to Curl, Junior Program, Stick Curling, Mixed Doubles, & League Curling. Learn to Curl Program - 2 sessions each term (Oct-Dec & Jan-March), Monday Evenings: Starts October 29, 7:30-9pm. Thursday Mornings: Starts November 1, 9-10:30am **FEE:** \$60 **INFO:** Jim Noonan, learn@glooscapcurling.ca / glooscapcurling.ca

**Also offering Junior Curling:** M-W-F after school. **INFO:** nancybelliveau@gmail.com

**Learn Qigong with Jack Risk:** Four Sunday afternoons - Oct. 14, 21, 28, Nov. 4, 2-5pm @ St. James Anglican Church hall, Kentville. **FEE:** \$150 (flexible) **INFO:** jackrisk.ca / contact@jackrisk.ca / 902-680-0372

**TAOIST TAI CHI™:** Tuesday, 6-9pm. Thursday, 11am-2pm. Louis Millet Community Centre, New Minas. **INFO:** Mary Anne, 902-678-4609 / kentville@taoist.org

**Fairy Wreath-Making:** Tangled Garden, Grand Pré Oct. 12, 4:30-6pm. Make an enchanted fall wreath w/Herbalist, Angie Oriana Jenkins of Sister Lotus. All plant materials & supplies provided. If you finish early, you can tour the whimsical gardens! Adults only. Pre-registration/payment required. Non-refundable. Rain or shine! Park in the 'Events' lot around the back. **FEE:** \$40 **INFO:** 902-680-8839 / oriana@sisterlotus.com

**Learn Qigong with Jack Risk:** Four Sunday afternoons - Oct. 14, 21, 28, Nov. 4, 2-5pm @ St. James Anglican Church hall, Kentville. **FEE:** \$150 (flexible) **INFO:** jackrisk.ca / contact@jackrisk.ca / 902-680-0372

**Intro/Refresher Pottery Classes:** Classes are 6 weeks long, working for the first 4 weeks on the wheel, taking on a hand-building project in week 5 and glazing the final week. Session # 2: Tues evenings 6-9 pm. Oct 23-Nov 27. **FEE:** \$250 and includes everything you need including ~12 lbs of clay. \$50 non-refundable deposit to reserve a spot. Class size limited to 4. **INFO:** tracyhorsman@gmail.com

**Scottish Country Dance Classes:** Community Centre, Wilmot 7-9pm, starting Oct 15 and running for 8 weeks. Scottish Country is a social dance form so no partner or special attire is required. Suitable for adults 16-96. Learn to reel and wheel, pousette and allemande. No experience required. Instructor: Susan Van Horne. **FEE:** \$5 nightly fee to cover hall costs **INFO:** 902-825-4600

**West African Dance Classes:** Manning Memorial Chapel, Wolfville, Mondays 6:15-7:30pm • Come dance with accomplished Guinean dancer Mohamed Duranteau and his wife Marielle. Classes open to all levels. 6-week session from Sept 24-Nov 5 (no class on Oct 8). **FEE:** \$105 for 6-week session or \$20 drop-in. **INFO:** Wontanaradrumdance@gmail.com

### DONATE/VOLUNTEER:

**Used Computers Appreciated:** Valley Community Learning Association is looking for donations of used computer equipment in support of Adult Education. Hard drives, monitors, laptops, cables etc. that you no longer need can be refurbished for our learners. Any make or model. We only ask that it is 10 years old or newer. Donations may be dropped off at our office, 49 Cornwallis St, Kentville between 10am-4pm, M-F. **INFO:** 902-679-5252

**Devour! Housing Needed:** Have you a private room, nanny suite, guest house, cottage or another unique spot in or near Wolfville? The team at Devour! is looking for housing for our visiting celebrity chefs, filmmakers and delegates in return for Festival access. We need to house about 30 people in the area so we can leave hotel and inn rooms for visitors to the festival. This year's fest takes place, October 23-28. **INFO:** Alissa@Devourfest.com

**Donations for Hospital Fundraiser:** Hants Community Hospital Auxiliary Bazaar will be held on Oct 20, 9am-2pm @ HCH, 89 Payzant Drive, Windsor. Donations for the White Elephant, baked goods, jewelry, plants and knitting/crochet tables can be dropped off at the hospital Oct 19 between noon and 5pm. **INFO:** helensews2@gmail.com

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### ACCOMMODATIONS:

**Room for Rent:** Cozy private room and shared den 2 km from Acadia. Across from the lovely Harvest Moon Rail Trail. Shared kitchen, 4-piece bath, laundry room plus front and back yards. On street parking; local bus stops at the corner. We are a casual household, comprised of us (a couple) and our two little hypoallergenic dogs. We are musicians so come and go at various times but are always reachable should you need anything. You can walk or ride bicycles to Wolfville or historic Grand Pré. Explore the Acadian dykes, visit one of the many farm markets, attend a music event, visit local wineries. \$550 includes cable, Internet. **INFO:** 902-403-6776

### GENERAL:

**Open Studio:** You are invited to drop by the studio of printmaker Diana Baldwin. Saturday Oct 27 & Sunday Oct 28, 2-5 pm. 1948 Church St, Port Williams. **INFO:** dianajbaldwin@gmail.com

**Glooscap Curling Club Rentals:** Newly renovated upstairs. Air Conditioning. Ready for rental! **INFO:** glooscapcurling.ca

**Uncommon Common Art Call for 2019 Submissions:** UCA invites artists to develop temporary outdoor installations animated by the theme of Wearing the Land, expressing the idea of reciprocity between the landscape of King's County, and the people who live there. Submission deadline: Oct 14 **INFO:** uncommoncommonart@gmail.com

# EAT TO THE BEAT

(Schedule subject to change)

### THURSDAYS: 4, 11, 18

**Edible Art Cafe** (New Minas): Marshall Lake (4th, 11th, 18th) 12 pm

**Troy Restaurant** (Wolfville): Ron Edmunds Duo (4th, 11th, 18th) 6:30pm

**Spitfire Arms Alehouse** (Windsor): Open Jam Session (4th, 11th, 18th) 7pm

**Oaken Barrel Pub** (Greenwood): Trivia Night (4th, 11th) 7pm

**West Side Charlie's** (New Minas): Open Jam (4th, 11th, 18th) 8pm

**Dooly's** (New Minas): Open Mic (4th, 11th, 18th) 8:30pm

**Paddy's Pub** (Kentville): The Hupman Brothers (4th, 11th, 18th) 9pm

**Paddy's Pub** (Wolfville): Trivia Night (4th, 11th, 18th) 9pm

**Library Pub** (Wolfville): Tony & Caillum (4th, 11th, 18th) 9pm

**The Anvil** (Wolfville): Top 40 DJ (4th, 11th, 18th) 10pm

### FRIDAYS: 5, 12

**Edible Art Cafe** (New Minas): Marshall Lake (5th, 12th) 12pm

**Kings Arms Pub by Lew Murphy's** (Kentville): Paul Brushett (5th), Adam Cameron (12th) 5:30pm

**Blomidon Inn** (Wolfville): Jazz Mannequins (5th, 12th) 6:30pm

**The Port Pub** (Port Williams): The Miths (5th), BernMarks (12th) 7:30pm

**Tommy Guns** (Windsor): Karaoke Night (5th, 12th) 8pm

**Spitfire Arms Alehouse** (Windsor): Micheal Cada (5th), ClusterFunk (12th) 8pm

**Dooly's** (Greenwood): Karaoke (5th, 12th) 8:30pm

**The Anvil** (Wolfville): Top 40 DJ (5th, 12th) 10pm

**Oaken Barrel Pub** (Greenwood): Video Dance Music (5th, 12th) 10pm

**West Side Charlie's** (New Minas): DJ Billy T (5th), JSRB Productions (12th) 10pm

### SATURDAYS: 6, 13

**Farmers' Market** (Wolfville): The Hupman Brothers (6th) 9:30am, Farmers' Market Music (13th) 8:30am

**Edible Art Cafe** (New Minas): Steve Lee (6th, 13th) 12pm

**The Port Pub** (Port Williams): Ron Edmunds Duo (6th, 13th) 12:30pm

**The Noodle Guy** (Port Williams): Jam Session (6th, 13th) 1:30pm, Live Music (6th, 13th) 7pm

**La Torta Woodfired Pizzeria** (Wolfville): Steve Lee Duo (6th, 13th) 6pm

**Spitfire Arms Alehouse** (Windsor): The Blenders (6th), GuyPaul Thibault (13th) 7pm

**Oaken Barrel Pub** (Greenwood): Jon Duggan (6th), SWIG (13th) 7pm

**Dooly's** (Greenwood): House DJ (6th, 13th) 8pm

**King's Arms Pub by Lew Murphy's** (Kentville): Broke w/Money (6th), MacFarlane's Rant (13th) 8pm

**Union Street Cafe** (Berwick): Myles Goodwyn, (SOLD OUT) \$42 (13th) 8pm

**The Anvil** (Wolfville): Top 40 DJ (6th, 13th) 9pm

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

**Tommy Gun's** (Windsor): Video Music Screen (6th, 13th) 12am

### SUNDAYS: 7, 14

**Schoolhouse Brewery** (Windsor): SWIG (7th) 1pm

**Lunn's Mill Beer Co.** (Lawrencetown): Irish Jam (14th) 2pm

**Paddy's Pub** (Wolfville): Irish Session (7th, 14th) 8pm

### MONDAYS: 8, 15

**Edible Art Cafe** (New Minas): Ron Edmunds Band (8th, 15th) 12pm

**Paddy's Pub** (Wolfville): Open Mic (8th, 15th) 9pm

### TUESDAYS: 9, 16

**Edible Art Cafe** (New Minas): Ron Edmunds Band (9th, 16th) 12pm

**TAN Cafe** (Wolfville): Open Mike & Donna (9th, 16th) 7pm

**Oaken Barrel Pub** (Greenwood): Open Mic (9th, 16th) 7pm

**The Port Pub** (Port Williams): Ron Edmunds Trio & Open Mic (9th, 16th) 7:30pm

**Paddy's Pub** (Kentville): Irish Session (9th, 16th) 8pm

**The Anvil** (Wolfville): Toonie Tuesdays w/Top 40 DJ (9th, 16th) 9pm

### WEDNESDAYS: 10, 17

**Edible Art Cafe** (New Minas): David Filyer (10th, 17th) 12pm

**West Side Charlie's** (New Minas): Billy T's Karaoke (10th, 17th) 9pm

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WIN! Complete this puzzle, then submit it to Naked Crêpe for your chance to win a dessert crêpe! Each letter in the quote has been substituted for another letter. For example, G might equal V. Recover the original letters to solve the puzzle. **This puzzle runs from Oct. 4 - Oct. 18, 2018.**

WX QGBK XHRJD H AQAJGX XQ DHK XIHGR KQS -  
OSX KQSY XIQSLIXUSBGJDD NWBB OJ  
YJAJAOJYJP H BQGL XWAJ.  
- SGRGQNG

Name: \_\_\_\_\_ Contact: \_\_\_\_\_

Rob Breznsky's  
FREE WILL ASTROLOGY

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**ARIES** (March 21-April 19): *Electra* is an action-packed story written by ancient Greek playwright Sophocles. It features epic characters taking drastic action in response to extreme events. In contrast to that text is Marcel Proust's novel *In Search of Lost Time*, which draws from the sensitive author's experiences growing up, coming of age, and falling in love, all the while in quest for meaning and beauty. Author Virginia Woolfe compared the two works, writing, "In six pages of Proust we can find more complicated and varied emotions than in the whole of the *Electra*." In accordance with astrological omens, I recommend that you specialize in the Proustian mode rather than the Sophoclean. Your feelings in the next five weeks could be as rich and interesting and educational as they have been in a long time. Honor them!

**TAURUS** (April 20-May 20): Researchers in Maryland have created a new building material with a strength-to-weight ratio that's eight times better than steel. It's an effective insulator, and in some forms can be bent and folded. Best of all, it's biodegradable and cost-effective. The stuff is called nanowood, and is derived from lightweight, fast-growing trees like balsa. I propose that we make it your main metaphor for the foreseeable future. Why? Because I think you're primed to locate or create your own version of a flexible, durable, robust building block.

**GEMINI** (May 21-June 20): The U.S. Secretary of Defense paid an official visit to Indonesia early this year. The government arranged for him to observe soldiers as they demonstrated how tough and well-trained they were. Some of the troops shimmied through broken glass, demolished bricks with their heads, walked through fire, and bit heads off snakes. I hope you won't try stunts like that in the coming weeks, Gemini. It will be a favorable time for you show off your skills and make strong impressions. You'll be wise to impress important people with how creative and resourceful you are. But there's no need to try too hard or resort to exaggeration.

**CANCER** (June 21-July 22): I confess that I have a fuzzy self-image. With odd regularity, I don't seem to know exactly what or who I am. For example, I sometimes think I'm so nice and polite that I need to toughen up. But on other occasions I feel my views are so outrageous and controversial that I should tone myself down. Which is true? Often, I even neglect to capitalize the word "I." You have probably experienced some of this fuzziness, my fellow Cancerian. But you're now in a favorable phase to cultivate a more definitive self-image. Here's a helpful tip: We Cancerians have a natural talent for inspiring people to love us. This ability will come in especially handy as we work on making an enduring upgrade from I to I. Our allies' support and feedback will fuel our inner efforts to clarify our identity.

**LEO** (July 23-Aug. 22): "I am a little afraid of love, it makes me rather stupid." So said author Simone de Beauvoir in a letter she wrote to her lover, Nelson Algren. I'm happy to let you know, Leo, that during the next twelve months, love is likely to have the opposite effect on you. According to my analysis of the astrological omens, it will tend to make you smarter and more perceptive. To the degree that you expand your capacity for love, you will become more resilient and a better decision-maker. As you get the chance to express love with utmost skill and artistry, you will awaken dormant potentials and boost your personal power.

**VIRGO** (Aug. 23-Sept. 22): Your theme in the coming weeks is the art of attending to details. But wait! I said "the art." That means attending to details with panache, not with overly meticulous fussing. For inspiration, meditate on St. Francis Xavier's advice, "Be great in little things." And let's take his thought a step further with a quote from author Richard Shivers: "Be great in little things, and you will be given opportunity to do big things." Novelist Tom Robbins provides us with one more nuance: "When we accept small wonders, we qualify ourselves to imagine great wonders."

**LIBRA** (Sept. 23-Oct. 22): Libran astrophysicist Neil deGrasse Tyson offers this observation: "When you look for things in life like love, meaning, motivation, it implies they are sitting behind a tree or under a rock. [But] the most successful people in life recognize that in life they create their own love, they manufacture their own meaning, they generate their own motivation." I think Tyson's simple wisdom is exactly what you need to hear right now, Libra. You're primed for a breakthrough in your ability to create your own fate.

**SCORPIO** (Oct. 23-Nov. 21): Japanese entrepreneur Hiroki Terai has created a business that offers crying therapy. His clients watch short videos specially formulated to make them weep. A professional helper is on hand to gently wipe their tears away and provide comforting words. "Tears have relaxing and healing effects," says an Okinawan musician who works as one of the helpers. Hiroki Terai adds, "It has been said that one drop of tear has the effect of relieving stress for a week." I wish there were a service like this near where you live, Scorpio. The next two weeks will be a perfect time to relieve pent-up worry and sadness and anxiety through cathartic rituals like crying. What other strategies might work for you?

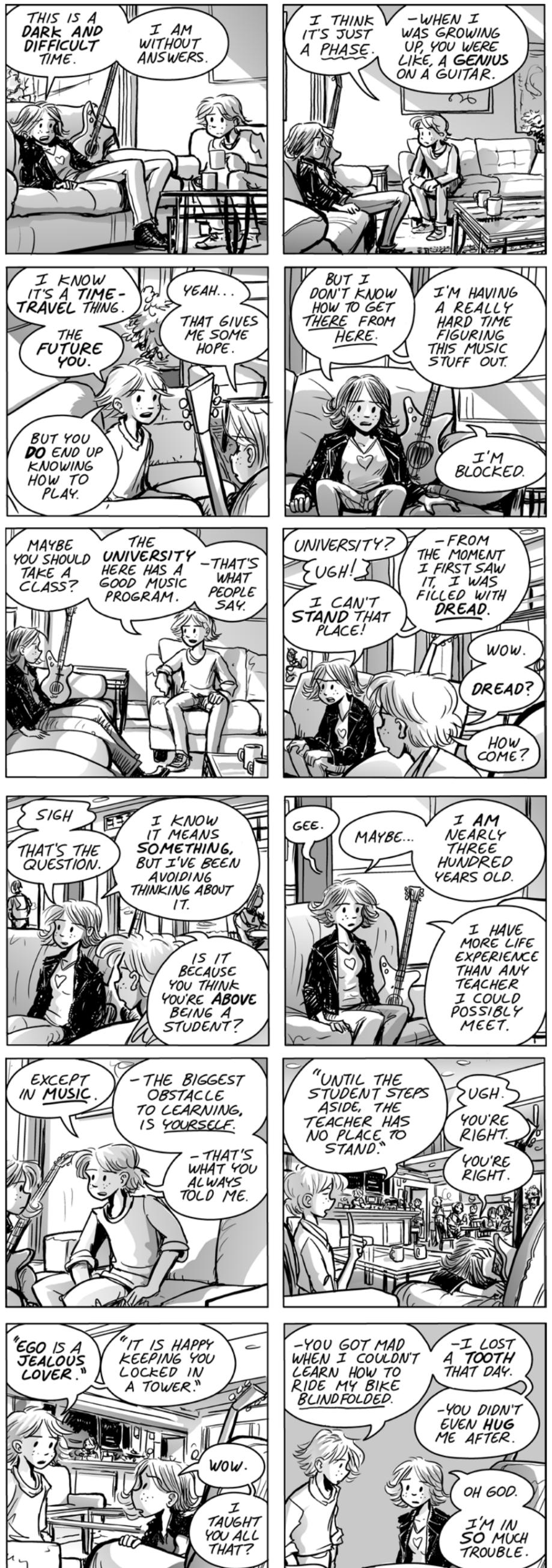
**SAGITTARIUS** (Nov. 22-Dec. 21): Fling out friendly feelers! Sling out interesting invitations! Figure out how to get noticed for all the right reasons! Make yourself so interesting that no one can resist your proposals! Use your spunky riddle-solving powers to help ease your tribe's anxieties. Risk looking odd if that will make you smarter! Plunk yourself down in pivotal places where vitality is welling up! Send out telepathic beams that say, "I'm ready for sweet adventure. I'm ready for invigorating transformation!"

**CAPRICORN** (Dec. 22-Jan. 19): "Someone spoke to me last night, told me the truth," writes poet Doeianne Laux. "I knew I should make myself get up, write it down, but it was late, and I was exhausted from working. Now I remember only the flavor." I offer these thoughts, Capricorn, in the hope that they'll help you avoid Laux's mistake. I'm quite sure that crucial insights and revelations will be coming your way, and I want you to do whatever's necessary to completely capture them so you can study and meditate on them at length.

**AQUARIUS** (Jan. 20-Feb. 18): As a young man, Aquarian poet Louis Dudek struck up a correspondence with renowned poet Ezra Pound, who was 32 years older. Dudek "admired him immensely," and "loved him for the joy and the luminosity" of his poetry, but also resented him "for being so magnificent." With a mix of mischief and adulation, Dudek wrote a poem to his hero. It included these lines: "For Christ's sake, you didn't invent sunlight. There was sun dazle before you. But you talk as if you made light or discovered it." I hope his frisky tone might inspire you to try something similar with your own idols. It would be healthy to be more playful and lighthearted about anything or anyone you take too seriously or give enormous power to.

**PISCES** (Feb. 19-March 20): In his book *Till We Have Faces*, C. S. Lewis writes, "Holy places are dark places. It is life and strength, not knowledge and words, that we get in them. Holy wisdom is not clear and thin like water, but thick and dark like blood." In that spirit, and in accordance with astrological omens, I suggest you seek out dark holy places that evoke wonder and reverence, even awe. Hopefully, you will be inspired thereby to bring new beauty into your life. You'll be purged of trivial concerns and become receptive to a fresh promise from your future life.

*Homework: At what moment in your life were you closest to being perfectly content? Recreate the conditions that prevailed then. Testify at Freewillastrology.com.*



## Q & A WITH CRAIG CARDIFF

Singer-Songwriter Craig Cardiff takes the stage at Acadia's Manning Memorial Chapel in Wolfville on Wednesday October 10 at 7pm.

**The Grapevine:** What was your childhood or earliest ambition?

**Craig Cardiff:** A doctor. Our grandma, who was a nurse all her life, lived with us and indoctrinated the grandkids.

**GV:** What is your favourite piece or song and when did you first hear it?

**CC:** "It's The End of the World as We Know It (and I Feel Fine)" (REM). Grade seven on a Walkman.

**GV:** How did you get started in the music industry?

**CC:** Volunteering for local promoters and playing at high school coffeehouses.

**GV:** What do you do to prepare for the stage? Are you nervous or comfortable? Has that changed over time?

**CC:** Comfortable. I try and read the room and listen to what people are talking about amongst themselves, and watch how people are interacting with one another.

**GV:** Are there any recent inspirations for your music?

**CC:** Travel: meeting people and intentionally asking about and listening to their stories

**GV:** How do you incorporate other elements, beyond the music, into the stage performance?

**CC:** I am a big fan of the sing-along and improv. And slow dancing, of course.

**GV:** Have you ever been to the Annapolis Valley before? Is there anything in particular you are excited about seeing or visiting here?

**CC:** I have been visiting the Wolfville area for almost 20 years performing. I always feel lucky to head there in Fall when everything is changing.



## KINGS COUNTY MUSEUM A BOUNTIFUL HARVEST: A REASON TO CELEBRATE

Submitted

As the fall season approaches and the fruit and vegetables of the bountiful Annapolis Valley appear in abundance in roadside stalls, we are reminded of the reasons we have to be thankful for living in such a special place. A celebration of the harvest in the fall began among Indigenous peoples long before the arrival of European settlers. Indeed a history of the history of the celebration of "Thanks-giving" can fill pages! Now a national civic holiday, generally celebrated on the second Monday of October, it is a chance to give thanks for the foods of the harvest, such as turkey, squash, and pumpkin, and to spend time with family and friends.

In "Our Heritage Hearth: Exploring the Roots of Valley Cooking," an exhibit showing from October to December at the Kings County Museum in Kentville, one can "step back in time" and see traditional gardening tools, implements used in preserving fruits and vegetables for the long protracted winters, and recipes saved and passed from generation to generation.

For example, from *The Olympic Cookbook* (Olympic Chapter I.O.D.E., Kentville, 1930), we learn a recipe from Mrs G. W. Williamson for "Green Pea Bisque."

"Cook two pounds of fresh green peas until very tender. Then add 4 cups milk to the peas, which have been rubbed through a sieve.

Thicken with a little flour. Just before the soup comes to a boil, add salt, cayenne to taste and a large tablespoon of butter. Boil up once and serve immediately."

Produce can be inspiring in other ways as well. From observing the growth of the humble bean comes this poem written by Gordon Hansford, a well-know Wolfville lad, in his best-selling book of poetry *Verses From the Valley*:

The Bean

I think that I have never seen  
A poem lovely as a bean,  
A bean, so rounded on both ends  
A bean, which in the middle bends.  
A bean, when baking in a pot  
Gives out good smells, when it gets hot.  
A bean, when planted in the ground  
And watered, doth forthwith abound  
With pods of green or pods of yellow.  
So crisp to bite, to taste, so mellow.  
When dry, it rattles in the pod.  
The food of men, the gift of God.  
I think that I have never seen  
A poem lovely as a bean.

However you choose to spend your fall and Thanksgiving, we hope you find time to give thanks for the wonders of nature found all around us in our beautiful Annapolis Valley.



## MUSICIAN AND CULINARY ENTREPRENEUR QUESTLOVE JOINS DEVOUR! LINEUP

Submitted

Devour! The Food Film Fest announces the addition of musician, culinary entrepreneur, and James Beard Award-nominated author Questlove to the programming lineup for the eighth annual installment, taking place October 23 - 28, 2018 in Wolfville and King's County. The musical director of *The Tonight Show Starring Jimmy Fallon*, and leader of the show's house band, influential hip-hop group The Roots, Questlove will join 2018 Festival Co-Host Ali Hassan onstage on October 27 for an intimate conversation about food issues, culinary creativity, and his infamous Food Salons. Following the live interview, the New York Times best-selling author will meet festival-goers for a book signing.

As a drummer, DJ, producer, and five-time GRAMMY Award-winning musician, Questlove's name is synonymous with music, but the artist and activist is also an influential figure in the culinary world. He first arrived on the food scene with his signature "Love's Drumstick," Creole-seasoned, buttermilk-fried



chicken drumsticks. He appeared as a guest judge on Top Chef Season 11, and currently hosts a series of Food Salons with world-renowned and innovative chefs at his apartment in the NY by Gehry building in New York's financial district. His book, *Something to Food About*, explores creativity in cooking with ten of America's most innovative chefs. His

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From the **May 2018** Grant Period, the EKM Health Foundation has approved health-related projects totaling **\$66,850.00** for 7 local organizations. The following is a list of grants awarded:

GRANT NAME	GROUP NAME
Can You See Me? FLIR Camera	Port Williams Volunteer Fire Department
Canning Multi-Activity Park	Northeast Kings Education Centre (NKEC)
Dishwasher Purchase	Kings Presbyterian Church
Hurst Extrication Tool	Wolfville Volunteer Fire Department
May 2018 Grant	EKM Community Health Centre
"Tides In" Canteen Renewal	Kingsport Community Association
Wolfville School Activity Park	Wolfville School

**The deadline for the next round of grant applications is 4:00 pm on Wednesday, October 31, 2018.**

Grant applications may be obtained by going online to our website at [ekmhealthfoundation.ca](http://ekmhealthfoundation.ca), contacting the Foundation office at **902-542-2359**, or picked up at the front desk of the EKM Community Health Centre.

culinary endeavours have been featured on the cover of *New York Magazine*, in *Food & Wine Magazine*, *Bon Appetit*, and seen on *The View*, *Watch What Happens Live*, and *Late Night with Jimmy Fallon*.

Questlove is equally passionate about food politics, a natural fit for the 2018 festival theme: "The Power of Food and Film to Transform." He is a celebrity ambassador for Food Bank For New York City, is on the City Harvest Food Council, a board member of Edible

Schoolyard, and the first artist-in-residence at the Made in NY Media Center. Questlove is also a founding member of the CAPA Foundation in Philadelphia.

A Conversation about Food with Questlove & Book Signing takes place Saturday, October 27 at 3pm at the Al Whittle Theatre, 450 Main Street. Tickets are on sale now for \$25 at [devourfest.com](http://devourfest.com).



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## RECIPE: The Best Turkey (and Unbelievable Brussels Sprouts)

Jenny Osburn | *The Union Street Cafe Cookbook* | [www.jennyosburn.com](http://www.jennyosburn.com)

It took me twenty years to really figure out how to make flavourful, tender, reheat-able turkey. At least once a week we'd cook a turkey at the restaurant for buffet dinners, clubhouse sandwiches, and pasta dishes. Here's what I've learned. You'll need to start this the day before the feast! The turkey can cook overnight in your oven to save room on the big day.

### Turkey and Gravy

- 1 fresh or defrosted turkey (12 to 20 lbs), local and free-range if at all possible
- 2-6 Tbsp melted butter or olive oil
- Salt and freshly ground black pepper to taste
- Flour as needed
- ¼ C chopped fresh parsley or ½ tsp dried thyme

Place the turkey in a roasting pan with fairly high sides. Rub the turkey all over with the butter or olive oil, and salt very generously, at least a heaping tablespoon for a smaller bird and more for a larger one. Grind on some pepper and refrigerate uncovered overnight. The next day, preheat the oven to 250°F and pop in the turkey. Roast for about 5-8 hours, depending on the size of the bird. The breast meat temperature should be at least 170°F. Don't be afraid to roast the turkey overnight if that works best for your cooking schedule.

Let the turkey cool for a while, then carefully remove it to a baking sheet, tent with foil and leave to rest while you make the gravy.

Set the roasting pan on a burner turned to medium heat and add 2-6 cups water (again, depending on the size of the bird). Whisk to loosen up the browned bits. In a bowl, place 2 tablespoons flour for every cup of water you added to the pan. Stir in enough cold water to make a very smooth, pourable mixture. Whisking constantly, add it to the simmering juices in the roasting pan. Cook and stir, making sure to get into all the corners of the pan, until the gravy boils and thickens. Taste and add the parsley or thyme, freshly ground black pepper, and a little salt if needed.

Gently pull the turkey meat from the bones (save them for stock) and cut into serving pieces. Arrange on a serving platter and serve with the gravy.

The turkey can also be made in advance to this point: place the turkey pieces in an ovenproof container and pour a cup or so of the pan juices over the turkey before making the gravy. Cover with foil and refrigerate. To reheat, place in a 300°F oven and warm for 30-45 minutes.

### Unbelievable Brussels Sprouts

When I was a child I never imagined standing at the fridge eating cold Brussels sprouts. Now that I've discovered this super-tasty method I've fallen hard for the little green gems.

- 1 lb. (454g) Brussels sprouts
- ¼ C olive oil
- ½ tsp salt

Wash the Brussels sprouts and cut any large ones in half. Heat a heavy frying pan over medium heat. Pour in the olive oil, let heat for a minute, then add the Brussels sprouts. Shake the pan to distribute, then sprinkle with the salt and cover. Let cook undisturbed for 3-5 minutes, until the sprouts have browned on the underside. Shake the pan again, add ¼ cup of water and cover. This will help the sprouts cook through. Cook for another 3-5 minutes, until the water has evaporated and the sprouts are tender. Cut one in half and taste. If it's not well cooked, add another two tablespoons of water to the pan and cover and cook until evaporated. Uncover, give the sprouts a stir, and reduce the heat to low. Continue to cook, stirring as needed, until all sprouts are browned. Serve at any temperature.



Jenny Osburn is the author of *The Union Street Café Cookbook*. Her second collaboration with Laura MacDonald of *Deep Hollow Print*, *The Kitchen Party Cookbook*, is now available! Find more recipes at [jennyosburn.com](http://jennyosburn.com) and see what she's up to on [instagram](https://www.instagram.com/jenny.osburn) at [jenny.osburn](https://www.instagram.com/jenny.osburn)

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## MI'KMAQ HISTORY MONTH EVENTS: TREATY DAY & SISTERS IN SPIRIT VIGIL

Genevieve Allen Hearn

October is an important month for raising consciousness about Mi'kmaq history, culture, and the current issues facing Indigenous communities today. September 30 was Orange Shirt Day, an initiative designed to promote awareness about the residential school system and the impact this system has had on

Indigenous communities in Canada. October 1 was Treaty Day, celebrated in Nova Scotia to recognize the treaties signed between the British Empire and the Mi'kmaq people. These treaties state that the Mi'kmaq never gave up their land title, and outline Mi'kmaq rights to fish, hunt, and forage. October 4 is the Sisters

in Spirit Vigil to honour missing and murdered Indigenous women in Canada. In 1993, October was declared the official month to recognize and celebrate Mi'kmaq culture and heritage.

Rachel Whitney and Mika Francis organized an event at NSCC's Kingstec campus on Monday, October 1 in recognition of both Orange Shirt Day and Treaty Day. "Our hope is that events like these serve as a foundation for ongoing inclusion of Indigenous knowledge and perspectives in education and in our society as a whole," Rachel says. "I like to think of these events as a drop over a still pond: when people become aware, that knowledge will ripple outwards. We hope that one day Indigenous knowledge and perspectives will be woven throughout the fabric of the student experience."

Rachel and Mika formed the NSCC Kingstec's L'nuek Alliance last year as a way of bringing Indigenous and non-Indigenous people together to foster an inclusive environment for all students, and share Mi'kmaq knowledge and ways of being with the campus and surrounding community. They say, "even though our organization is registered through Kingstec's student association, we welcome anyone from in or outside of our campus to attend meetings, help with event planning, and participate in the activities we organize."

Darlene Copeland and her daughter Sandy-Lynn Fisher are involved in organizing the Sisters in Spirit Vigil at Glooscap First Nation. In previous years, the event was held on Acadia University's campus. Darlene and Sandy-Lynn say that since the Sisters in Spirit Vigil started, they have seen more awareness about the violence experienced by Indigenous women. Sandy-Lynn says, "My nine-year-old daughter comes to the event...She needs to understand that there is a higher risk for aboriginal daughters."

The Sisters in Spirit Vigil takes place at Glooscap Landing from on October 4 from 3pm-6pm, and anyone is invited to attend. The

president of the Nova Scotia Native Women's Association, Lorraine Whitman, will be opening the event and sharing current statistics that have come out of the National Inquiry into Missing and Murdered Indigenous Women. Darlene says, "There will be red hearts and people are invited to write something to recognize missing and murdered Indigenous women." Participants will then be led on a walk through the new Nitap Friendship Trail, and candles will be lit on the journey back. The ceremony will close with a BBQ and open dialogue.

Darlene comments, "People should keep an open mind and be aware of what is happening." Her daughter adds, "People are wondering what they can do, and this is one of the ways you can educate yourself. We aren't looking for suppressed guilt, we're just asking that you know what the numbers look like compared to the non-Indigenous population."

Rachel also believes that education is key to reconciliation. "We all need to understand the complete truth of our history and how it impacts us today, so we can move forward together towards reconciliation. Read the works of Indigenous authors, listen to Indigenous speakers, enroll in courses centered around Indigenous knowledge. As you learn about our history, culture, and present-day concerns, share that knowledge with other non-Indigenous people. Recognize that we all live on unceded Mi'kmaq territory, and honour treaty rights."

She continues, "Read through the Truth and Reconciliation Commission's 94 Calls to Action — choose one that aligns with your interests and experience, and take action!"



For more information about Mi'kmaq History Month visit [mikmaqhistorymonth.ca](http://mikmaqhistorymonth.ca). To access the Truth and Reconciliation Calls to Action, visit [trc.ca](http://trc.ca).



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25th Anniversary Auction and  
Dinner - October 13th, 2018**

**1993 - 2018**



Auction viewing of items begins at 3 pm and runs until 5:30 pm.  
Dinner: 6 pm Location: Lion's Hall, Berwick, 250 Veteran's Drive  
Menu: Chicken Cordon Bleu with an assortment of pies for dessert.  
Winners of the auction items will be announced during dessert.  
Door prizes, 50/50 draw and a cash bar.  
Tickets: Table of 8: \$120 Individual: \$15 12 & Under: \$10  
Everyone welcome, get your tickets early  
All proceeds help support S.O.A.R.



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# Giving Thanks

## VALLEY YOGA TEACHERS ON YOGA, GRATITUDE, AND THANKSGIVING TRADITIONS

Thanksgiving is one of our favourite holidays at The Grapevine, and this year we've been thinking a lot about gratitude in general. We asked yoga teachers from all over the Valley about yoga and gratitude. We also asked each of them to share a little something about their own Thanksgiving traditions along with their answers.

**The Grapevine:** How does gratitude inform your yoga practice and teaching?

"I am grateful every day that I am able to get to my yoga mat to practice even if it is for just 15 minutes. To have a healthy body that can move and breathe each and everyday is enough to be grateful for. Gratitude is also present in every class I teach. To have yogis show up and want to share their time with me is more than enough to make the time and effort of preparing a class worth every minute and every breath together.

Traditions with my family this time of year consist of getting together and eating lots and lots of yummy traditional Thanksgiving food. We also always have a family tennis tournament in my parents' backyard."

—**Jenny Sinclair, The Yoga Barn, Centreville**

"I have had a long-time gratitude personal practice and professional practice. In my personal practice, gratitude begins to center and shift my inner focus to be more compassionate towards myself on all levels, as well as inviting more of an openness and presence to anything that is going on in my body and life at that time. In the evening, I also reflect on 3 things that I am grateful for that day in my nighttime meditation. It helps to shift the daytime energy as well as my nervous system, to a calmer and more relaxed place for a deeper sleep.

Before every class I teach (after almost 30 years of teaching full time) I still have a personal gratitude ritual to prepare me and the yoga space for the class. Invoking gratitude automatically shifts the focus and energy to a more expansive, compassionate, kind way of being where all are welcome and all is possible. Being grateful for whatever is present in the room creates a place of accepting and non-reactive openness and connectedness. By including gratitude, the class shifts to something nourishing and positive, and therefore towards a greater effect of calming and a deeper connection to one's true nature, wholeness, inner peace, wisdom, and clarity.

Some of our family's favourite Thanksgiving traditions include going for a hike and appreciating the beautiful colours of leaves, smelling the fresh fall air, and finding things in nature to make a centerpiece for our table. We go around the table and everyone says one thing that they are thankful for. Being grateful and appreciative for the farmers, the earth, and all who helped put food on our table and abundance in our lives, and also volunteering or donating food for those who may not have food for Thanksgiving are also a few of our ways to be aware and grateful."

—**Elizabeth Gaal, Yoga with Elizabeth, East Coast Fitness for Women, Greenwood**

**GV:** How has your understanding of thankfulness or gratitude changed through your yoga practice?

"As I practice I have the opportunity to learn and realize the vastness of the knowledge available to me. I am grateful to all the students who come to learn with me. I am grateful that they take the time to nurture their bodies and give them the care they require. I admire those who come with the greatest of physical limitations.

It is great that gratitude is brought to everyone's attention in this culture of abundance. We hope it will seep into all of our daily lives.



I will spend time with my marvelous daughter and grandchildren."

—**Carol-Joy Kaill, Inner Sun Yoga, Wolfville**

**GV:** What would your advice be to someone thinking about trying yoga? What are the non-physical benefits to the practice?

"Yoga isn't about tying yourself into a pretzel. When you breathe, you yoga. Yoga is amazing for anxiety and depression. It can help with anger issues, self esteem, trauma, PTSD, overcoming fears, everyday stressors, and so much more.

We are so lucky to have a lot of family to see over the holidays. There's always lots of food shared with family, and spending time together with the ones we love, which we often miss during the busy-ness of the week."

—**Cassie Doucette and Sarah McDowell, MoonCoast Yoga, Berwick**

**GV:** Why and when did you begin practicing yoga?

"I started practicing yoga five years ago. I was at a very low place in life and found myself at a wellness retreat. The focus was on healing through meditation, yoga, self-discovery, and freeing your self from limiting beliefs and negative emotions. I have always been a very active, involved, and happy person but I had become stuck, sad, defeated, and broken. I had been searching for purpose, looking for something, anything, to fill me up. The moment I stepped on the mat I realized that all of the cracks in my life had been put there to allow my inner light to break through. I found myself at a solo yoga and adventure retreat in Costa Rica a year later. The instructor was Balazs Heller, founder of FitYoga. The FitYoga mission is to teach a strong spiritual foundation by which we learn to empower ourselves physically, mentally, and spiritually, and to bring a high level of faith, trust, truthfulness, transparent communication, patience, humility, respect, and compassion into our professional and private lives. I will forever be grateful for the gift of yoga, and for the direction my path is unfolding.

I am a mother of two small boys and we find ways to bring mindfulness and gratitude into our home life as often as we can. We spend as much time as we can outdoors. Connecting to nature, exploring, getting dirty. We travel a lot and volunteer with events in our community. It's important for children to feel connected and involved. We also watch TV, stay up late sometimes, and eat junk food too: life is about finding balance after all!"

—**Sarah Dunham, FitYoga at Clifton House, Windsor**

"I attended my first yoga class when I was 13 years old and unfortunately, like most teenagers, I was uncomfortable with my body

and low on self-confidence. During that first class, I remember cursing the instructor under my breath when she instructed a lengthy hold in high plank. Even though the class left me feeling defeated and exhausted, I kept going back for reasons I didn't even know at the time. I desperately needed that time for myself to go into my body and give it what it needed. It started out physical, then after my first experiences with breath work and meditation, I was absolutely hooked. I found myself stepping on the mat once a week, then over the years, my practice became stronger and I was either going to classes or rolling out my mat at home almost daily. It is important to understand that you cannot master or complete yoga, since our bodies and minds are constantly changing. Even people who have decades of experience will always be students. At some points I would practice for hours a day, and some months my mat would go untouched. And that is okay, because yoga finds you when it's the right time.

For me, making the time to be with family and friends is the most important aspect of any holiday. Especially now that I have moved to Wolfville after travelling for the last year, going home for Thanksgiving will allow me to see loved ones who I haven't seen in ages. We always go around the table at dinner and share the things we are thankful for. I feel extremely blessed this year for many reasons. A big one being Lahara Yoga coming into my life and all the amazing people I have met since taking over the studio."

—**Kayla Cotton, Lahara Yoga, Wolfville**

**GV:** What is karma yoga?

"Years ago, I would have said a free yoga class. This is not the case. Karma is the life force of our universe: you put something out in it, it comes back and that can be positive or negative. I really think *karma yoga* is a way of getting more positive energy out there. Everything in this world is an energy exchange, and money can be viewed as a form of energy; we need it to survive. Typically, an instructor puts on a class, giving energy, gratitude, and love to the class, and the students pay for that class: energy exchanged. With *karma*, the exchange is really about the positive forces letting go. An instructor still gives energy, gratitude, and love, however this time, students can offer a donation to a charity, but most importantly, leave feeling empowered and grateful, and hopefully continue to pass that along for others. It is also an excellent way to share a yoga class with a larger population, as many may not be able to commit financially to a regular yoga practice.

My children are still quite young, so we are in this magical little phase where we are developing new traditions, seeing what works and doesn't work for us. We definitely always fit in the classics like apple picking, corn mazes, and pumpkin picking, and this year I am hoping that they are old enough (the youngest is 2.5) to start doing something with a gratitude theme. We are so fortunate to have our health, to live in this country, to have all our needs met, that I think it would be really great to start a giving back tradition."

—**Karissa Fraser, Yogalife, Wolfville**

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**VALLEY FAMILY FUN  
SHARE THANKSGIVING**

Laura Churchill Duke

This year, why don't you consider sharing Thanksgiving with a newcomer family?

Our family has participated in this program for the past four years and can't wait to do it again this year! Engage Nova Scotia has put together this wonderful program where your family is paired with a newcomer who joins you for your Thanksgiving dinner. Simply go to the website and indicate when you are having your meal (Sunday or Monday) and then who else will be at your table. Then, the organization will match you and connect you with the newcomers!

In particular, they are looking for lots of hosts around Acadia and Kingstec, where there are a lot of international students wanting to connect. Most members of our family have lived overseas so we know what it means to be included. It's a great way to experience another culture, have interesting conversations, learn something new, and make new friends.

If you are a newcomer, there is also a place on the website you can go to sign up to be a guest

at Thanksgiving. In our first year, we had Thanksgiving with two Acadia students from Germany, and the next year a family from Albania joined us, along with an entire TV crew! So, if you go to the Share Thanksgiving website, you can see our video. They wanted to film a family with chaos, and they got it! We've had students from Pakistan and China, too. Every year it's a new learning experience and a surprise at who we will be matched with.

You can sign up to be a host or guest here: [sharethanksgiving-engagenovascotia.nation-builder.com/](http://sharethanksgiving-engagenovascotia.nation-builder.com/)

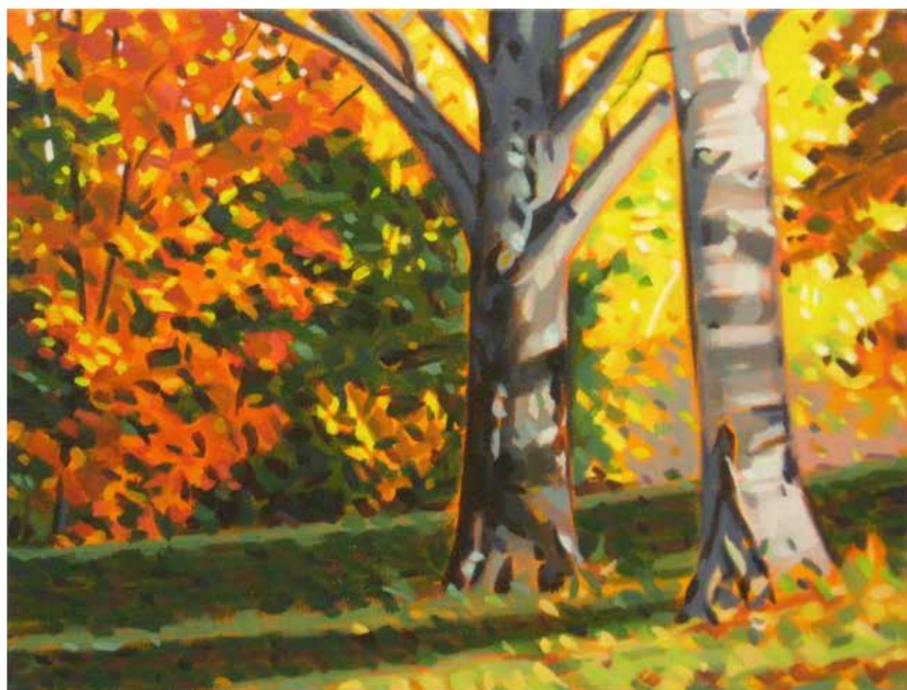
This is a wonderful experience for your family that I cannot recommend enough! We hope this year you will Share Thanksgiving, too!



[ValleyFamilyFun.ca](http://ValleyFamilyFun.ca)  
[info@ValleyFamilyFun.ca](mailto:info@ValleyFamilyFun.ca)  
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Please note: Events are subject to change.

### THURSDAY, OCTOBER 4

**Fiber Art** – River Street Workshop for Art and Lifestyle, Kentville 6-9pm • Informal fiber art drop in! **TIX:** \$6 **INFO:** justinemacdonald@aurora-lee.ca  
**Legion Meeting** – Royal Canadian Legion, Berwick 7pm • Executive Meeting 7pm. General Meeting 8pm. **TIX:** no charge **INFO:** 902-538-9340 / gillyflowergarden@rocketmail.com  
**Photography Contest Exhibit Opening** – Macdonald Museum, Middleton 7-9pm • Nova Scotia Landscape Photo Contest Exhibit Opening. **TIX:** no charge **INFO:** 902-825-6116 / macdonald.museum@ns.sympatico.ca  
**Nickel Auction** – Civic Centre, Brooklyn 7pm • All new items. Proceeds for the Brooklyn Fire Department. **INFO:** 902-757-3777  
**Urbanized** – Kings Theatre, Annapolis Royal Oct 4, 7:30pm • A feature-length documentary about the design of cities, featuring some of the world's foremost architects, policymakers, builders, and thinkers. **TIX:** Free will offering **INFO:** 902-532-7704 / mk@kingstheatre.ca

### FRIDAY, OCTOBER 5

**Rock Your World Watercolor Workshop** – Stony Bay Studio, Margaretsville 10am-4pm • Rocks make great subjects for beginner & experienced painters. Learn to create the illusion of shape and depth. **TIX:** \$60 w/o studio kit, \$75 w/ studio kit **INFO:** 902-824-1926 / aprilje.janes@gmail.com  
**Cram-The-Cruiser Food Drive** – Atlantic Superstore, Kingston 2-6pm • Kings District RCMP are partnering with Kingston Superstore & Loss Prevention and Kings County Seniors' Safety to cram the cruiser with food donations for the Upper Room Food Bank in Kingston! **TIX:** no charge **INFO:** 902-375-3601 / kelli.gaudet@rcmp-grc.gc.ca  
**Supper** – Royal Canadian Legion, Berwick 5-7pm • Enjoy a great 'home cooked' meal and dessert with us. **TIX:** Supper \$8, Dessert \$2 **INFO:** 902-538-9340 / gillyflowergarden@rocketmail.com  
**Dance: The Rob Brown Trio** – Royal Canadian Legion, Windsor 7-11pm • Ages 19+ **TIX:** \$5 **INFO:** 902-798-0888 / WindsorLegion@bellaliant.com  
**Alexander Keith's Birthday Party** – Royal Canadian Legion, Berwick 7pm • An evening of music and prizes. **TIX:** donation **INFO:** 902-538-9340 / gillyflowergarden@rocketmail.com  
**Jam Session** – Community Hall, Greenwich 7-9:30pm. **ALSO Oct 12** • Bring your instrument and join in. Light lunch served. **TIX:** \$2 **INFO:** 902-542-0501 / vera.n.thompson@gmail.com  
**Haunted Attraction** – Post Office (basement), Kentville 7-9pm. **ALSO Oct. 6, 12, 13, 19, 20, 26, 27** • B.A.Fraid Toy Factory presented by Creep Crew, for Misfit Manor Dog Rescue and Open Arms. **TIX:** \$10 per person at the door. **INFO:** 902-679-9770 / mcorkum1@hotmail.com  
**Johnny Cash Tribute** – West Side Charlies, New Minas 8-11pm • The world's most authentic Johnny Cash Tribute! **TIX:** \$25 **INFO:** 681-9378  
**Orchid Ensemble** – Evergreen Theatre, Margaretsville 8-10:20pm • A Canadian musical ensemble formed in 1997 in Vancouver, led by Lan Tung from Taiwan on erhu, with Yu-Chen Wang. **TIX:** \$30 **INFO:** 902-825-6834 / evergreentheatre@gmail.com

### SATURDAY, OCTOBER 6

**Traditional Breakfast** – United Baptist Church, Canning 7:30-10am • Pancakes, sausage, bacon, hash browns, beans, scrambled eggs, toast (Gluten free pancakes & toast). **TIX:** donation **INFO:** 902-582-3827 / tapgap@xcountry.tv  
**Public Breakfast** – Lions Club, KMCC, Veterans Dr., Berwick 8-10am • **TIX:** donation **INFO:** 902-844-1440 / tbhenley60@gmail.com  
**New Minas Lions Breakfast** – Louis Millet Community Complex, New Minas 8-10am • Scrambled eggs, hash browns, beans, bacon, sausage, toast, tea, coffee, juice. **TIX:** free will offering **INFO:** j-fisher@eastlink.ca  
**Pancake Breakfast/Ticket Auction** – Fire Hall, Lawrencetown 8am • For Jack, a 4-year-old boy in need of a special supportive chair. Gluten Free option available. Draw for ticket auction will start at 1pm. Put on by the Lawrencetown and District Lions Club. **TIX:** free will offering **INFO:** 902-309-0252 / wendyowen001@gmail.com  
**Harvest Fest Hike** – The Gorge, Kentville 9am • Hike Nova Scotia and the Town of Kentville present a guided hike. Qualify to win a trail prize. There is parking at the trailhead. **TIX:** no charge **INFO:**

jstephenson@kentville.ca, www.hikenovascotia.ca  
**Thanksgiving Craft Sale** – Lions Club, Wolfville 9am-2pm • Local crafters and artisans. Lasagna lunch w/ homemade caesar salad, roll, coffee/tea. **TIX:** \$1 admission, no charge under age 12. \$9 for lunch. Entrance fee to Lions Club International Foundation for Disaster Relief. **INFO:** 902-542-4508  
**Tumblebugs** – TWO LOCATIONS: Town Hall, Berwick 9:30-10:30am / Elementary School, Port Williams 11:15am-12:30pm. **ALSO Oct 13** • Ages 3-5 years w/ parent or caregiver. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca  
**Fall Antique Tractor Pull** – Northville Farm Heritage Centre, Billtown 10am • Different weight classes compete for the longest distance. **TIX:** \$5, children under 12 free **INFO:** 902-679-9455 / northvillefarm.ca / Facebook: Northville Farm Heritage Centre  
**Grow With Art: Children's Art Workshop** – NSCC, Belcher St., Kentville 1-3pm • W/Peter Gordon. Ages 6-14. Art works may be rented/returned at this time. **TIX:** \$3 per child **INFO:** 902-542-0234  
**Richard and Cage** – Paddy's Pub, Kentville 1:30pm & 8pm • Kentville Harvest Fest Entertainment by Jim Richard and Rusty Cage offering a mixture of old time country and Johnny Cash. **TIX:** no charge **INFO:** 902-679-8162 / stringsjim@gmail.com  
**Valley Stamp Club** – Community Centre, Port Williams 1:30-3:30pm • The Valley Stamp Club (EST 1961). The hall opens at 12:30 pm for people to trade, talk stamps etc. Meetings include a presentation & auction. Guests always welcome. **TIX:** Annual dues \$6. **INFO:** 902-665-4577 / stamps@eastlink.ca  
**Ticket Auction** – Fire Hall, Greenwich 2-3pm • Cake draw. 50-50 draw. Pie sale. Canteen available. **INFO:** Facebook: Greenwich Fire Department  
**Afternoon Tea** – Randall House Museum, 259 Main St., Wolfville 2-5pm. **ALSO Oct 13** • Every Saturday. Follow tea by browsing our new exhibits! **TIX:** \$5 **INFO:** 902-542-9775 / randallhouse@outlook.com  
**Spaghetti Dinner Fundraiser** – Lions Club, Wolfville 4:30-7pm • Proceeds for the Revolution Synchronized Skating teams. Spaghetti, caesar salad, garlic bread, drink and pie for dessert! **TIX:** \$12 In advance by email and e-transfer **INFO:** 902-585-1797 / PastaDinner2018@gmail.com  
**Harvest Auction** – Horton Community Centre, Grand Pré 7-10pm • Auctioneer: Paul Saulnier **TIX:** no charge **INFO:** 902-542-3150

### SUNDAY, OCTOBER 7

**Glooscap Nature Trail Hike** – Glooscap First Nation Community Centre, Hantsport 10am • Hike Nova Scotia and Glooscap First Nation present a guided hike in the Glooscap First Nation. Qualify to win a trail prize. See www.hikenovascotia.ca for details. Meet at the First Nation Band Office. **TIX:** no charge **INFO:** mpal@glooscapfirstnation.com  
**Artisans in Action: Tradition NS Art & Craft** – Avon River Heritage Museum, Newport Landing 12-4pm • Demonstration led by Cheticamp rug hooker and visual artist, Sandra Aucoin. **TIX:** no charge **INFO:** 902-757-1718 / infoavonriver@gmail.com  
**Community Climb Night** – Northeast Kings Education Centre, Canning 12:30-2:30pm. **ALSO Oct 14** • Come join the fun at NKEC for AVCC's Community Climb Afternoon. **TIX:** \$5/pp (or 1 punch) or \$10/family (or 2 punches) Cash only. **INFO:** nkecc.ca  
**Ticket Auction** – Fire Hall, Waterville 12:30-2pm • Come support 8 year old Haley Pinch as she raises funds to go to Atlantic Canada Top Model & Actor in Moncton, NB. Bake table, 50/50 draw, & canteen available. **TIX:** Admission \$2. **INFO:** 902-538-7099

### MONDAY, OCTOBER 8 – Happy Thanksgiving!

**Harvest Sale** – Forties Community Centre, New Ross 9am-4pm • Homemade jams, jellies and pickles, apples, vegetables, Krispi Kraut sauerkraut and delicious country baked goods. Wheelchair accessible. Local entertainment. Proudly part of Oktoberfest. Sponsored by Canadian Heritage. **INFO:** fortiescc@gmail.com  
**Crystal Falls Hike** – Crystal Falls Trail, Greenwood 9:30am • Hike Nova Scotia and Hello Weekend present a guided hike in Aylesford. Please pre-register. Qualify to win a trail prize. See www.hikenovascotia.ca for details. **TIX:** no charge **INFO:** susancareycoaching@gmail.com  
**Turkey Dinner & Supper** – Forties Community Centre, New Ross 11:30-1:30, 2:30-4:30 pm • Turkey dinner, with all the trimmings, Dessert/tea/coffee. Local entertainment sponsored by Canadian Heritage. Proudly part of Oktoberfest

celebrations! **TIX:** \$13 adult, \$7 ages 5-12, \$3 under 5 **INFO:** fortiescc@gmail.com  
**West African Dance** – Manning Memorial Chapel, Wolfville 6:15-7:30pm • Dance with accomplished Guinean dance, Mohamed and his wife Marielle Duranteau. All levels. **TIX:** \$105 for a six-week session or \$20 drop-in. **INFO:** Wontanaradrumdance@gmail.com

### TUESDAY, OCTOBER 9

**Parent Club** – Kings County Family Resource Centre, Kentville 9:30-11:30am. **ALSO Tues. Oct 16, and Thursdays, Oct 11 & 18** • Fun activities and informative sessions. Childcare is provided. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca  
**GrandLove Grandparent Support Group** – Town Hall, Berwick 10am-8pm • For grandparents who are parenting their grandchildren. **TIX:** no charge **INFO:** 902-538-4726 / marybeth.floyd@avrce.ca  
**Luncheon** – Lions Club, Kingston 12-1pm • Chicken Supreme. Call by 10:30 for deliveries. **TIX:** \$9 per plate. \$9.50 delivered (Kingston Greenwood area only). **INFO:** 902-765-3225 / bobbarb@eastlink.ca  
**Play with Me** – Autism Centre, Kingston 12:30-2pm. **ALSO Oct 16** • Take some time to be creative, active, and engaged with your child/children. All ages welcome. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca  
**4 The Health of it** – Eastern Kings Memorial Health Centre, Wolfville 1-4pm • A FREE 6 week program for adults trying to live a healthier life and prevent chronic illness. Oct. 9-Nov 13. Please register. **TIX:** no charge **INFO:** 902-542-4215 / Rebecca.Hatchard@nshealth.ca  
**4 The Health of it** – Berwick & District School, Berwick 5-7:30pm • A FREE 6 week program for adults trying to live a healthier life and prevent chronic illness. Oct. 9-Nov 13. Please register. **TIX:** no charge **INFO:** 902-538-1315 / Emma.VanRooyen@nshealth.ca  
**Find Your Voice! Vocal Lessons** – United Baptist Church, Kentville 6:45-7:45pm • A program for women who love to sing! Six weeks of weekly music education lessons in Vocal Production and Performance, beginning Oct 9. **TIX:** \$5 per person, per evening. No charge for the first evening. **INFO:** 902-690-7485 / yvonnefoisy@eastlink.ca

### WEDNESDAY, OCTOBER 10

**Let's Get Up & Move** – Kings County Family Resource Centre, Kentville 9:30-10:30am. **ALSO Oct 17** • An hour of increasing your heart rate and having fun. Free childcare available. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca  
**Play Group Plus** – Kings County Family Resource Centre, Kentville 10-11:30am. **ALSO Oct 17** • Sing songs, play in the gym and many more things for children and parents. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca  
**Rhyme Time** – Louis Millet Community Complex, New Minas 10-11am. **ALSO Oct 17** • For children and parents. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca  
**Plein Air** – Horton Ridge Malt & Grain, Hortonville 10am-1:30pm • Plein Air Artists Annapolis Valley group meets at Horton Ridge Malt & Grain. A popular, mutually-supportive group critique is available for those interested. Bring a picnic lunch if you like. **TIX:** no charge **INFO:** 902-701-8106 / edwardwedler@gmail.com  
**Express Yourself with Art** – Kings County Family Resource Centre, Kentville 1-2pm. **ALSO Oct 17** • Parents and children can explore the concept of open art. All ages welcome. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca  
**Fundy Cinema screens INDIAN HORSE** – Al Whittle Theatre, 7pm • In Stephen Campanelli's moving adaptation of Richard Wagamese's award-winning novel, Saul Indian Horse, who was committed to a Catholic residential school in late 1950s Ontario, finds salvation in Canada's favourite pastime: hockey. **TIX:** \$10 **INFO:** 902-542-1050  
**Networking Trivia** – Glooscap First Nation Community Centre, Hantsport 7-9pm • Co-hosted by the Valley Connector Program, Fusion Annapolis Valley, and the Annapolis Valley Regional Library. **TIX:** no charge **INFO:** 902-678-2200 / connector@valleyren.ca  
**Jam Session** – Lions Club, Kentville 7-9:30pm • **TIX:** \$2 **INFO:** 902-679-2367 / vintagemusic1@hotmail.com  
**Floor Curling** – Three Rivers Community Centre, Torbrook 7-9pm • The same strategy and rules but no cold toes. Great for all ages. **TIX:** donation **INFO:** Donna Pittman, 902-760-2471  
**VWBN Fundraiser** – Old Orchard Inn, Wolfville 7:15-9pm • Valley Women's Business Network present

"How to Network like the top 4% of Women Leaders" with Eleanor Beaton. Silent auction, munchies, cash bar. Gift bag for the first 75 attendees! **TIX:** \$30 members & advance purchase, \$40 non-members at the door, Kimball Law (Wolfville), Party Central (New Minas) **INFO:** president@vwbn.ca

### THURSDAY, OCTOBER 11

**Let's Get Messy!** – Louis Millet Community Complex, New Minas 9:30-10:30am. **ALSO Oct 18** • Children explore various art forms and sensory opportunities. A parent-child interactive group. All ages. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca  
**S. O. U. P.** – Royal Canadian Legion, Berwick 11:30am-1pm • Enjoy a light lunch and great conversation. Public Welcome! **TIX:** no charge **INFO:** 902-538-9340 / gillyflowergarden@rocketmail.com  
**AVDA October Meeting** – Fire Hall, Greenwich 7-10pm • Glass painting with Anne Hopper. **TIX:** Door fee \$2. **INFO:** 902-681-0311 / mayscott@hotmail.com

### FRIDAY, OCTOBER 12

**Roast Beef Dinner** – Lions Club, Wolfville 5-7pm • A fundraiser by St. John's Anglican Church, for L'Arche, "Building Our Dream Campaign". **TIX:** adults \$15, children under 12 \$8. No tickets at the door. Tickets must be pre-ordered by phone. **INFO:** Dale, 902-681-7402 / hennigarkaren@gmail.com  
**Valley Trekkers Volkssport Club** – Aurora Inn, 831 Main St., Kingston 6pm • Meet at the Aurora Inn. Take Exit 17 off Hwy 101, Kingston. Registration begins at 5:30pm. This is a 5/10km, 1A walk. **INFO:** 902-847-1772  
**Dance: Meredith** – Royal Canadian Legion, Windsor 7-11pm • Ages 19+ **TIX:** \$5 **INFO:** 902-798-0888 / WindsorLegion@bellaliant.com  
**Odd Songs by Katrina Bishop** – Sea-Esta, Canning (Delhaven) 7-9:30pm • Katrina Bishop mixes elements of Pop, Jazz, Funk, Folk, A Cappella and Musical Theatre, with a little Celtic and Country thrown in for fun. **TIX:** \$20 (please email) **INFO:** 902-692-1662 / soundconnectionstherapy@gmail.com / Facebook: Sea-Esta@Delhaven

### SATURDAY, OCTOBER 13

**Lions Breakfast** – St Andrew's Anglican Church Hall, Hantsport 7-10am • Sponsored by the Hantsport & District Lions Club. **TIX:** \$7 adult, \$3.50 children 6-12, no charge under 5 **INFO:** hantsportlionsclub.com  
**Community Breakfast** – Masonic Hall, 110 Mill St., Berwick 7:30-10:30am • **TIX:** \$8 Adult, \$3 Children, Lodge Tours: FREE!!!! **INFO:** 902-538-8351  
**Breakfast** – Lions Club, Kentville 8-10am • Lions Breakfast **TIX:** \$7 adult, \$4 child **INFO:** 902-679-2367 / vintagemusic1@hotmail.com  
**Big Breakfast** – Southwest Hants Fire Hall, 1884 Hwy 14, Vaughans 8-10am • Proceeds to the Auxiliary

## TIDE PREDICTIONS at Cape Blomidon

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

OCT	High	Low
04	8:48am	2:57pm
05	9:51am	4:01pm
06	10:50am	5:00pm
07	11:45am	5:55pm
08	12:37pm	6:46pm
09	*1:25pm	7:35pm
10	2:12pm	7:57am
11	2:57pm	8:43am
12	3:43pm	9:28am
13	4:29pm	10:13am
14	5:16pm	10:59am
15	6:06pm	11:48am
16	7:00pm	12:40pm
17	7:34am	1:36pm
18	**8:31am	2:35pm

There are normally two high and two low tides each day. Only daylight tide times are listed.

\* Highest High: 44.6 feet \*\* Lowest High: 33.1 feet

for hall. **TIX:** \$7 adult, \$3.50 children **INFO:** 902-798-3470

**Make A Change Fundraising Breakfast** – United Church, Aylesford 8–11am • Make A Change 2019 is the name of a group of grade 12 students who are travelling to the Dominican Republic to build a house for a family in need. They are hosting a fabulous pancake breakfast with all the fixings! **TIX:** donation **INFO:** 902-670-1351 / amattthewc@gmail.com

**Field Leader – Hiking Course** – Community Centre, Wilmot 9am–5pm. **ALSO Oct 14** • Participants receive Outdoor Council of Canada national certification in Field Leader – Hiking (how to be a hike leader). Register by Oct. 9. **TIX:** Members \$125, Non members \$135, Duke of Edinburgh Leaders \$110 **INFO:** hikenovascotia.ca  
**Horton Harvest Craft Fair** – Horton High School, Greenwich 9am–3pm • More than 165 crafters and

artisans on two accessible levels. Cafe, door prizes, music. **TIX:** General Admission \$2. Children Under 12 no charge. **INFO:** 902-542-6060

**Kings Kikima Grannies Jewelry Sale** – Lions Club, Wolfville 9am–3pm • Sale of used jewelry. Funds raised will be used to support children orphaned by AIDS being raised by their Grandmothers in Africa. **TIX:** no charge **INFO:** 902-542-2481 / bacain33@gmail.com

**HUGE Indoor Flea Market** – Hants County Exhibition, Windsor 9am–2pm • Huge Indoor Flea market at the Exhibition Grounds! \$10 per table! Call/Text to reserve your spot. **TIX:** \$1 **INFO:** 902-306-3315 / hellokittycomeau18@gmail.com

**Ticket Auction** – Parker Hall, Victoria Vale 10am–1pm • Refreshments, bake table, and more! Sponsored by Spa Springs women's Institute. **TIX:** no charge

**INFO:** 902-825-8034 / mousejuly@gmail.com

**Botanical Illustration for Students** – Harriet Irving Botanical Gardens, Wolfville 10am–3pm • A fusion of science and art. Learn graphite drawing techniques while studying native plants with Acadia graduate and artist Twila Robar-DeCoste **TIX:** \$25/student **INFO:** robardecoste@ns.sympatico.ca

**Plaque Unveiling Event** – Al Whittle Theatre, Wolfville 1pm • The Acadia Theatre Building is now a designated Heritage Property. Join us for the official unveiling. **INFO:** alwhittletheatre.ca

**Ham, Bean and Potato Scallop Supper** – Baptist Church, North Alton 4:30pm **TIX:** \$12 adults, \$6 children under 12 **INFO:** 902-678-7168 / valerihopec@hotmail.com

**S.O.A.R. Auction and Dinner** – Lions Club, Berwick 6–9pm • View items from 3–5:30pm. Dinner at

6pm. Winners of auction items announced at dessert. Door prizes, 50/50 draw, cash bar. **TIX:** Table of 8: \$120, Individual: \$15, 12 & under: \$10 **INFO:** 902-765-4779 / tickets@soarns.ca

**Montreal Canadiens Alumni Vs. Acadia Axemen Alumni** – Acadia Athletic Complex, Wolfville 7–10pm • The Montreal Canadiens Alumni team and the Acadia Axemen Alumni team! **TIX:** \$25 General Admission @ online via Eventbrite & at Annapolis Valley Independent Grocers in Wolfville, Kentville, Berwick, and Middleton. **INFO:** 204-750-2676 / info@NTFT.ca  
**Game Night** – Royal Canadian Legion, Berwick 7pm • Retro gaming. 50/50 draw. Cocktail special & snacks. Public Welcome! **TIX:** no charge **INFO:** 902-538-9340 / gillyflowergarden@rocketmail.com

What's Happening continued on page 16.

## WEEKLY EVENTS

**PLEASE NOTE:** Event information may change without notice.

### THURSDAYS

**The Hantsport Seniors & Elders Club "Drop-in"** – St. Andrews Church Hall, Hantsport 1–4pm. Games; tea-break at 3pm. All ages! **INFO:** 902-352-2085 / davidold@eastlink.ca

**In the Round Knitting Group** – Gaspereau Valley Fibres 1–4:30pm. Also Tuesdays 6–9pm. Bring your knitting, rug hooking, spinning, or felting. **INFO:** 902-542-2656 / gaspereauvalleyfibres.ca

**Tapestry: Women's Cancer Support Group** – We meet the 2nd Thursday of each month (Next: Oct. 11). Please call for time/location. **INFO:** Dorothy, 902-538-3374 / Pat, 902-678-9100 / Margot, 902-542-1466 / margotwithat@hotmail.com

**Open Studio** – Avon River Heritage Museum, Newport Landing 2–5pm. Bring a project and join in the conversation! **TIX:** no charge **INFO:** 902-757-1718 / infoavonriver@gmail.com

**Taekwondo** – Baptist Church, North Alton 6:30pm (kids 4–14), 7:30pm (adult). Also Tuesdays. **TIX:** no charge to try a class **INFO:** 902-670-8714 / devin@ennissecurity.ca

**GriefShare** – New Hope Wesleyan Church, Kentville 7–9pm. Help and encouragement after the death of a loved one. **TIX:** no charge **INFO:** 902-670-9288 / gerrits.bernadine@gmail.com

**NonDuality Meetup** – Manning Memorial Chapel, Wolfville 7pm–9pm. Every other Thursday. Non-denominational discussion of life and our place in the scheme of things. 19+ **FEE:** no charge **INFO:** rozspeed57@gmail.com

**Music Jam** – Community Hall, Cambridge Station 7–10pm. **TIX:** \$2 **INFO:** 902-538-9957 / gands@xcountry.tv

**Cardio Kickboxing** – Baptist Church, North Alton 8:30–9:30pm. Also Tuesdays. Adult class. **TIX:** no charge for 1st week of classes **INFO:** 902-670-8714 / devin@ennissecurity.ca

### FRIDAYS

**Playful Pals Playgroup** – THREE LOCATIONS: Recreation Centre, Wolfville / Fire Hall, Waterville / New Beginnings Center, Greenwood, 9:30–11:30am. Parent-child interaction. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

**Low Impact Exercise Program** – Christian Fellowship Centre, Wilmot. Every M–W–F, 11am–12pm. Geared for seniors, open to all. **TIX:** no charge **INFO:** 902-765-0135 / wendynoble135@gmail.com

**Chase The Ace & Supper** – Royal Canadian Legion, Berwick 5–7pm • Downstairs; use back door. Cash bar. 19+ **TIX:** Tickets 3 for \$5. Supper \$8. Dessert \$2. **INFO:** 902-538-5815

**Chase the Ace** – Curling Club, Middleton 6:30–8pm • Draw at 8pm. Enjoy playing games in the dining hall. **TIX:** 3 tickets for \$5. **INFO:** 902-825-2695 / bemorine@hotmail.com

**Boardgame Night** – C@P Lab, Wolfville Public Library, 7pm. Bring your games! Ages 12+ **FEE:** no charge **INFO:** 902-790-4536 / turpin56@gmail.com

**Tremont Board Game Café** – Tremont Hall, 738 Tremont Mtn Rd. 7–9:30pm • Every first and third Friday (Next: Oct 5, 19). Many new

games & some oldies in a friendly environment. No charge. **INFO:** 902-765-4326.

**Greenwich Jammers** – Greenwich Community Hall, 7–9:30pm. All Welcome. **TIX:** \$2 **INFO:** Bill/Vera, 902-542-0501 / vera.n.thomson@gmail.com

**Friday Night Jam** – Royal Canadian Legion, Wolfville, 7–10pm. **INFO:** 902-542-5869 / wolfvillelegion@gmail.com

**Chase the Ace** – Royal Canadian Legion, Windsor 6:30–8:45pm • Cut off for ticket purchase is 8:30pm, draw at 8:45pm. **INFO:** 902-798-0888 / WindsorLegion@bellaliant.com

### SATURDAYS

**Wolfville Farmers' Market** – DeWolfe Building, Elm Ave., Wolfville 8:30am–1pm. **October 13 Theme:** Pumpkin Palooza. **Music:** The Hupman Brothers **INFO:** wolfvillefarmersmarket.ca

**North Mountain Market** – North Mountain United Tapestry, Harbourville 9am–1pm. June to October. Fresh veggies, lunch, music, and shopping. **INFO:** northmountainmarket@gmail.com

**Berwick Community Market** – Legion, 232 Main St., Berwick 9am–1pm, year round. Local producers and artisans! **INFO:** Chris, 902-538-5815 / chris48goddard@icloud.com

**Flying Squirrel Adventures** – Kentville Ravine, 9:45am–12:15pm. Third Sat., year round (Next: Oct 20). Learn about nature through games, workshops and more! All ages. **FEE:** no charge **INFO:** facebook: Flying Squirrel Adventures

**Drop in and Drum!** – Baptist Church, Wolfville 1–2:30pm. First Saturday of the month (Next: Oct 6). W/Bruno Allard. Drums provided. **FEE:** \$5–\$10 (pay what you can) **INFO:** brunoallard7@gmail.com / facebook: Djembes and Duns Wolfville

**CHASE the ACE** – Royal Canadian Legion, Branch #098, Kingston. Starting Sept. 8, Tickets available during bar hours & every Saturday, 1–3pm at the R.C.L. until winning JACKPOT number is drawn. Draw at 3:30pm. **TIX:** 4 for \$5. Must be over age 19 to purchase. **INFO:** dartshack@ns.sympatico.ca

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

**SUNDAYS**

**Farmers Market** – Victoria Park Bandstand, Windsor 10am–2pm. Last one: Oct 14. A new and vibrant community farmers market. **INFO:** 902-579-7652 / avoncommunitymarket@gmail.com

**Group Meditation** – Bishop Hall, Greenwich. 10:30am–noon. Meditation, discussion and tea. Bring your own cushion if you prefer. Wheelchair accessible. **FEE:** no charge. Donations accepted. **INFO:** 902-798-2958 / 902-670-1006 / windsormeditationgroup@gmail.com

**Market & Cafe** – Black River Community, 989 Deep Hollow Rd., 11am–1:30pm, March–Dec. Local produce, handmade crafts, and more! **TIX:** \$7 for lunch **INFO:** Reta, 902-542-1552

**World Meditation Hour** – Every third Sunday, 4:30–5:30pm (Next: Oct 21). Manning Memorial

Chapel (lower level), Acadia University, Wolfville. **INFO:** purepeace100@gmail.com

**Bingo** – Royal Canadian Legion, Windsor 7:30–10pm. Mini game 7:30pm, regular games 7:45pm. **TIX:** Basic card booklet \$25, extras available. **INFO:** 902-798-0888 / WindsorLegion@bellaliant.com

### MONDAYS

**Toddler Tonics** – Kings County Family Resource Centre, Kentville 9:30–11am. Physical activity and fun for parents and children. No charge. **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

**Tumble Bugs** – Louis Millet Community Complex, New Minas 10:30–11:30am. Also Tuesdays. For ages 3–5 w/caregiver. No charge. **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

**Little Makers** – Makers, Windsor 10–11am. For parents and preschoolers. **TIX:** no charge for members, \$10 per adult-child pair for non-members **INFO:** 902-472-2600 / makerswindsor@gmail.com

**Low Impact Exercise Class** – Christian Fellowship Centre, Wilmot 11am–12pm. M–W–F. Open to everyone. No charge. **INFO:** Wendy, 902-765-0135

**Windsor Game Night** – Library, Windsor 6pm. Board game group. **FEE:** no charge **INFO:** meetup.com/valleygames / turpin56@gmail.com

**Toastmasters** – Eastern Kings Memorial Health Centre, Wolfville 6:30–8:30pm. Improve your communication and leadership skills in a fun supportive setting. Visitors ALWAYS welcome. **INFO:** wolfvilletoastmasters.com

**East Kings Chess Club** – Library (upstairs), Wolfville 6:30–9pm. Bring your own set, board, and clock if you can. All levels/ages welcome. **INFO:** Ian Anderson, tfeloc@hotmail.com / 902-678-8009

**Darts** – Berwick Legion, 7pm. Mixed doubles, draw for partner, round robin format. **FEE:** \$3 **INFO:** 902-538-5815

**Kings Community Concert Band** – Bishop Hall, Greenwich 7:15pm. Under the direction of Holly Lohnes. Particularly looking for new trumpet, trombone and sax players. **INFO:** Sarah, sarah@segconsulting.ca

### TUESDAYS

**County Crafters** – Kings County Family Resource Centre, Kentville 9:30–11:30am. Crafting for adults. Childcare available. **FEE:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

**Qigong** – Acadia Library, Wolfville 11:30am–1pm. Experience the healing benefits of qigong with Jack Risk. **TIX:** no charge **INFO:** jackrisk.ca

**Rug Hooking in Kentville** – Kentville Lower Recreation Centre (354 Main Street), 1–3pm. Tea/coffee available, \$5 drop in fee. **INFO:** Mona, monapearl@ns.sympatico.ca / Lynn, lynndenney@eastlink.ca / 902-692-8118

**Toastmasters** – Birchall Training Centre, 14 West Greenwood 6:30pm. **TIX:** no charge **INFO:** annapolisvalley.easy-speak.org / edwardwedler@gmail.com

**Celebrate Recovery** – New Hope Wesleyan Church, Kentville 7–9:30pm. A faith based 12-Step program for anyone who needs help with

hurts, habits & hangups. **TIX:** no charge **INFO:** 902-678-2222

**The Dukes Of Kent - Barbershop Harmony Chorus** – Bethany Memorial Baptist Church, rear of building, North Kentville 7pm. Men of all ages are invited to come sing with us. **INFO:** Chris, 902-678-8865 / Seymourchris2@gmail.com

**Card Game** – Fire Hall, Vaughans 7pm. 50/50 draw and light lunch. **TIX:** \$2 to play **INFO:** ellajean.levy@gmail.com

**Valley Voices** – Female a cappella show chorus rehearses 8–9:30pm, Kentville Baptist Church CE Centre. **INFO:** valleyvoices.org

**Cribbage** – Berwick Legion, 7pm. **FEE:** \$10 per player **INFO:** 902-538-5815

**Village Dancing** – Wolfville Curling Rink (upstairs) 7:30–8:30pm Beginner / 8:30–10pm Advanced. Traditional dancing from the Balkans & Middle East. No partner needed. Expert instruction. New dancers welcome. **FEE:** \$7, \$5 students **INFO:** David, 902-690-7897

**Scottish Country Dance** – Kings Riverside Court, Kentville 7:30–9:30pm. Until Nov 27. **FEE:** \$6/night or \$60/14-week term. ½ price for students **INFO:** 902-542-5320 / johnduncankeppie@gmail.com

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

### WEDNESDAYS

**Coffee Time** – Community Hall, Greenwich 9:30–11am. **TIX:** donation **INFO:** Darlene, 902-542-3498 / darlene.hennigar@gmail.com / Bev, 902-542-7412

**Gaeilge sa Ghleann - Irish in the Valley** – Middleton & Annapolis Royal, alternating, 10am. Learn to speak Irish Gaeilge! All levels welcome. **INFO:** gaeilgesaghleann@gmail.com / Facebook: Gaeilge sa Ghleann

**Kentville Farmers' Market** – Centre Square, Kentville 10am–2pm. Fresh farm products, hot lunch food, local crafts and household goods. **INFO:** marketmanager@kentville.ca / kentvillefarmersmarket.ca

**Tumble Bugs** – Kings County Family Resource Centre, Kentville 10:30–11:30am. Also Tuesdays. Basic movement activities and modified gymnastics. For ages 3–5 w/caregiver. No charge. **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

**Wolfville Farm Market** – Farmers Market, Wolfville 4:30–7pm. Live music, 10+ vendors, Market Suppers. Sept 26 Theme: Solar Panel Celebration and Sustainability Fair. **Sept 26 Music:** Graham Howes **INFO:** wolfvillefarmersmarket.ca

**Chase The Ace** – Lions Club, 36 Elm Ave., Wolfville 5–8:15pm. Draw shortly after 8pm. **INFO:** 902-542-4508

**TV Bingo** – Royal Canadian Legion, Windsor 6–7pm. Also Thursdays. **TIX:** Books available at bar. **INFO:** 902-798-0888 / WindsorLegion@bellaliant.com

**Pool** – Legion, Berwick 7pm. Round robin format. **FEE:** \$3 to play **INFO:** 902-538-5815 / chris48goddard@icloud.com

## SATURDAY, OCTOBER 13 (cont'd)

**Country Music Show** – Royal Canadian Legion, Wolfville 7pm • Entertainers: Caroll Edwards, B.J. McKay, Nathan Haley, Eugene Rafuse, Audley Pineo, Harold Hunt. Canteen & 50/50 **TIX:** \$5 per person **INFO:** 902-542-5869

**Collectif9 + Architek Percussion** – Festival Theatre, Wolfville 7:30-10pm • COLLECTIF9 + ARCHITEK PERCUSSION present MY BACKYARD, SOMEWHERE – a new collaborative multi-media performance about people and their places. **TIX:** \$34 general, \$22 students @ Acadia U. box office **INFO:** 902-585-1282 / pas@acadiu.ca

## SUNDAY, OCTOBER 14

**Ticket Auction** – Fire Hall, Waterville 11am-2pm • Ticket auction for Valley Cheer Athletics' non-profit cheer and tumbling youth programs, Wolfville to Greenwood. Draws begin at 2 pm. Free admission. **TIX:** Tickets 10 for \$1 **INFO:** 902-679-6568 / cskeddy@hotmail.ca

**Craftmas Carnival** – Fire Hall, Kentville 11am-4pm • Pick up the best gift for everyone on your list while your kids have fun with crafts, activities and a bouncy castle! **TIX:** \$2 **INFO:** 902-765-9404 / info@committedtoyouevents.com

**Crib Tournament** – Forties Community Centre, New Ross 1pm • Doors open noon, registration starts 12:30pm. Play starts 1pm. Canteen. Wheelchair accessible. **TIX:** \$20 per team **INFO:** 902-689-2147

**The Amazing Car Rally** – United Baptist Church, Port Williams 2-6pm • Follow a set of instructions that will take you around the Valley answering questions and completing challenges. Carloads get points for completing the route with the most correct answers and for completing all of the challenges. All ages! Each car should have a pen, cellphone, driver and reader/writer. Registration and instructions begin at 2pm, with a potluck supper and awards ceremony at 5pm. **TIX:** free will donation **INFO:** 902-542-3495 / office@pwubc.org

**Sunday Music in the Garden Room** – K.C. Irving Environmental Science Centre, Wolfville 2-4pm • Violinist Warwick Lister, and Jennifer King, piano in a beautiful program of works by Viotti, Schubert, Elgar, and Brahms. Part of Acadia's Homecoming Weekend. **TIX:** no charge **INFO:** artsacadia.acadiu.ca

**Reading workshop by Rebecca Thomas** – St. George & St. Andrew United Church, Annapolis Royal 3-5pm • The Annapolis Region Community Arts Council (ARCAC) invites you to attend a writing workshop and reading by Rebecca Thomas, the former Poet Laureate of Halifax. **TIX:** donation **INFO:** 902-532-7069 / arcac@ns.aliantzinc.ca

**Fundy Cinema screens THE BOOKSHOP** – Al Whittle Theatre, 4 & 7pm • When young widow Florence Green (Emily Mortimer) opens a bookshop in her conservative East Anglian coastal town in 1959, she unleashes a power struggle that touches on the sociopolitical values and class barriers defining 1950s England. **TIX:** \$10 **INFO:** 902-542-1050

**Nova Scotia Premiere of The Purple Road** – Studio-Z, Wolfville 6-8pm • Award winning documentary including Best Director and Best Feature Documentary **TIX:** no charge **INFO:** 902-300-9613 / kevin@wehaveaface.org

**Lacrosse Meeting** – Annapolis Mess, Greenwood 6:30-8pm • Sunday, October 14, 6:30 p.m., Valley Thunder Lacrosse annual and business meetings. **TIX:** no charge **INFO:** Sarah White, VTL President, cskeddy@hotmail.ca / Facebook: Valley Thunder Lacrosse / 902-599-1833

**Small Glories** – Evergreen Theatre, Margaretsville 8-10:20pm • Luft and Edwards are two traveling souls that may have taken a while to finally find each other, but it's damn lucky for us their paths crossed." – Grayowl Point **TIX:** Adults \$30, Military \$25, Students \$15 **INFO:** 902-825-6834 / evergreentheatre@gmail.com

## MONDAY, OCTOBER 15

**Toddler Tonics** – Kings County Family Resource Centre, Kentville 9:30-11am • Physical activity and fun for parents and toddlers. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

**Fun with Food** – Louis Millet Community Complex, New Minas 9:30-11am • Explore new recipes to cook with your child. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

**Canning 101** – Kings County Family Resource Centre, Kentville 12:30-2pm • Looking to preserve some food for the winter? Please call to register. Limited amount of space available. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

**Helvetica screening with talk back** – ARTSPLACE

Gallery, Annapolis Royal 7-9pm • Helvetica is an independent feature-length documentary film about typography and graphic design, centered on the typeface of the same name. **TIX:** donation **INFO:** 902-532-7069 / arcac@ns.aliantzinc.ca

**Scottish Country Dance Classes** – Community Centre, Wilmot 7-9pm • Starting Oct 15, running for 8 weeks. **TIX:** \$ 5 per night **INFO:** 902-825-4600 / s.v@ns.sympatico.ca

**Valley Gardeners** – Beveridge Arts Centre, Rm 241, Wolfville 7:30-9:30pm • Doug Hickman discusses "Water and wildlife in the backyard". **TIX:** no charge **INFO:** 902-678-5008 / alsopje@icloud.com

## TUESDAY, OCTOBER 16

**Committee of the Whole** – County of Kings Municipal Complex, Kentville 9am • **TIX:** no charge **INFO:** 888-337-2999

**4 The Health of it** – Eastern Kings Memorial Health Centre, Wolfville 1-4pm • A FREE 6 week program for adults trying to live a healthier life and prevent chronic illness. Oct. 9-Nov 13. Please register. **TIX:** no charge **INFO:** 902-542-4215 / Rebecca.Hatchard@nshealth.ca

**Glooscap Curling Registration/Open House** – Glooscap Curling Club, 17 Crescent Ave, Kentville 6:30-8:30pm. ALSO Oct 17 & 18 • Come see what we are all about! **INFO:** glooscapcurling.ca

## WEDNESDAY, OCTOBER 17

**Plein Air** – Coffee Roaster Café, Annapolis Royal 10am-1:30pm • This is our final paint-out of the season. Plein Air Artists Annapolis Valley group meets at the Sissiboo Café in Annapolis Royal. A popular, mutually-supportive group critique is available for those interested. **TIX:** no charge **INFO:** 902-701-8106 / edwardwedler@gmail.com

**NSCC Sustainability Days** – NSCC Centre of Geographic Sciences, Lawrencetown 11am-2pm • Sustainability Days – Local exhibitors promoting environmentally friendly products, services and ideas – learn different ways to be sustainable and some of the things we do to help our environment. **TIX:** no charge **INFO:** 902-824-4804 / brenda.veinot@nssc.ca

**Valley Youth Project Drop In** – NSCC Kingstec Campus, Kentville 6:30-8:30pm • A social drop-in for 2SLGBTQ+ youth and allies, 25 years & under. **TIX:** no charge **INFO:** 902-702-9473 / valleyyouthproject@gmail.com

**Fundy Cinema screens FAHRENHEIT 11/9** – Al Whittle Theatre, 7pm • In his usual irreverent and provocative style, Michael Moore examines the legacy of Donald Trump's ascension to the U.S. presidency on November 9, 2016. **TIX:** \$10 **INFO:** 902-542-1050

**Emergency Preparedness Info Session** – Millville Community Hall, Aylesford 7-9pm • Dan Stovel, the Regional Emergency Management Coordinator for Kings County, will be offering a presentation to those in Millville and the surrounding communities. Pre-registration encouraged. Drop-ins welcome. **TIX:** no charge **INFO:** 902-840-1562 / cdavis224@yahoo.ca

## THURSDAY, OCTOBER 18

**Succession Planning from Principle to Practice** – County of Kings Municipal Complex, Kentville 10am-3pm • This program will help business owners plan for the sale or transition of their company through in-class training, 1-on-1 coaching, and peer networking. **TIX:** \$99 per business **INFO:** 902-678-2200 / jtufts@valleyren.ca

**NSCC Sustainability Days** – NSCC Campus, Middleton 11am-2pm • See Lawrencetown Campus event listing on October 17 for details. **TIX:** no charge **INFO:** 902-824-4804 / brenda.veinot@nssc.ca

**ACW Games Day** – St. Andrew's Anglican Church, Main Street, Hantsport 1pm • Desserts, Prizes! **TIX:** Book A Table For Four, \$5 Per Person **INFO:** Edie Allen, 902-684-3264

**IWK Teddy Bear Fundraiser Supper** – Lions Club, Kingston 4:30-6pm **TIX:** \$10 per plate. **INFO:** 902-765-3225 / bobbarb@eastlink.ca

**Monthly Meeting** – Royal Canadian Legion Windsor Branch (Fort Edward Mall), Windsor 7:30pm • New members are always welcome. **INFO:** 902-798-0888 / windsorlegion.ca

## LIVE THEATRE

**Gravely Ghost Walks** – Clock Park, Wolfville Oct 4, 7:30pm / Riverbank Cemetery, Hantsport (dress rehearsal – limited tickets) Oct 11, 7:30pm / Clock Park, Wolfville Oct 18, 7:30pm • Jerome the GraveKeeper

## LIVE THEATRE (cont'd)

and his ghostly friends will inform and entertain. **TIX:** \$20 adults, \$15 students/seniors (includes HST & fees). Available via Ticketpro.ca & cash-only before walk. **INFO:** valleyghostwalks.com / Facebook: Valley Ghost Walks

**Vincent** – Al Whittle Theatre, Wolfville Oct 5, 6, 7:30-9pm • Vincent, a full-length play by Leonard Nimoy, starring Geoff Ball and directed by Carole Ball. **TIX:** \$10 per person. The Box of Delights, Wolfville **INFO:** cbhall66@gmail.com

**Charley's Aunt** – CentreStage Theatre, Kentville Oct 5, 6, 12, 13, 7:30pm • Charley's Aunt by Brandon Thomas, a perennial favourite, comes to CentreStage! Confusion takes over when Charley's aunt appears but is "she" really the aunt?? **TIX:** \$15, \$12 seniors/ students, \$5 age 12 and under, cash or cheque. Reservations recommended. **INFO:** 902-678-8040 / Centrestage@centrestagetheatre.ca

**"No Time for That" Tour: Anti-Bullying and Mental Health Awareness Presentation** – Al Whittle Theatre, Wolfville Oct 9, 7pm • A special evening performance of Elsie Morden's award-winning Tour presentation. **TIX:** no charge **INFO:** 204-750-2676 / info@NFTF.ca

**Pondercast with Laurie Brown** – Al Whittle Theatre, Wolfville Oct 12, 7:30-10pm • After 10 years of hosting the much-loved radio show The Signal on CBC Radio 2, Laurie Brown keeps telling stories of our secret hopes and fears through Pondercast. Featuring music by Joshua Van Tassel. **TIX:** \$20.60 at the door **INFO:** 902-431-5334 / info@forwardmusicgroup.com

**Broken Leg Theatre – Making History** – Al Whittle Theatre, Wolfville Oct 13, 7-9pm • Amazing theatre, music, comedy, dance, and more at BROKEN LEG THEATRE! **TIX:** \$10 at the door or by email **INFO:** donnaholmes712@gmail.com

## EXHIBITS

**Arnaud Béghin** – Harvest Gallery, Wolfville • Arnaud Béghin studied painting and printmaking in Paris and Le Havre, France. Marrying Canadian artist Elizabeth Sircom, In 2013 he moved to Hantsport, Nova Scotia where he finds endless inspiration in his new landscape. **INFO:** gallery@harvestgallery.ca

**[g]astronomy** – Hardware Gallery, Kentville. Through Oct. 31 • This group exhibit explores the various implications constellated by food in the lives of humans. A true multi-media show, visitors to [g]astronomy can expect painting, drawing, sculpture, video, pottery, crochet and web art works. An opening event for the exhibit will be held on October 4th at 7pm, with wine and eats. **INFO:** hardwaregallery.ca

**Hey Hey Hali** – Gallery Nineteen Nineteen, 6025 Stanley St, Halifax. Through Oct 19 • Solo art show by painter Kelly Mitchelmore that celebrates the beauty of Halifax through over 20 new works. Opening Sept 20, 6-8:30pm. **INFO:** 902-454-0900

**Artisans in Action** – Avon River Heritage Museum, Newport Landing/Avondale • Oct. 7: Traditional NS crafts & techniques (Mi'kmaq, Acadian and Planters) **INFO:** avonriverarts.ca

**"Thundermaker"** – Ross Creek Centre for the Arts, Canning. Until Oct. 26 • Mi'kmaq artist Alan Syliboy's The Thundermaker exhibit is a spectacular mixed-media exhibit that became his children's book of the same name. **INFO:** artscentre.ca/gallery-current

**Apple Bin Art Gallery** – Valley Regional Hospital, Kentville • Affordable, original art created by Valley artists. Part proceeds go towards hospital equipment and Annapolis Valley health care programs.

## MUSEUMS

**Kings County Museum** – 37 Cornwallis St., Kentville • New Exhibit: "Gibson Woods: A Testimony to Resilience".

Explore the history of Gibson Woods through the life and words of one of the most well known residents, Mrs. Ethel D. (Ford) Gibson. Through mid Dec. **INFO:** 902-676-6237 / kingscountymuseum.ca

**Prescott House Museum** – Until Oct. 6 • Exhibit: A Museum's History. Prescott House Museum joined the Nova Scotia Museum Family in 1973. Photographs and scrap books, stories and news items from the past 45 years will be on display showcasing the evolution of a museum. **INFO:** facebook: Prescott House Museum

## @ THE LIBRARY

For complete list of library events: valleylibrary.ca  
All events are no charge/no registration unless otherwise stated.

### THURSDAY, OCT 4

**Networking Trivia** – Berwick and District Library, Berwick 6-8pm. Also Oct 11 • If you're new to the area, or looking to build your network, this is for you! **TIX:** no charge **INFO:** 902-678-2200 / connector@valleyren.ca

**Between the Covers Book Club** – Rosa M. Harvey Middleton & Area Library, Middleton 6:30-8:30pm • We will be discussing "Room" by Emma Donoghue. **INFO:** 902-825-4835

### FRIDAY, OCT 5

**Fibre Ops** – Library, Windsor 10am-12pm. Also Oct 12 • Bring your own project. **INFO:** 902-798-5424

**Thanksgiving Day Craft** – Library, Kingston 3:30-4:30pm • Thanksgiving Day craft for ages 5-12. **INFO:** 902-765-3631

### SATURDAY, OCT 6

**Charles Macdonald and his Fairie Houses** – Berwick and District Library, Berwick 10:30-11:30am • Informative program about Centreville resident, Charles Macdonald and the Faerie Cottages he built at Huntington Beach. **INFO:** 902-538-8060

**Aboriginal Story & Activity Time** – Berwick and District Library, Berwick 12:30-1:30pm • With Mi'kmaq author Theresa Meuse. Craft, activity time, and give-away ceremony! **INFO:** 902-538-8060

**Photo Walks** – Berwick and District Library, Berwick 4-7pm • Explore the streets and landscape of Berwick. Meet outside. All ages, photography ability and gear! **INFO:** justinemacdonald@aurora-lee.ca

### MONDAY, OCT 8

**Games Night** – Library, Windsor (back door) 6pm. Also Oct 15 • For adults/teens. **INFO:** 902-798-5424

### TUESDAY, OCT 9

**Story Time** – Library, Kingston 10:30-11:30am. Also Oct 16 • For preschool aged children w/caregiver. **INFO:** 902-765-3631

**Network Knitting** – Library, Kentville 12-2pm. Also Oct 16 • Come knit with us! Bring your project. Tea is provided. **INFO:** 902-679-2544

**Kindermusik** – Library, Kingston 1-2pm. Also Oct 16 • Preschool aged children w/parent/caregiver. **INFO:** 902-765-3631

**DIY Crafts** – Isabel & Roy Jodrey Memorial Library, Hantsport 3-4:30pm • Supplies & instruction sheet provided for a "do-it-yourself" craft. For ages 6-14. **INFO:** 902-684-0103

**Creative Kids** – Library, Kentville 3:30-4:30pm. Also Oct 16 • Crafts, games, stories, and lots of fun! Ages 6-9. **TIX:** no charge

**Girl Empowerment Using Art** – Library, Kingston 6:30-8pm • Registered Counselling Therapist and Arts Therapist Sarah Osborne will be facilitating a 6-week program designed to support pre-teen girls, build resilience, and learn to process emotions in new, creative, safe & fun ways. **INFO:** 902-765-3631

### WEDNESDAY, OCT 10

**Babies & Books** – Library, Windsor 10:30-11am. Also Oct 17 • Babies (0-24 mos.) w/caregiver. **INFO:** 902-798-5424

**Wee Reads Storytime** – Rosa M. Harvey Middleton & Area Library, Middleton 10:30-11:30am • Ages 0-5 w/ caregiver. Registration required. **INFO:** 902-825-4835

**Cozy Corner Storytime** – Isabel & Roy Jodrey Memorial Library, Hantsport 10:30-11:30am. Also Oct 17 • Ages 2-6 w/caregivers. **INFO:** 902-684-0103

### THURSDAY, OCT 11

**Fun & Fables** – Library, Windsor 10:30-11:30am. Also Oct 18 • Ages 2-5) and caregivers. Registration required. **INFO:** 902-798-5424

**Money Talks – Budget Basics** – Isabel & Roy Jodrey Memorial Library, Hantsport 6:30-8pm • **INFO:** 902-684-0103

### MONDAY, OCT 15

**Busy Babies Storytime** – Murdoch C. Smith Memorial Library, Port Williams 2:30-3pm • Ages 0-2 w/ caregivers. **INFO:** 902-542-3005

**Preschool Pals** – Murdoch C. Smith Memorial Library, Port Williams 3-4pm • Ages 2-5 w/caregivers. **INFO:** 902-542-3005

### THURSDAY, OCT 18

**Third Thursday Social** – Library, Windsor 2-4pm • Entertainment provided by local musicians while you relax. Light refreshments. **INFO:** 902-798-5424

## IN REVIEW: RECENT AND UPCOMING HAPPENINGS AND EVENTS AROUND THE VALLEY

### Kingstec's Nosh Café Now Open

Wednesdays, Thursdays, and Fridays from 10:00am – 1:00pm, Nosh Café will be selling the delicious baked goods being produced in the college's Baking and Pastry Arts program, including cookies, muffins, cinnamon rolls, fresh bread, cakes, pies and more!



### Valley Connector Program

Fusion Annapolis Valley has just launched the Valley Connector Program. Run by the Valley REN, the program is modeled after the National Connector Program created by the Halifax Partnership.

The Valley Connector Program is designed to help new residents, job seekers, and students build their local professional network by arranging coffee meet-ups with local community and business leaders who are keen to share information, advice, and refer new residents, job seekers, and students to other people in their network. This is a game-changer for anyone in the Valley who is looking to find a new job, learn about the needs of local businesses, or to integrate into the Valley's business community. Find out more about the Valley Connector Program here: [valleyren.ca/connector-program](http://valleyren.ca/connector-program).

### Networking Trivia

To kick off the launch of the Valley Connector Program, Fusion Annapolis Valley is co-hosting Networking Trivial Night events with the Valley REN:

Berwick, Thurs., October 4, 6pm  
Berwick Branch Library

Middleton, Thurs., October 10, 6:30pm  
Middleton Branch Library

Glooscap First Nation  
Friday October 11, 7pm  
Glooscap First Nation Community Centre



### Kings Volunteer Resource Centre (KVRC) Free Volunteerism Workshop Series

Starting in October with an introduction to VolunteerNS.ca, an exciting volunteer linking website, the series will continue with a variety of subjects in the following months. There is something for everyone – whether you are an organization working with volunteers or a volunteer yourself.

For more information visit [kingsvolunteer-resourcecentre.ca](http://kingsvolunteer-resourcecentre.ca) and register for free at the following link (and be sure to sign up early, as spots are limited): [eventbrite.com/e/kvrc-volunteer-workshop-series-tickets-50170654779](http://eventbrite.com/e/kvrc-volunteer-workshop-series-tickets-50170654779)



### Windsor Celebrating Twentieth Annual Pumpkin Regatta

It is time once again for Windsor's much-anticipated Pumpkin Regatta, taking place at 2pm, rain or shine, on Sunday October 14 at the Windsor and Falmouth Waterfront. Now in its twentieth year, the regatta will be preceded by the 12pm Children's Wish Parade. For more information, or to register to sail your own pumpkin across the lake, visit [worldsbiggestpumpkins.com](http://worldsbiggestpumpkins.com).



## FREE VOCAL LESSONS WITH VALLEY VOICES

Linda Brehaut

This fall, Valley Voices, the Annapolis Valley's premier A Cappella female singing group, will be holding a program for women who love to sing called *Find Your Voice*. Each week during *Find Your Voice* participants will experience the learning of a song and will be provided with weekly music lessons in vocal production and performance. It is a six-week event, one hour per week, beginning on October 9 at 6:45pm. All rehearsals of the group, including this event, are held in the Christian Education Center at Kentville Baptist Church on 503 Main St, Kentville.

"Being part of a choral group melds us into the cultural and artistic fabric of the community!" said Paul Grimm, Musical Director of Valley Voices. "What begins as a love of music grows into an incredible personal bond amongst women who love to sing and perform. We work with singers and bring their skills and talents together to create an incredible musical product which radiates the love of music and friendship in the group."

The chorus performs a broad variety of music, all a *cappella*, including show tunes, traditional favorites, ballads, up-tempo tunes, Christmas music, and some sacred songs. Each year, the Valley Voices competes in Harmony, Incorporated's annual competition of women's choruses at Mount Allison University. In June 2018, Valley Voices placed third out of the Atlantic

provinces choruses, and achieved a qualifying score for the international competition. The chorus also recently won "Gold Medal" Honours at the Annapolis Valley Music Festival for Community Choral Groups in 2018.

We have two very special events as bonuses to the weekly training session. On November 9 and 10, we will be holding a training workshop featuring Debra Lynn, an internationally recognized vocal coach and therapist. This is a free of charge event for all chorus members and our *Find Your Voice* attendees!

Our members and *Find Your Voice* attendees who have completed the six-week training will also be invited to join Valley Voices at a Note-worthy Dessert Concert on November 17, 2018.

Participation in the first evening of the *Find Your Voice* program on October 9 is free. To continue, there is a nominal registration fee of \$5.00 per week for each of the remaining five lessons. Women of all ages who love to sing and can carry a tune are welcome to take part.



To register please contact Linda at (902) 678-0807 or email [tvaherb.etal@ns.sympatico.ca](mailto:tvaherb.etal@ns.sympatico.ca). You may also register online at [valleyvoices.org](http://valleyvoices.org).

## MIKE UNCORKED

### FOUR SEASONS COMMUNITY ORCHESTRA

Mike Butler

Do you play an instrument? Have you been practising but were unable to find an ensemble to be a part of? Well, look no further! Formed in 2002, the Four Seasons Community Orchestra (FSCO) is composed of members of all ages, ranging from teenagers to 80+, representing all four seasons of life. FSCO provides a focal point and opportunity for all the talented musicians in the Valley to play in a full symphonic ensemble. FSCO players come from most Valley communities from Windsor to Middleton and beyond, and FSCO even has members that come from Halifax/Dartmouth. FSCO is always open to new members and no audition is required. FSCO was founded and is directed by Roger F. Taylor and they play a variety of music: pieces from the Baroque or early classical eras (such as Bach, Hayden, Beethoven), Broadway and movie/TV themes, modern composers such as Phyllis Tate, as well as original compositions by Roger Taylor.

The orchestra currently has approximately 28 members and they are actively recruiting for all instruments, but especially for strings. All interested players are welcome and no audition is necessary although a certain level of skill is required. As a guideline, the music is suitable for high school music students in grade 10 and above. Anyone interested in playing should speak with Roger Taylor or come out to a rehearsal for more information.

A little bit more about Roger Taylor. Well, he graduated from the University of Bristol with distinction in musical composition and has written music of various genres for both amateur and professional players (including the music and orchestration for *Glory Days: The True Story of the Great Windsor Fire of 1897*, which was the kick off show that began Quick As A Wink Theatre in Windsor). Roger was commissioned by the Bridgewater Fire Department Band (Canada's oldest fire department

band) to compose a piece in celebration of Canada's 150th birthday entitled *Canada Fancy*, which debuted on April 30, 2017. He continues to compose and arrange music for orchestra, band and choirs and has several symphonic pieces being considered for performance by orchestras in Canada and the United States. Roger also teaches music and is a conductor of both orchestral and band ensembles.

The FSCO season runs from September to June. They practice on Saturday mornings from 10:30am to 12:30pm in the basement of the West Hants Historical Society Museum at 281 King Street, Windsor. Dues are \$20/month or \$10 for students. The first rehearsal for the 2018-19 season was Saturday, September 8, 2018, which has passed, but there's always time to join up and play catch up! FSCO aims for approximately two to four concerts a year: two in late fall and Christmas and two in the spring and early summer.

If you wish to see the group in action before committing, concerts this season will take place at 3:00pm on Saturday, October 27, 2018 at St. Nicholas Anglican Church, 29 Westwood Boulevard, Upper Tantallon, and, a Christmas concert, at 7:00 pm on Saturday, December 8, 2018 at Windsor Baptist Church, 411 King Street. The Baptist Church choir will also be performing with them for the Christmas concert.

For questions and more information you can email at [four.seasons.orchestra2017@gmail.com](mailto:four.seasons.orchestra2017@gmail.com) and find them on Facebook at [facebook.com/FourSeasonsCommunityOrchestra/](http://facebook.com/FourSeasonsCommunityOrchestra/) or call Roger Taylor at 902-798-1730.

Take a chance on this wonderful group... trust me, it'll be music to your ears!



## THE DOME CHRONICLES: APPLE PIE TIME

Garry Leeson

When I went to buy my favourite Cortland apples the other day and was told that, due to a huge frost kill this year, they would be in short supply, it sparked a memory.

I was born on the bald Saskatchewan prairies in the 1940s where fresh fruit wasn't easy to come by. Much of the food my mother prepared was things she'd learned to make do with during the lean years of The Great Depression. We were farmers and there was no shortage of plain food on the table: there were things we raised ourselves, and Saskatoon berries, raspberries, and blueberries that could be found from places a buggy ride north of us. But that was about it. If we couldn't afford to buy the fruits shipped by rail from the nearest source in the Okanagan Valley in British Columbia, we went without. Why then, considering the circumstances in those years, do I have such fond memories of my mother's wonderful apple pies? The truth is she was putting us on. They weren't really apple pies at all- they'd never seen an apple- they were, when we later discovered her trick, what we kids called cracker pies.

For a long time I thought she had invented the concoction but I have now found out that the recipe has been in universal use for over seventy-five years and known as Mock Apple Pie. As I recall, it was printed on the Ritz Cracker box! Try it out—it's easy to find online and delicious as well as foolproof.



What we thought were apples were actually Ritz crackers which had been added to a simmering mixture of water, sugar and cream of tartar. Popped into a pie crust and topped off with lemon juice and cinnamon and we never knew the difference.

Better still, find some local Cortlands and make a REAL apple pie!



Garry Leeson's  
**STORY STUDIO NOVA SCOTIA**  
[storystudios.blogspot.ca](http://storystudios.blogspot.ca)



A cultivated experience for the mind, body, and soil.

**EMPLOYMENT OPPORTUNITY:  
Director of Parks & Recreation**

Wolfville is seeking applications for a full-time permanent Director of Parks & Recreation. Reporting to the Chief Administrative Officer, the successful candidate will be responsible for the management and planning of all programs, services and recreation facilities of the Town. Key areas of focus include recreation, parks, trails and open space, active transportation, culture and visitor information services.

Candidates should have a demonstrated ability to communicate clearly, possess strong interpersonal and relationship building skills, exhibit critical thinking and problem-solving traits, be self-motivated and work well as part of a team, experienced in negotiating and managing partnerships as well as being knowledgeable of community capacity building approaches and techniques.

Candidates must have at minimum a bachelor's degree in Community Development or Recreation Management or a related field and at least five (5) years' experience in a related supervisory role.

The position requires 35 hours per week, some of which will be in the evenings to attend meetings. A valid driver's license is required.

Applications will be accepted up until **Friday, October 12th, 2018 at 4:30 pm** by email to [jprevost@wolfville.ca](mailto:jprevost@wolfville.ca).

A full job description is available upon request. Salary based on experience and qualifications.

*We thank all candidates for their interest; however only those under consideration will be contacted.*

**Free Yoga for Teens**

This class is open to students of Wolfville and surrounding schools in grades 5 - 9.

**FREE\***  
Bring a mat if you have one

**LIMITED SPACE AVAILABLE!**

*Classes are led by a Certified instructor*

3:30 - 4:30 pm, every Tuesday  
Oct 16th - Dec 4th  
Wolfville School  
Visit [wolfville.ca/recreation\\_programs](http://wolfville.ca/recreation_programs) for more info, or contact Nick at [nzamora@wolfville.ca](mailto:nzamora@wolfville.ca)

**UPCOMING MEETINGS**

**OCTOBER**

- 2nd - Committee of the Whole - 8:30 am
- 16th - Town Council - 6:30 pm
- 18th - Art in Public Spaces - 9:00 am
- 22nd - Accessibility Advisory Committee - 4:30 pm
- 26th - Audit Committee - 9:00 am
- 31st - Planning Advisory Committee - 1:30 pm

**AWAKE!**  
Acadia-Wolfville Active Kids Exercise  
Fall 2018 7:50 - 8:20am  
(Before School!)

Grades Primary - 5 Monday/Wednesday/Friday Starts Mon.Oct.1<sup>st</sup>

Wolfville School has partnered with Acadia University and the Town of Wolfville to bring you this exciting, new, **FREE** program!

Don't forget to check out the **HARVEST MARATHON** on our Facebook page!  
@TownofWolfville

**#GROWINGTOGETHER**  
Check out our MPS Draft 2 at [wolfville.ca/growingtogether](http://wolfville.ca/growingtogether)

**Maple Avenue Compost Site Closing soon!**

Remember that our Maple Avenue Compost Site closes it's doors in November. Take advantage while you can!

Date: To Be Announced



For any inquiries, please contact the Town of Wolfville  
902-542-5767 / [wolfville.ca](http://wolfville.ca)





## WHAT'S GROWING AT THE HARRIET IRVING BOTANICAL GARDENS GROWING GRATITUDE

Adrien Rawley, Horticulture Assistant and Educator

There is something truly magical about autumn in the Annapolis Valley. The way the sun rises a little bit later every morning, peeking over the horizon further and further south with the passing days. The way the early morning glow catches the heavy dew carpeting the fields and forests, glinting with the last promises of summer's heat. The way we gather, store, and share so much abundance, as evidenced by the bursting farmers markets, the activity of squirrels, and the profusion of seeds, nuts, berries and fruit given freely by the green members of our community. It is a time to celebrate all the literal and metaphorical fruits of our labours from the past season! We celebrate alone, we celebrate together, we celebrate with a collective sense of gratitude that asks us to pause, slow down and reflect on the gifts we receive.

Within the culture of giving is the experience of receiving. Perhaps this is why many of us fall into the never-ending dance of gardening. A garden's generosity is directly related to our own. We share our energy with the earth, tend to seedlings, and create an environment that hopefully is encouraging of growth. Whether a garden is a singular plant on the kitchen windowsill or a 15-acre farm, the equation is the same: giving = receiving = giving. Anyone who has ever grown zucchini knows this equation well!

Did you know that if you've ever attended our spring plant sale you have directly supported fantastic opportunities for others to experience generosity? With the sale of every plant, funds become available to support educational programming at the Botanical Gardens. As often mentioned, our volunteer group, who spearhead the plant sale, is a fundamental piece of the work that we do at the K.C. Irving Centre. We have offered several botanical art workshops this past season with Acadia Alumni Twila Robar-DeCoste. Twila is a professional instructor and her beautiful work can be seen in field guides and galleries throughout our region and beyond. Every course at The Gardens has offered participants an opportunity to truly see the magnificent detail of

native plants. Every leaf became a new world, a seed a whole universe, and the entirety of a plant, complete magic. It is hard to un-see what is discovered!

Our volunteers, always in support of helping others connect to the incredible world of plants, have realized the value in helping Acadia students access one of Twila's workshops. By sponsoring a day-long course on October 13, they've ensured that participating students are only responsible for covering the cost of materials, an incredible value. Twila is delighted to continue sharing her energy, especially with students from varying faculties across campus. She herself has received so much from her time as a student at Acadia in both knowledge and inspiration. As we well know, giving back is one of the greatest gifts we can ever share. Your support of our work in native plant gardening has directly created this opportunity for 12 very excited students. Isn't that just great!?

The spirit of gratitude runs deeply through The Gardens. Every flower, leaf, and stem truly is a miracle, and witnessing their growth always gives me pause for thanks. As the days continue to cool, Melanie and I, working alongside each other, watch 6 acres of life move through the cycling seasons. We are honoured to experience constant transformation and grateful to help share the lessons of our native plant communities. In life, there is always so much to be thankful for and gardens have a way of helping us remember to celebrate.



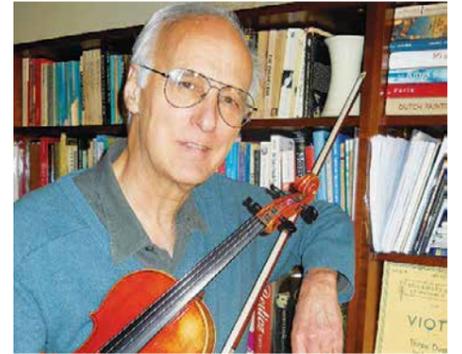
For more information on the course or to register (students only, please!):  
Email Twila Robar-DeCoste at [robardecoste@ns.sympatico.ca](mailto:robardecoste@ns.sympatico.ca)  
Phone: (902) 847-9847

Harriet Irving Botanical Gardens  
Acadia University  
[botanicalgardens.acadiau.ca](http://botanicalgardens.acadiau.ca)

## BACK FROM FLORENCE FOR SUNDAY MUSIC IN THE GARDEN ROOM

Janet Kirkconnell

In the past, Acadia had a fall convocation, with all the trappings. The remnant of this is what is called Homecoming Weekend, when alumni are welcomed back to campus, this year from October 12 to 14. Football is often the drawing card of this weekend, but since the K.C. Irving Environmental Science Centre was erected on University Avenue, and the Steinway grand piano set in place, a Sunday concert has become a tradition, if possible with alumni artists performing.



Two Acadia School of Music graduates will give the recital this year, Warwick Lister, violin, and Jennifer King, piano. Warwick Lister, a student of Janis Kalejs at Acadia, is coming all the way back from Florence, Italy, for this. A good part of his life has been spent in Florence, following a stint with the Concertgebouw orchestra in Amsterdam, as a violinist in the orchestra of the Maggio Musicale Fiorentino, and as a recitalist and chamber musician. At present, he is the first violinist of the Musica Ricercata String Quartet, and recitalist in Florence. He is also a distinguished scholar and exponent of Giovanni Battista Viotti (1755-1824). Oxford University Press published his definitive biography of Viotti in 2009.



Pianist Jennifer King is much in demand as a collaborative pianist, and as a soloist, teacher, and adjudicator. At present she teaches at the Maritime Conservatory of Music in Halifax, and at home. She has given many concerts in Nova Scotia and P.E.I., and most recently, collaborated with Gillian Smith, violin, and Hillary Brown, cello, in a highly acclaimed piano trio concert at the Conservatory.

In their Sunday Music in the Garden Room concert, Lister and King will be offering a beautiful program of Viotti, Schubert, Elgar, and Brahms. The concert begins at 2pm Sunday, October 14. Admittance is free.



For more detailed information: [artsacadiau.acadiau.ca](http://artsacadiau.acadiau.ca)

## ACADIA PERFORMING ARTS SERIES PRESENTS AMBITIOUS MULTIMEDIA COLLABORATION BETWEEN MONTREAL'S COLLECTIF9 AND ARCHITEK PERCUSSION

François Côté

In a true pan-Canadian collaboration, Montreal's collectif9 and Architek Percussion come together to present a multimedia performance of music for amplified strings and percussion, video, and spoken words. *My Backyard, Somewhere* is a reflection of our malleable sense of belonging in a vast country; an exploration of boundaries and locations, of our displaced sense of home.

With music by five multi-genre composers from across Canada, videography by Nicole Lizée, and the words of poet Kaie Kellough providing a narrative thread, *My Backyard, Somewhere* is a "musical migration" inspired by the relationship between people and places.



*My Backyard, Somewhere*  
by collectif9 and Architek Percussion  
Words by Kaie Kellough. Music by Derek Charke, Luna Pearl Woolf, Bret Higgins, Eliot Britton, and Nicole Lizée. Lighting and scenography by Martin Sirois. With video by Nicole Lizée.

Saturday, October 13, 2018, 7:30pm  
Festival Theatre, Acadia University,  
Wolfville. Tickets are \$34 (\$22 for students), including taxes and fees.

For more information on this concert or about the whole PAS 2018-19 Series, visit [pas.acadiau.ca](http://pas.acadiau.ca). To buy tickets or a subscription, go to the Acadia box office at the University's arena, or online at boxoffice.acadiau.ca

## 2018 VALLEY HARVEST MARATHON THANKSGIVING WEEKEND

Submitted

This year marks the 26th annual Valley Harvest Marathon, which takes place on Saturday October 6 and Sunday October 7 in Wolfville. The event draws over 3500 participants from all over the world. On Saturday, there is a free kids run which is followed Sunday by a 5km, 10km, half, full and ultra (50km) marathon. Ben Brown (wheelchair racer) will once again be competing in the 10km, and the event also encourages walkers as well.

This will be Susan Carbyn's ninth year organizing this annual event. For her, it is more about giving back to the community. In order to successfully host such an event, you need

volunteers and getting them Thanksgiving weekend is no easy feat. So, it was decided to use this event as a fundraising opportunity for folks looking to raise money for great causes. Currently, the organizations that support the Valley Harvest in return for support include the Eastern Kings Shrine Club, Canadian Ski Patrol, Rising Sun Camp, Acadia S.M.I.L.E. Program, Wolfville Tritons, ICE, Local Breakfast Programs, Valley Women's Soccer, Horton High, CK Band, Acadia Minor Hockey, NSCC Food Bank, and Kingsport Wellness and Fitness Society just to name a few.

This year, the community has really come together to support the event. The Rotary Clubs of the Annapolis Valley have joined forces to be the Presenting Sponsor and the Valley Regional Hospital Foundation has stepped up to be the Health and Wellness Expo Sponsor. OK Tire asked what they could do and they have agreed to supply us with rubber mats for Ben Brown in the transition areas from track to road. The support has been amazing! Come out and see for yourselves.



**TICKETS ON SALE NOW!**

**DEVOUR!**  
THE FOOD FILM FEST  
WOLFVILLE • KENTVILLE • KINGS CO.

OCTOBER 23-28, 2018

DevourFest.com | #EatItUp |

GET THE APP



...coming to downtown Windsor, Nova Scotia  
Mermaid Imperial Performing Arts Centre

Saturday, October 20th, 8:00PM

\$26/general admission  
\$15/students (valid id)

**tickets**  
mermaidtheatre.ca | ticketpro.ca



\*Celebrating 23 years\*

# Harvest Craft Fair

Presented by the Horton High School Music Parents Association

**Saturday, October 13, 2018**  
9:00 am ~ 3:00 pm

Featuring a Large Variety of Crafters & Artisans  
Over 150 Tables Accessible On 2 Levels

Café, Door Prizes, Musical Entertainment  
Ticket Auction!!

General Admission \$2.00  
Children under 12 FREE  
Admission fee includes one door prize ticket

**Horton High School**  
Exit 11, off Hwy 101  
Greenwich, NS  
(Beside the Old Orchard Inn)

**MERCATOR**  
VINEYARDS  
*Premium Estate Select Wines*

"Beautiful spot! We loved the Marquette Reserve"  
"Very well organized tasting session. Ambiance is second to none."  
"Special place, delicious wine"

*Open House Weekend*

Come enjoy wine tastings, edibles, door prizes  
& the atmosphere of our intimate winery.

OCTOBER 6<sup>TH</sup> & 7<sup>TH</sup> NOON TO 4 P.M.

AUTUMN HOURS  
JUNE 2 TO OCTOBER 19: DAILY 10AM - 6PM  
OCTOBER 20 TO DECEMBER 23: SAT & SUN 10AM - 5PM

88 DYKE ROAD, WOLFVILLE, NS  
T: 1-902-542-7770 E: INFO@MERCATORWINE.CA @mercatorwine

**CARL'S independent**  
YOUR INDEPENDENT GROCER  
396 Main St., Wolfville 542-9680

**FRESH, COOKED, WHOLE BBQ CHICKEN.**  
\$2 off regular price, valid with no other offer.

Expiry: Friday,  
November 2nd  
2018