

THE GRAPEVINE

ARTS | CULTURE | COMMUNITY

March 21 – April 4, 2019 | Issue No. 16.04 | 5000 copies

*Health
E Wellness*



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WOLFVILLE COLLABORATIVE FAMILY PRACTICE

Emily Leeson

The newly-established Wolfville Collaborative Family Practice is offering patients a new model of primary care delivery with a focus on team-based, patient-centred care. "This model allows us to start thinking bigger, broader, and more patient-first," says Dr. Alison Wellwood. "We can do really innovative things that are meaningful for our patients and they can now access a broader range of health care services right in our building at the Wolfville Professional Centre [WPC]."

Located across from the Eastern Kings Memorial Community Health Centre (EKM), the WPC has long been home to many family doctors in the community, each with their own practice. With this new model, the eight family doctors within the facility now work as a larger collaborative team alongside other health care professionals.

"We're all a team and we work together in a more structured way," says Wellwood. After a year of interviewing, organizing, and finding just the right pieces of the puzzle, the team has come together through a combination of partnering with the Nova Scotia Health Authority (NSHA), additional grants, and further community collaboration.

"It was a model that worked well in other communities — Annapolis Royal for example," Dr. Wellwood notes. The transition to the new team approach began several years ago under the direction of Dr. Roger Hamilton with the addition of a grant-funded clinical kinesiologist in partnership with Acadia University. The team expanded further with the support of the NSHA in 2018, which allowed the team to bring on 3 more allied health staff. The final team member came on board this February.

In addition to the eight family doctors, the team now includes two family practice nurses, Dee Smith and Samantha Kerfont, both registered nurses with additional training in primary care medicine; a social worker, Sue Evans, who brings to the team a wealth of experience in counselling with a background in mental health care; and a clinical kinesiologist, Kelsey Brumm, who has additional training enabling her to tailor physical activity plans and exercise prescriptions to individual patient needs.

The Julie Skaling Physiotherapy Clinic is also situated in the same building and coordinates care with the team, who all meet weekly to touch base with each other. "I find it a really exciting environment to work in," says Wellwood.

The partnership allows patients to access multiple services under one roof. "Patients can see their family doctor, get counselling with our social worker, have a wound checked and dressing changed by our nurse, and meet with our kinesiologist all in one swoop. Appointments for all providers are booked through the family doctor's office which simplifies care for patients," adds Dr. Wellwood.

Collaborating gives the health team members more opportunity to bounce ideas off each other, and come together to discuss more complex cases. Dr. Wellwood cites increased opportunity for peer support, cross-coverage during provider absences, and social connection as advantages in a team-based model.

The group also draws on expertise from beyond their walls. "A collaborative team doesn't



Samantha Kerfont, Dee Smith, and Kelsey Brumm.

need to be housed all under one roof, it's more about how you work together and advocate for patients," she states. They collaborate with the various services available at the EKM, including dietitians, physiotherapists, and mental health and addictions services. The doctors also work with other doctors in the broader community to staff the after-hours care service at the EKM 6 days a week.

Improving health care delivery by setting goals and making changes that address key issues affecting patients will be part of their mandate. "Timely access is one key area," explains Wellwood. "Many of us are now using a new model to improve same-day access. More appointments are held every day so that it is more likely that you get in to see your own provider."

"Becoming more collaborative has brought forth new ideas," she explains. Some of the physicians have created websites and are using online appointment bookings, allowing patients to more easily schedule visits and more easily cancel them, thus allowing others to take those spots. "It has been really well-received by patients."

The new model is all about designing care around patient needs, and that means looking towards the larger community as well. A meeting with the Town of Wolfville is already in the works. "We're hoping to collaborate with Wolfville and look towards coming together to discuss healthcare issues in the town," says Dr. Wellwood.

This new model of care may also be an important part of recruiting future physicians to the area. In fact, one of their long-term goals is to make space on the team for a medical resident. "Having a collaborative practice that is established in our community increases the opportunity to bring on learners — medical students and residents — and this increases the likelihood that we can continue to draw new doctors to our area."

"This makes our practice, and our community, a place where new doctors will be interested in coming — new doctors tend to be most interested in working in the collaborative team model," she explains.

Building this team has required time and commitment from family doctors who are generally consumed by the obligations of clinical care, but Dr. Wellwood remains optimistic. "If everyone is working at the top of their practice scope and connecting and collaborating in a seamless team model, we can really make health care more accessible and just generally better for patients. It's been an exciting development."



HEALTH, WELLNESS, AND LIBRARIES

Angela J. Reynolds, AVRL Community Engagement Coordinator

Research and old-fashioned common sense have conclusively determined that there is a direct correlation between the degree to which a person feels connected to others and their physical and mental health. There is a general feeling of increased happiness, vitality, energy, and satisfaction with life.

When most people think of health and wellness, chances are the public library is not the

first thing that comes to mind. However, over the past few years, public libraries have been playing an increasing role in supporting the physical, mental, and social wellness needs of their patrons by working with local and regional partners to ensure the well-being of their communities.

Annapolis Valley Regional Libraries have embraced their role as community hubs. Now

WHO'S WHO: HEATHER HEWINS OF B-FIT CARDIO & FITNESS

Mike Butler

Heather Hewins literally takes my breath away. She makes me sweat, and she makes my heart palpitate like no one I've met before. Now, isn't that a great introduction? Well, as romantic as it sounds, I'm actually describing the B-Fit Cardio workout Heather put me through a few weeks ago. I was introduced to Heather and her awesome program through a friend and I'm excited to tell you about her and what she offers to her clients.

Heather is originally from Lower Sackville and moved to the Valley in 1992. "I went to Dalhousie University and have my BScN. I worked at the old VG hospital in cardiology then at the Berwick hospital, Valley Regional, and then at Halifax Infirmary. I then came back to Valley Regional and worked there until 3 years ago," she explains, "health and wellness have always been important to me."

Heather has always been interested in fitness and has been teaching kickboxing for over a decade. She decided to take it a step further and in 2013 took her Canfit certification to become a certified fitness instructor. She was part owner of an MMA studio, where she boxed, did women's self-defense, and worked towards her brown belt in karate. She went out on her own last July and formed B-Fit Cardio & Fitness.

Heather's classes are an exhilarating experience. All the exercises are easily adaptable to different fitness levels and body types and classes are taught in a welcoming and engaging environment. "What makes me unique is that I teach a fusion of different programs, from circuit training, core, boot camp and of course kickboxing and boxing," says Heather. "I implement everything I know to teach a well-rounded class. I take new courses and certifications every year to keep up in the latest fitness trends and incorporate those into what I do. I also try to arrange special events, like kickboxing at Lightfoot & Wolfville winery, date night events where you could bring your partner to class and then off to the pub



for a drink, and organized hikes with lunch to follow. It's not just about exercising but creating social connections and friendship! I also recently took part in a fitness program with female students at NKEC by teaching a six-week intro to self-defense course. The results were fantastic!"

Heather loves what she does because she's generally surrounded by like-minded people who want to get stronger and healthier. The atmosphere in Heather's classes is energetic, supportive, and social, and she loves introducing new people to cardio-kickboxing. Trust me, everyone, it's fun and well worth trying out!

Wanna try out a B-Fit Cardio workout with Heather? Do you have questions about what she offers and if it's a right fit for you? Hit up the B-Fit Cardio & Fitness Facebook Page. You can also contact Heather at 902-670-5632. Stay fit, happy and healthy everyone!



THE WOMEN OF WOLFVILLE TACKLE A HAPPINESS PROJECT

Wendy Elliott

Happiness is a much sought after feeling, according to the Women of Wolfville (WOW). The town's uniquely female community theatre group has built its 16th annual collective creation, *Got Happiness!!!*, around what makes us happy.

Over 30 schoolgirls, university students, working women, and grandmothers are participating from among the WOW network of over 300 women from across the Valley. Cast members, ranging in age from four to sixty-four, have been preparing for several months for this original collective that will hit the stage March 29-30. Director Linda Wheeldon says the presentation will be full of storytelling, song, and dance. Leone Stanway and Alisha Christie are leading the song and choreography. Graham Howes is the accompanist.

Got Happiness!!! will be staged at the Al Whittle Theatre in Wolfville. There will be



three performances. The evening shows are at 7:30pm and the Saturday matinee starts at 2pm. Proceeds from this year's production will help several charities. Through their annual theatrical adventures, WOW has raised over \$190,000 for charity since its first show, *Vagina Monologues*, in 2002.

Tickets for this year's production are \$12 students/seniors and \$15 for adults. They will be available at the Box of Delights Bookstore in Wolfville or at the door.

Image: Gillian Bergsma, left, and Pam Matheson helped examine loneliness in last year's Women of Wolfville production.



more than a place to read, libraries offer programming to stimulate, educate, and socialize. You can brush up on computer skills, join a book club, watch a documentary or feature film, discover your inner artist or crafter, play games, work on puzzles, chat with friends over coffee, or simply sit and read the paper. There's all this and so much more!

It takes village to raise a child, but it also takes

a village to help an adult live a long, happy, and fulfilled life. Get out of the house, come to the library, meet new friends and embrace new challenges.

Visit our calendar at valleylibrary.ca to find activities!



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Margaret Drummond's WORD OF THE ISSUE:

Chockablock (adjective):

Extremely full; crowded; jammed.

"I'm back again scrutinizing the Milky Way of your ultrasound, scanning the dark matter, the nothingness, that now the heads say is chockablock with quarks and squarks, gravitons and gravitini, photons and photinos."

--Excerpt from "The Alien" by Greg Delanty

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THE GRAPEVINE



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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

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COLDBROOK: Access Nova Scotia, T.A.N. Coffee, Callister's Country Kitchen, Foodland, Vicki's Seafood Restaurant

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Natural Foods, Union Street Café, Wilsons Pharmasave

AYLESFORD: Chisholm's PharmaChoice

KINGSTON: Library, Pharmasave, French Bakery, J&R Pizzeria

GREENWOOD: County Store, Valley Natural Foods, Tim Hortons, McDonald's, The Mall

MIDDLETON: Library, Angie's, Goucher's, Wilmot Frenchy's, Sub Shop

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ON THE COVER Christie Jess is drawn to the water's edge, especially to photograph sunrise and sunset. Sometimes she even brings me along. This time we found ourselves at Scots Bay, laughing at the sea foam jiggling and flying in the wind at high tide. I urge you all to do a tree pose on the shore at sunset to rejuvenate for spring. Find more of Christie's photos on Facebook and Instagram @ One Happy Dragonfly Photography ~Jocelyn Hatt

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HAPPY TRAILS ANDY FLINN

Jeremy Novak

Andy Flinn and I moved to Wolfville around the same time about fifteen years ago. Although I hardly knew anyone in the community, it didn't take too long to recognize Andy. Right from the start I admired his ability to immerse himself into Wolfville's fabric, specifically the vibrant music scene.



bug in my ear that I should take over *The Grapevine* from them. A couple of trips around the Valley delivering the paper with him, and finding the right business partner (Jocelyn Hatt), had me convinced. I wanted a way to contribute to arts and culture in the Valley and Andy believed in us.

The reality of Andy moving back to his home country of Switzerland selfishly makes me pretty sad. He's bound to have many fun adventures on the horizon, which I'm happy for, but he's been such a big part of Wolfville for such a long time. His departure is going to leave a hole in our community and in our hearts. That said, the charm of this place is bound to draw him back eventually. I'm confident that we haven't heard the last from this talented troubadour. Safe travels Andy, keep shining your musical light.

Photo: Mark Davidson



FEATUREPRENEUR: SOLVING SCHOOL LUNCHES

Genevieve Allen Hearn

Healthy school lunches are a hot topic lately. Jenny Osburn has been taking us along her school lunch journey in *The Grapevine*, and we are starting to see some progress made when it comes to healthy food options in cafeterias. But how about lunches made at home? School Zone Foods is a new business started by Ashley Richards that hopes to relieve some of the school lunch stress. Here's how:

The Grapevine (GV): Tell us about your new business. How did you get started?

Ashley Richards (AR): We prepare healthy take-out allergen-free foods for the local community. It's a very family-oriented business. My children are official food testers, and also are involved in research and development when it comes to marketing foods to their school friends! They always have opinions on things I can do with my business and it gives me the biggest chuckle. My husband is extremely supportive and excited to see how School Zone Foods grows. When my son started school in 2015, I realized how hard it was to purchase healthy, nut-free products to send with him in his lunch every day. Then I thought about the students and staff that have to live day-to-day with these allergies, and that's what sparked the idea of School Zone Foods. A few years passed, and a chance to implement my business idea came about. I got in touch with PeopleWorx, who offered wonderful business start-up support. They also directed me to the amazing people at the CBDC in Kentville for training. We're looking to open our Kentville location within the next month or so!

GV: Do you feel you are filling a growing need in the community?

AR: Absolutely! Time is so limited in day-to-day life that I hope to take the added pressure off of people when it comes to meals or meal time. Being a mother of two children that have diet restrictions, I understand the challenges that come with this territory. I would've loved to have my kids' celiac/dairy free lunches pre-ordered for the school week. If I can give that relief to the community, I'll be one happy camper.

GV: What should people expect from using your services?

AR: Clients can expect reliable service, quality products, and peace of mind. School Zone

Foods is very flexible and can work with the customer to accommodate their needs. It's as easy as giving us a call, text, email, or visiting our website. We offer meal planning and local delivery to make it as convenient as possible for clients.

GV: Besides preparing meals, do you offer other services?

AR: Yes! There will be cooking clubs for kids that give them basic food safety education, and we will cater events like small weddings, parties, or business meetings. We'll offer affordable meal planning for people with dietary restrictions. We are also looking into family fun nights, like themed dances and possibly cooking outdoors/camping for the warmer months.

GV: What do you hope the community will get out of having this service available to them?

AR: I hope they will enjoy having healthy, affordable, and most importantly allergen-free foods to alleviate stress when it comes to preparing meals. I also hope to give them more time to spend with their families. Time is precious!

Learn more by visiting schoolzonefoods.ca or the School Zone Foods Facebook page.



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T-Alignment Process Workshop: April 6, 12:45pm-3:45pm @ Bishops Hall, Greenwich. The T-Alignment is a new process to align with Source directly, which matches the energy of this new era. **INFO:** t-alignment.com

Scottish Country Dance Classes: Monday nights, 7-9pm @ Wilmot Community Centre. Starts March 18 and runs 8 weeks. Instructor: Susan Van Horne. No partner or special attire required. For adults (age 16+). No experience necessary. Learn how to reel and wheel, pousette and allemande. **FEE:** \$5 per night **INFO:** 902-765-0906 / 825-4600

Self Care Sundays: April-June, 1-3pm w/ Angie Oriana Jenkins. Let's explore the Annapolis Valley while participating in soul-nourishing activities, such as yoga, meditation, dance, nature walks, and more! For anyone who feels depleted, exhausted, uninspired, and undernourished. **FEE:** \$500. Sign up with a friend for \$100 off each! **INFO:** sisterlotus.com

DONATE:

Kings Kikima Grannies: We are collecting FABRIC, YARN, and SEWING NOTIONS for an upcoming fundraising sale on June 1. If you have donations, please call for pickup: 902-542-9848 or 902-701-1480. Also, please save all Yard Sale items to drop off at the Wolfville Lion's Club, May 31, 9am-6pm. Funds raised from the sale support orphaned children's education in Africa.

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Valley Mac Service: On-site Apple tech support for home and small business users. MacBook, iPhone, iPad, everything Apple. Tune-ups, upgrades, security, instruction, backups, advice. **INFO:** Mark Pierog, 902-412-6267 / valleymacservic@gmail.com

Holistic Nutrition Services - Jessica Ali, RHN: Jessica helps individuals with digestive issues, weight loss and skin conditions. She will guide you through the ever-changing maze of fad diets and quick fixes that aren't sustainable long term. You will learn the amazing healing powers food and small lifestyle changes can have on your overall wellness. A process called Symptomatology allows her to assess your individual needs or nutritional imbalances. **INFO:** jess@holistichealthjess.com / holistichealthjess.com

Rehabilitative Therapist: Third year Osteopathy student working as a Rehabilitative Therapist in Wolfville, NS. No insurance? No problem. Book your first appointment by April 31st for \$35 and follow-up appointments \$30. Please note: Starting May 1st initial appointments will be increasing to \$40. **INFO:** call/text: 902-300-0253 / FB: Marinas Rehabilitative Manual Therapy / marinasmanualtherapy.com

UPCOMING:

Empowered to Connect Conference Simulcast

2019 Annapolis Valley: Trauma-informed conference for everyone who walks alongside children in any capacity (parents, professionals, community support). Featuring TBRI® (Trust-Based Relational Intervention). April 5-6, at the Salvation Army, Kentville (tickets on Eventbrite.ca). **INFO:** tim@foreverfamilies.ca / 902-670-7755

Paws for a Cause: New Minas Fire Hall, April 6, 10:30am-3:30pm. ElderDog Kings PAWD is hosting its 2nd annual DOGGIE EXPO! Exhibits from a variety of local doggie businesses, and information on ElderDog Canada. Gift basket draws, 50/50 tickets, canteen. **FEE:** donation **INFO:** elderdog.ca / facebook.com/elderdogkings

MIKE UNCORKED: CFUW BOOK SALE AND SPRING READS 2019

Mike Butler

This is one of my favourite times of the year: yes, spring, but mostly the Canadian Federation of University Women's Annual Book Sale! It's the ultimate go-to place for inexpensive reading material to get me through the spring and summer months. I love to read and this book sale is always a busy triumph for book lovers.

With a wide selection of books in all genres, you will no doubt fill a bag (or two) like I do. You can also find puzzles and games, CDs and DVDs, and other great treasures. You can't go wrong with thousands of books, free admission, and plenty of parking!

Keep your eyes peeled for these great reading choices: *You Know You Want This* by Kristen

Roupenian, *Bowlaway* by Elizabeth McCracken, *The Age of Light* by Whitney Scharer, *Gingerbread* by Helen Oyeyemi, *My Lovely Wife* by Samantha Downing, *Trust Exercise* by Susan Choi, *The Testaments* by Margaret Atwood, and *Rough Magic* by Lara Prior-Palmer!

Other great titles to watch for: *The Dreamers* by Karen Thompson Walker, *Black Leopard, Red Wolf* by Marlon James, *The Falconer* by Dana Czapnik, and *On The Come Up* by Angie Thomas (the author of the fantastic *The Hate U Give!*).

For the LGBTQ Community (and everyone else, of course!) take a gander at these selections: *Confessions of the Fox* by Jordy Rosenberg, *Boy Erased* by Garrad Conley, *Can You Ever Forgive Me* by Lee Israel, and *I Can't Date*

EAT TO THE BEAT

(Schedule subject to change)

THURSDAYS: 21, 28, 4

Edible Art Café (New Minas): Marshall Lake (21st, 28th) 12pm

Troy Restaurant (Wolfville): Steve Lee Duo (21st, 28th, 4th) 6:30pm

Spitfire Arms Alehouse (Windsor): Open Jam Session (21st, 28th, 4th) 7pm

Oaken Barrel Pub (Greenwood): Trivia Night (21st, 28th, 4th) 7pm

Maritime Express Cider Co. (Kentville): The Lewinskies (21st), Callehan (28th), Kim Barlow/The Dearlies (4th) 7pm

West Side Charlie's (New Minas): Open Jam (21st, 28th) 8pm

Dooly's (New Minas): Open Mic (21st, 28th, 4th) 8:30pm

The Church Brewing Co. (Wolfville): Neil Young Tribute (28th) 9pm

Paddy's Pub (Kentville): The Hupman Brothers (21st, 28th, 4th) 9pm

Paddy's Pub (Wolfville): Trivia Night (21st, 28th, 4th) 9pm

The Anvil (Wolfville): Top 40 DJ (21st, 28th, 4th) 10pm

Edible Art Café (New Minas): Bernie Zinck (23rd) Kenny Byrka (30th) 12pm

The Port Pub (Port Williams): David Filyer Duo (23rd, 30th) 12:30pm

Horton Ridge Malt House (Grand Pre): The Space Paddy Bog People (23rd, 30th) 3pm

La Torta Woodfired Pizza (Wolfville): Steve Lee Duo (23rd, 30th) 6pm

Spitfire Arms Alehouse (Windsor): Jon Cyr (23rd), Todd & Sean (30th) 7pm

Lunn's Mills Beer (Lawrencetown): The Melberns (30th) 7pm

Winegrunt Wine Bar (Windsor): The Slow Jam (23rd), John Ebata Trio (30th) 7pm

Sea-Esta (Canning): Laura Smith w/ Kim Dunn (30th) 7pm

Schoolhouse Brewery (Windsor): Jon Duggan (23rd), Under Pressure (30th) 8pm

Union Street Café (Berwick): Union Duke, \$22 (23rd) 8pm

Annapolis Brewing Company (Annapolis Royal): Summer Crush (23rd) 8pm

Kings Arms Pub by Lew Murphy's (Kentville): Shawn Hebb Trio (23rd), Jill Boudreau Trio (30th) 8:30pm

West Side Charlie's (New Minas): DJ Unruly (23rd), DJ Billy T (30th) 10pm

SUNDAYS: 24, 31

Lunn's Mill Beer Co. (Lawrencetown): Bluegrass Brunch w/Dirt Road Alliance (24th) 11am

Paddy's Pub (Wolfville): Irish Session (24th, 31st) 8pm

MONDAYS: 25, 1

Edible Art Café (New Minas): Ron Edmunds & Rod Cann (25th)

Paddy's Pub (Wolfville): Open Mic (25th, 1st) 9pm

TUESDAYS: 26, 2

Edible Art Café (New Minas): Ignacio Cuartero (26th) 12pm

TAN Coffee (Wolfville): Open Mike & Donna (26th, 2nd) 7pm

Paddy's Pub (Kentville): Irish Session 26th, 2nd 8pm

WEDNESDAYS: 27, 3

Edible Art Café (New Minas): Jason Dodwell (27th) 12pm

West Side Charlie's (New Minas): Karaoke w/Billy T (27th) 9pm

The CFUW's Annual Book Sale is happening Friday March 29, 8:30am-9:00pm and Saturday March 30, 8:30am-3:00pm at the Wolfville Lions Club Community Hall, 36 Elm Avenue.

Also pop by The Odd Book, The Box of Delights Bookshop, and Rainbow's End, Wolfville; Shelf Life in Berwick; Reader's Haven, Windsor; Books Galore in Coldbrook, or Blue Griffin Books, Middleton, for more used and new book selections! We are so blessed to have so many places to find great literature! Happy reading!



LUCAS MORNEAU: THE QUEER MUMMER

March 1 – April 14, 2019

The Acadia University Art Gallery is pleased to present the solo exhibition by Newfoundland artist, Lucas Morneau. This exhibition is the first time the work has been shown in Nova Scotia.

The Queer Mummer is an exhibition of photographs, prints, and wearable pieces that blends the traditional Newfoundland practice of mummering with the queer art of drag in order to deconstruct homophobic, heterosexist, and essentialist attitudes that are still very much prevalent in Western society.

Morneau received his BFA from Memorial University-Grenfell Campus, and his MFA from the University of Saskatchewan. Using photography, video, printmaking, sculpture, installation, and performance, Morneau's work is autobiographical and based in social activism.

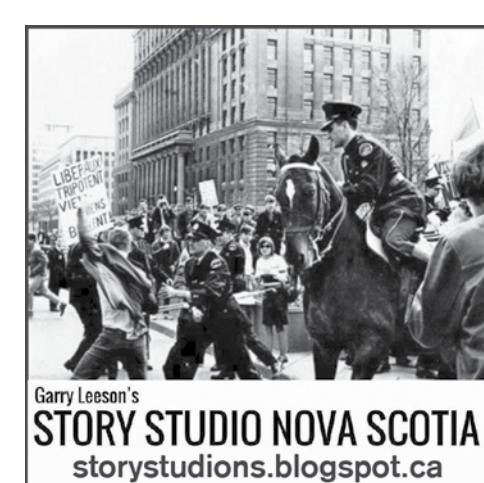
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ARIES (March 21-April 19): During the coming weeks, everything that needs to happen will indeed happen only if you surprise yourself on a regular basis. So I hope you will place yourself in unpredictable situations where you won't be able to rely on well-rehearsed responses. I trust that you will regard innocence and curiosity and spontaneity as your superpowers. Your willingness to change your mind won't be a mark of weakness but rather a sign of strength.

TAURUS (April 20-May 20): In the animated kids' film *Over the Hedge*, ten talking animals come upon a massive, towering hedge they've never seen. The friendly group consists of a skunk, red squirrel, box turtle, two opossums, and five porcupines. The hedge perplexes and mystifies them. It makes them nervous. There's nothing comparable to it in their previous experience. One of the porcupines says she would be less afraid of it if she just knew what it was called, whereupon the red squirrel suggests that from now on they refer to it as "Steve." After that, they all feel better. I recommend that you borrow their strategy in the coming weeks. If a Big Unknown arrives in your vicinity, dub it "Steve" or "Betty."

GEMINI (May 21-June 20): I urge you to locate a metaphorical or very literal door that will give you access to a place that affords you more freedom and healing and support. Maybe you already know about the existence of this door—or maybe it's not yet on your radar. Here's advice from Clarissa Pinkola Estés that might help. "If you have a deep scar, that is a door," she writes. "If you have an old, old story, that is a door. If you love the sky and the water so much that you almost cannot bear it, that is a door. If you yearn for a deeper life, a full life, a sane life, that is a door."

CANCER (June 21-July 22): Musician Carole Kaye is the most famous bass guitarist you've never heard of. Over the course of five decades, she has plied her soulful talents on more than 10,000 recordings, including gems by Frank Zappa, Stevie Wonder, Frank Sinatra, Simon and Garfunkel, and the Beach Boys. Twenty-seven-time Grammy winner Quincy Jones has testified that Kaye has written "some of the most beautiful themes I've ever heard in my life" and that she "could do anything and leave men in the dust." I trust this horoscope will expand the number of people who appreciate her. I also hope you'll be inspired to become more active in spreading the word about the gifts that you have to offer the world. It's high time to make sure that people know more of the beautiful truth about you.

LEO (July 23-Aug. 22): "When you want happiness, what are you wanting?" asks aphorist Olivia Dresher. The repeat of an event that made you feel good in the past? A sweet adventure you've thought about but never actually experienced? Here's a third possibility. Maybe happiness is a state you could feel no matter what your circumstances are; maybe you could learn how to relax into life exactly as it is, and feel glad about your destiny wherever it takes you. In my opinion, Leo, that third approach to happiness will be especially natural for you to foster in the coming weeks.

VIRGO (Aug. 23-Sept. 22): There are old traditions in many cultures that pay special attention to the first brick or stone that is laid in the earth to initiate the construction of a future building. It's called a cornerstone or foundation stone. All further work to create the new structure refers back to this original building block, and depends on it. I'm pleased to inform you that now is a favorable phase to put your own metaphorical cornerstone in place, Virgo. You're ready to begin erecting a structure or system that will serve you for years to come. Be sure you select the right place for it, as well as the best building materials.

LIBRA (Sept. 23-Oct. 22): Born under the sign of Libra, Ivan Kharchenko (1918-1989) was a military officer and engineer for the Soviet army. His specialty was disarming explosive devices before they detonated. Over the course of his career, he

defused an estimated 50,000 bombs and mines. Let's make him your patron saint for the coming weeks. Why? Because I suspect you will be able to summon a metaphorical version of his power: an extraordinary capacity to keep volatile situations from blowing up. You'll be a virtuoso at waging peace and preventing strife.

SCORPIO (Oct. 23-Nov. 21): There was a time, less than a century ago, when pink was considered a masculine color and blue a feminine hue. In previous eras, many European men sported long hair, wore high heels, and favored clothes with floral patterns. Franklin D. Roosevelt, one of America's most prominent twentieth-century presidents, sometimes wore skirts and feather-decked hats as a child. With these facts as your keystone, and in accordance with astrological omens, I encourage you to experiment with your own gender expressions in the coming weeks. It's prime time to have fun with the way you interpret what it means to be a man or woman—or any other gender you might consider yourself to be.

SAGITTARIUS (Nov. 22-Dec. 21): According to estimates by population experts, about 109 billion humans have been born on planet Earth over the millennia. And yet I'm quite sure that not a single one of those other individuals has been anything like you. You are absolutely unique, an unmatched treasure, a one-of-a-kind creation with your own special blend of qualities. And in my prophetic view, you're ready to fully acknowledge and celebrate these facts on a higher octave than ever before. It's high time for you to own your deepest authenticity; to work with extra devotion to express your soul's code; to unabashedly claim your idiosyncratic genius.

CAPRICORN (Dec. 22-Jan. 19): We don't know as much about European history between the sixth and ninth centuries as we do about other eras. Compared to the times that preceded and followed it, cultural and literary energies were low. Fewer records were kept. Governments were weaker and commerce was less vigorous. But historians don't like to use the term "Dark Ages" to name that period because it brought many important developments and activities, such as improvements in farming techniques. So in some ways, "Lost Ages" might be a more apropos descriptor. Now let's turn our attention to a metaphorically comparable phase of your own past, Capricorn: an era that's a bit fuzzy in your memory; a phase about which your understanding is incomplete. I suspect that the coming weeks will be an excellent time to revisit that part of your life and see what new evidence and insights you can mine.

AQUARIUS (Jan. 20-Feb. 18): Why do some American libraries ban certain books, ensuring they're unavailable to local readers? The reasons may be because they feature profanity or include references to sex, drug use, the occult, atheism, and unusual political viewpoints. Marjane Satrapi's *Persepolis* is one of the most frequently censored books. Others are Maya Angelou's *I Know Why the Caged Bird Sings*, *Beloved*, by Toni Morrison, and *The Kite Runner*, by Khaled Hosseini. In my astrological opinion, these are exactly the kinds of books you should especially seek out in the coming weeks. In fact, I suggest you commune with a variety of art and ideas and influences that are controversial, provocative, and intriguing.

PISCES (Feb. 19-March 20): At the age of 97, Piscean cartoonist Al Jaffee is still creating new material for the satirical *Mad* magazine, where he has worked since 1964. There was one 63-year stretch when his comic stylings appeared in all but one of *Mad*'s monthly issues. I nominate him to be your role model during the next four weeks. It's a favorable time for you to access and express a high degree of tenacity, stamina, and consistency.

Homework:

What's the thing you lost that should stay lost?
What's the thing you lost that you should find?
FreeWillAstrology.com



by Mark Oakley

www.iboxpublishing.com

LOCAVORE



HELPING GRANDMOTHERS WITH FOOD SECURITY

Wendy Elliott

For over a decade, a group of women from Kings County has aided over 25 Kenyan grandmothers raising their HIV/AIDS-orphaned grandkids.

The Kings-Kikima Grannies were inspired by the documentary *The Great Granny Revolution*. It chronicled the kinship between two groups of women an ocean apart: the women of Wakefield, Quebec and the grandmothers (gogos) of Alexandria, South Africa. Moved to help, the Nova Scotia group reached out to Acadia University graduate Ruth Kyatha in Kenya, who works in community development. With her guidance and knowledge, the Valley Grannies have been helping with food security, water, and education since 2008. There are no administration costs.

The Nova Scotian women were paired with 27 grandmothers raising 66 grandchildren. Fundraising efforts have consisted largely of selling donated 'previously loved' jewelry, and an annual yard sale. Other community organizations have kicked in for special projects, such as water tanks and HIV/AIDS educational workshops.

The Kings-Kikima Grannies are committed to supporting the education of the children, but now many of the grandmothers need food aid. As the children get older, they have to leave the village to attend high school, leaving the aging gogos without their physical help. Many are increasingly unable to keep up with labour-intensive jobs, such as fetching water or tending crops. The aim of a new FundRazr page organized by the Kings-Kikima Grannies is to ensure that these aging women have sufficient food. Please help these worthy women.

*The FundRazr URL is:
fundrazr.com/d1TOhc?ref=ab_3ABYlpT-Gwel3ABYlpTGwel*

Image: The grandmothers of Kikima, Kenya, shown receiving aid, have been supported by Valley residents since 2008.



ICE WINE DINNER AT LIGHTFOOT AND WOLFVILLE 2019

Scott Campbell

What a night! Mike and Jocelyn Lightfoot pulled out all the stops for this incredible evening of fine wine and dining in celebration of the 2019 Ice Wine Festival. And as if this evening wasn't brilliant enough with a host of familiar faces from the Nova Scotia wine industry, we also had the privilege of dining with the Lieutenant Governor of Nova Scotia, The Honourable Arthur J. LeBlanc, ONS, QC.

Lightfoot and Wolfville chef Geoff Hopgood joined forces with Mallard Cottage chef and owner Todd Perrin to bring us a spectacular meal for this mid-winter extravaganza. Also on hand was well-known local sommelier Kim Cyr, helping pair the delicious Lightfoot and Wolfville wines with the evening's offerings.

First up was a plate full of succulent grilled cod cheeks. The cheeks were set upon a piping hot bed of shredded cabbage skillfully flavoured with fennel and orange and decorated with tangy pickled carrot. This first course was perfectly paired with a 2013 Blanc de Blanc Extra Brut Late Disgorged sparkling wine. The effervescence of this bright wine was perfect with the meaty cod cheeks.

Next up was a delicious cotechino sausage with scallop, dill, and cabbage. The rich blend of meat and spices alongside the scallop created a flavour combination that offered a rare intensity. When this was paired with the 2016 Terroir Series Riesling, I believe I heard angels.

Our third course was a beautifully prepared seared duck breast with blood cake, beluga lentils, red wine braised shallots and roasted tomato. It can sometimes be tricky to prepare duck breast just right but this plate was done expertly and served up with a delicious combination of accompaniments. The tender duck worked perfectly with the light airiness of the 2016 Ancienne Pinot Noir. Our Valley is sometimes criticized for its red wines but I think this fantastic creation of Lightfoot and Wolfville should quickly dispel those negative notions.

Finishing off the evening was fantastic Granny Smith tart served under an Icewine sabayon. This was masterfully paired with the 2016 Terroir Series Vidal Icewine. This sweet treat combination was the perfect wrap up to an incredible dining experience with our friends at Lightfoot and Wolfville and a jewel in the crown of the Ice Wine Festival for 2019. Cheers.

Follow Scott on Twitter or Instagram @ScottsGrapevine



Cotechino Sausage



Seared Duck Breast



Granny Smith Apple Tart

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HOME TRANSITION FOR SENIORS: WHEN THE TIME COMES TO MAKE A MOVE

Every year, families are faced with the realization that the time has come to say goodbye to the family home. No doubt it is a place where many special memories have been created and the transition can be difficult. Caroline Whitby, of Manager for You Inc. and a member of the National Association of Senior Move Managers (NASMM), started her own business after helping her parents with that transition and now she's helping guide others through the process.

Caroline suggests that the first step is deciding together where your loved ones will move, and the services that they will need to access in order to maintain their independence and emotional wellbeing. "It may be a more accessible house or apartment, assisted living, or a home providing more care. Once it's decided,

take note of the available space and plan to set things up in a way that allows for safe movement but still feels like their old home," says Caroline. "This is especially important if there are any memory issues. For example, if the cutlery was always in the drawer to the left of the sink, set it up in the same way. Taking lots of photographs can help."

Put the focus on sorting, rather than packing says Caroline. It's not only what will be moved to the new home that must be sorted, but items being donated, sold, or recycled, and anything going to other family members as well. "This can be an emotional and physically draining process for everyone, so ideally aim to spend no more than 2 to 3 hours per morning or afternoon," says Caroline, "but work on a regular basis to reduce stress."

Planning what to take can be difficult. "Over a lifetime many items with great personal significance are acquired, and though it may look worn to you, if they love it, respect their decision to take it with them," says Caroline. "Allow time for the sharing of stories about an item, this can help with letting go." Sharing those stories, says Caroline, can itself make for a special time spent together.

Setting a realistic timescale is key. "I started my business after helping my own parents. In their late eighties, they had been overwhelmed by the thought of the move, and didn't have the energy or physical strength they used to. In fact, the process of sorting, packing, moving, unpacking, setting up as well as dispersing and disposing of unwanted items, then cleaning and preparing their home

for sale took over 150 hours spread out over several months," she says.

For those who are in need of help — there is of course, the option of working with a professional Senior Move Manager, like Caroline, who specializes in helping clients 55+ with the emotional and physical aspects of sorting through a lifetime of memories, and creating a safe welcoming space where everything is set up just like home.

For more information, visit managedforyouinc.com



BEYOND MUSEUM WALLS



Through a partnership between the Kings County Museum and The Grapevine, with support from the NS Department of Communities, Culture and Heritage's Culture Innovation Fund, we are pleased to present this monthly page dedicated to the culture and heritage of Kings County. In this space you will find the offerings of local museums, as well as behind-the-scenes information about curating a museum, preserving local cultures, and connecting the past to contemporary issues, news, and events. Welcome to 'Beyond Museum Walls'.

SAVING AND SHARING OUR HISTORY

Bria Stokesbury, Kings County Museum

Wherever we live in the Annapolis Valley, heritage envelops our daily lives. History is found in the names of our communities, in the Acadian aboiteux that protect our homes and farmland from the mighty tides of the Minas Basin, and in the historic buildings that we drive by daily. It can be on a grand scale, like the community of Grand Pré, now a UNESCO world heritage site, or as small as a cherished photograph of a family member long passed. Knowing and saving that history is a job for some, a hobby for many, and a passion for a few. These are the stories of how some people in the Valley work, collect, and share history to the benefit of all.

The story of our natural history goes back millions of years. You can hear, feel, and see that ancient history first hand at Blue Beach and in the wonderful Blue Beach Fossil Museum.

Our human history goes back thousands of years and the first stories have been preserved and passed down through oral tradition by the Mi'kmaq. From that early history, centuries of new cultures have arrived and added to the layers of human history that now surround us in our present day. Evidence of these early cultures continues to be literally dug up by the Nova Scotia Archaeology Society and shared regularly on their website (nsarchaeology.com/).

Local genealogical societies and groups such as the Burial Grounds Care Society (burialgroundscaresociety.wordpress.com/) document and preserve the information found on old gravestones.

At many events (historical and otherwise) the centuries-old tradition of "town crying" is still practiced in the Valley by local criers Gary Long and Lloyd Smith. This early means of sharing public events (and history) thrives due to their passion for this old tradition.

Social histories of many communities have also been written over the years including the granddaddy of them all, Arthur Wentworth Hamilton Eaton's *History of Kings County*. Some examples of complete community histories include Mabel Nichol's *The Devil's Half-Acre* and the superb *From The Brow To The Bay: Historic Burlington and Area*. You may be lucky enough to live in a community which has already been well-documented.

From the past into the present, local newspapers have also provided a vehicle for sharing local history. For years the columns of Ed Coleman have covered historical topics as diverse as medicine bottles and old roads. His output has been so broad and so popular that the columns have been used to create books (the proceeds of which have supported

local museums), and have been turned into a webpage (edwingcoleman.wordpress.com). Sources for many of his articles come from the contents of the archives of local museums and universities.

Many of us remember visiting our local museums as school children. My own first museum visit was to Randall House in Wolfville back in the 1970s. For decades local teachers have brought generations of students to the Kings County Museum in Kentville to learn their local history first-hand. Now those children bring in their children (and sometimes grandchildren) to visit the place they visited in their youth. For the past twenty-five years the Historica Foundation's "Heritage Fair" program held in local schools has provided another means of showcasing local history through the eyes and abilities of our youth.

Acadia University professors like Gillian Poulter (public history), and Wendy Robicheau (archives), actively partner with local heritage groups, providing classes that foster mutually beneficial relationships between students needing practical experience and societies seeking help with worth-while projects. The research generated by these relationships is then retained by local museums and archives and more increasingly being shared on the internet. Most recently, David Duke's history students have been working with the newly-formed Kentville Historical Society on preserving oral histories from citizens in Kentville.

Private citizens have always played a key role in seeking out local history. Many local communities have that go-to person for those needing help with research: a Louis Comeau in Kentville or a Ken Bezanson in Port Williams. Private collectors amass wonderful collections that they kindly share for local displays, like Kevin Wood's extensive antique tool collection. The internet often allows these local historians to share their love of history with a wider audience. Some fine examples can be found on Facebook at Chris Gertridge's Gaspereau Valley page and Phil Vogler's page about anything and everything pertaining to Valley history. Institutions sometimes work with dozens of sources to create sites which intrigue and educate, like Historic Nova Scotia (historicnovascotia.ca), MAPAnnapolis (mapannapolis.ca), and ExploreNS (explore.ns.ca).

This sampling of sources barely scratches the surface of the many places and people that happily work to preserve and share stories of the past. Take some time to enjoy their work and learn about the history that you encounter every day here in the beautiful Annapolis Valley.



Photo: Jamie Robertson

THE CENTENNIAL OF GRAND-PRÉ NATIONAL HISTORIC SITE

Claude DeGrâce

The sale of a parcel of some 14 acres of land by John Frederic Herbin to the Dominion Atlantic Railway (DAR) in 1917 was one of many steps that would eventually lead, 95 years later, to the inscription of the Landscape of Grand Pré on UNESCO's World Heritage list in 2012.

In February 1919 the *Ottawa Evening Journal* wrote that the Canadian Pacific Railway Company (owner of the DAR) had purchased "the site of Evangeline's house at Grand Pré, Nova Scotia, and will maintain it as a public park." The article also noted the beauty of the Annapolis Valley: "Canadians who have the means to travel should see the Acadian country; in a way, it is as well worth seeing as almost anything in our country or on the continent".

From the beginning of my work at Grand-Pré National Historic Site in 1983, I have always been amazed by the enduring vision of John Frederic Herbin, who set in motion this great project more than a hundred years ago. In fact, in 2020 we will be celebrating the unveiling of the statue of Evangeline and in 2022, the construction of the memorial church.

Over the years, many people have worked to build on the vision of Mr. Herbin. One such individual was Percy Erskine Nobbs, who was given a commission by the DAR to design the Grand Pré Memorial Park, which would become the home of Henri Hébert's Evangeline. According to Wayde Brown, who wrote

an excellent analysis titled *Percy Nobbs and the Memorial Garden at Grand Pré*, Percy Nobbs' drawings date from March 1919 to May 1920:

"Nobbs' noted proposal for a McGill University master plan provides a high level of interest and complexity, achieved through 'a contrast of space', and may presage the Memorial Garden at Grand Pré. Much of Nobbs' design was in fact built, as evidenced by the illustrations of post-1920 tourist literature presenting Grand Pré, Evangeline, and the story of I'Acadie. The most important aspect of the Nobbs plan is arguably the 'axiation' with primary and secondary axes serving as the chief ordering device for the other assorted elements of the site."

Today, Grand-Pré National Historic Site is the gateway to uncovering a powerful Acadian story and a breathtaking landscape inscribed on UNESCO's World Heritage list. Parks Canada and the Société Promotion Grand-Pré are proud that John Frederic Herbin's vision lives on and that many organisations, including Mi'kmaq, local, and Acadian, are working together to organize the second annual Landscape of Cultures Festival which will be held July 19 to 21.

For more information, visit experiencegrandpre.ca



ANNOUNCEMENT:

Council of West Hants is pleased to announce the designation of the Sainte-Famille Cemetery in Falmouth as a municipal heritage property! Stay tuned for details regarding the presentation of the plaque.

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EDGE KENTVILLE: THE PROGRAM AND THE PICTURE WORTH A THOUSAND WORDS

Genevieve Allen Hearn

EDGE is a job readiness program designed for young adults aged 18 to 26 who receive employment supports and income assistance. The program is the first of its kind in Nova Scotia, and is located in Kentville and Halifax. The Nova Scotia government has put \$1 million toward the program and provides a minimum-wage-equivalent salary subsidy to employers who give participants a three-month work term.

EDGE uses a wraparound approach, which means examining barriers, providing the necessary tools to get a job, and providing supports to keep a job and sustain a career. Peer support is paramount to the success of the program. Socialization and establishing routine are building blocks to the program to “get out of ruts and old habits that aren’t positive” explains learning facilitator Doug Ralph.

Recently, participants at EDGE in Kentville worked with artist Rik Berry to create a visual representation of what the program means to them. The image, which now hangs in EDGE’s meeting room, captures the five milestones of the program:

Discover: Represented by people walking over rocks, the introduction to the program often reveals challenges participants have experienced.

Inspire: A team of people belay someone down a precipitous ledge. This milestone is about teamwork and finding ways to collaborate, and the notion of both being inspired, and being a source of inspiration to others.

Growth: People are shown at a crossroads, challenged to decide what path to choose.

Immerse: A door in a stone wall that requires a key represents the action part of the journey: theory being applied to real world situations.

Coach: People are shown returning from their journey to help others along.

In March, EDGE held a substance abuse awareness event called Turn the Lights On, and in May will partner with Hardware Gallery to create a community mural.



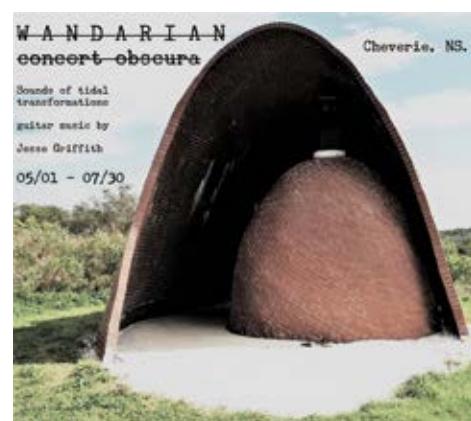
NEWS FROM THE AVON RIVER ARTS SOCIETY

“The Avon River Arts Society is off to a running start this year and I’m currently making arrangements for our upcoming publication. In the past our arts digest has been more of a newsletter for our organization, which included a directory of our members and ads for local art related events and businesses,” says Tacha Reed, president of the Avon Rivers Arts Society. “It has been a long-term desire of mine to produce a proper arts and culture map for the Avon River area, and now I’m happy to say it is finally happening!”

“We are beyond thrilled to have Marcel Morin taking on the design of this publication,” says Reed. Morin is a cartographer, GIS analysts and graphic designer who has worked in the field of digital mapping and design for the past 27 years. The project is partially funded by West Hants.

“The front will feature a map of the Avon River area, wrapping the shore from Hantsport to Windsor and up and over to Walton. Included on the front will be numbered listings identifying artist studios, galleries, workshops, artist run centres, makerspaces, community markets, small business, museums, community halls, theatres, recreation sites, trails and other culture-related venues and sites,” says Reed.

The reverse will offer space for pop-out maps for cluster areas, a directory of Avon River Arts Society members (organized by medium,



including website or email address), and promos for local events, festivals, businesses etc.

“We intend to print a minimum of 10 000 copies,” says Reed. “Approximately 2000 will be distributed during the Saltscapes Expo. 5000 will go out in *The Grapevine* and the remaining copies will be distributed among members and advertisers and at visitors centres around the province, including the airport.”

Businesses, organizations, and artists interested in getting involved in the map project and having their information promoted on the map can contact Reed at avonriverarts@gmail.com. The deadline for bookings has been extended to April 1.





Keith Irving
MLA Kings South

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I KNOW A PLACE

Ron Lightburn

Browsing (CFUW Book Sale, Wolfville).

Ron Lightburn has generously donated *Browsing* (acrylic on stretched canvas, 16" x 12") to the CFUW, and it will be one of the prizes drawn at the end of the sale. Prizes also include two gift certificates from The Odd Book and a painting by CFUW member Gerri Robertson.

The CFUW's Annual Book Sale is happening Friday March 29, 8:30am-9:00pm and Saturday March 30, 8:30am-3:00pm at the Wolfville Lions Club Community Hall, 36 Elm Avenue.



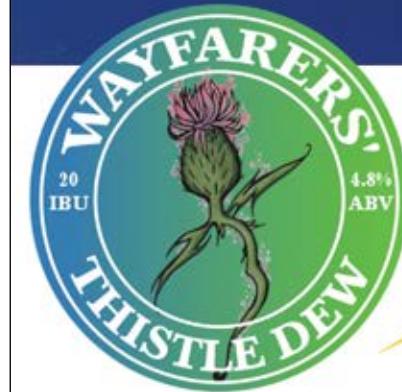
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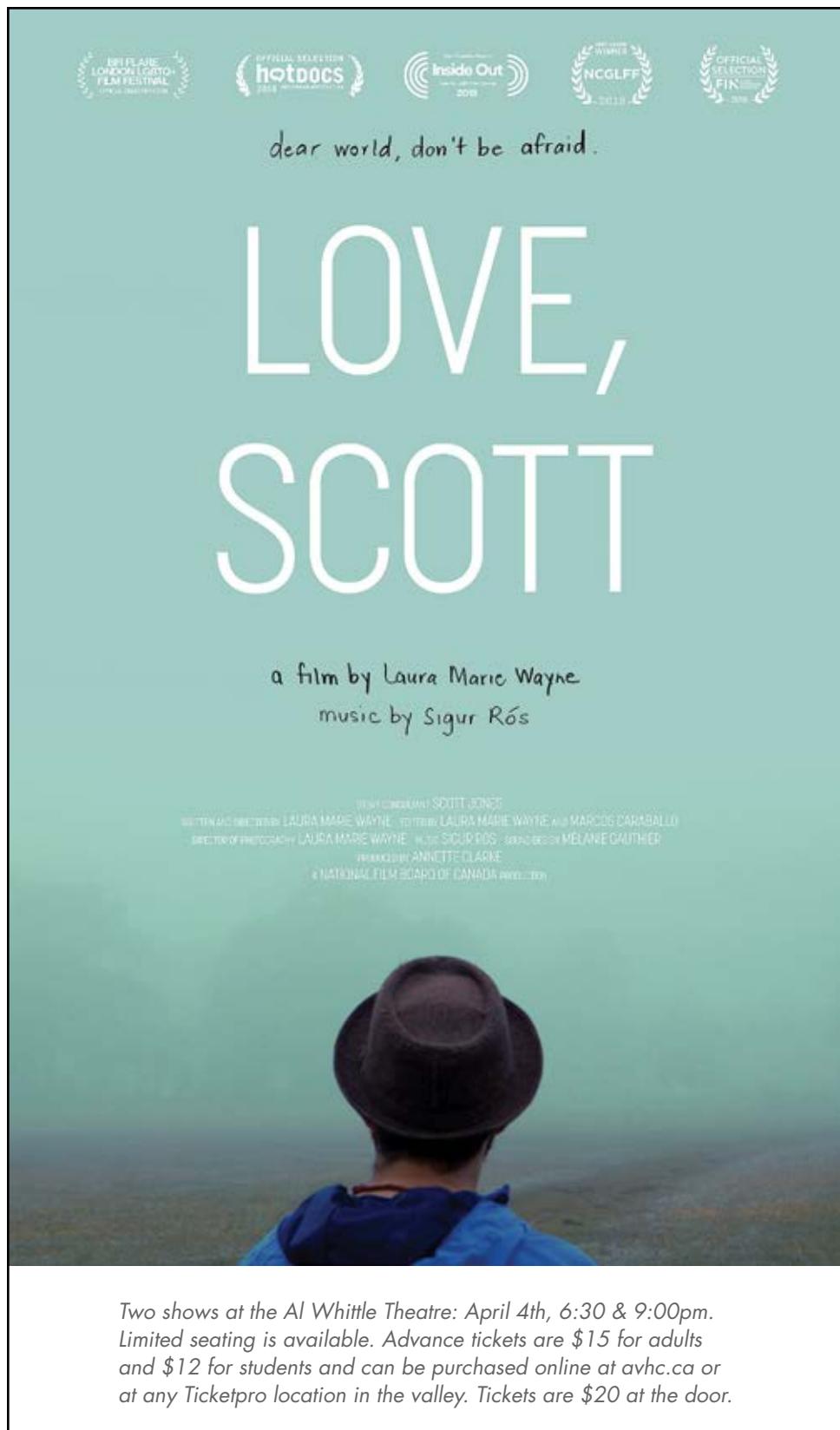
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Two shows at the Al Whittle Theatre: April 4th, 6:30 & 9:00pm. Limited seating is available. Advance tickets are \$15 for adults and \$12 for students and can be purchased online at avhc.ca or at any Ticketpro location in the valley. Tickets are \$20 at the door.

A HOMEGROWN CELTIC HARP

Anna Horsnell

When Timothy Habinski and his wife Shelly moved their family from Ontario to rural Nova Scotia in 2009, they were seeking a more relaxed lifestyle in an area rich in music and culture. Habinski was especially drawn to our strong Celtic and traditional music scene, and he had something special to contribute: his very own, hand-crafted harps.

Inspired by the hunting bow, the harp can be traced from ancient Egypt to the green hills of Ireland through a long and storied evolution. The Irish or Celtic harp was the first frame-style harp to introduce a hollow soundbox to amplify the sound, and by medieval times, the harp had become a symbol of Irish pride. Perhaps the most famous Celtic harp is the Trinity Harp associated with Brian Boru, the last High King of Ireland, and recognized world-wide as the Guinness trademark.

Habinski crafted his first harp 28 years ago in Ontario. That first instrument may have been humble, but it still attracted attention from buyers - enough to encourage Habinski to abandon his academic career and start his company, Timothy Harps. Today his carefully-crafted instruments benefit from years spent refining his designs, researching the science behind soundboxes, determining the qualities of various types of wood, and learning how a minor adjustment to string placement produces a more balanced sound. The work has paid off. Habinski has shipped over 580 harps to buyers around the world, the most recent ones going to Rhode Island, Ontario, and China.

Timothy harps are specifically designed with the working musician in mind. The designs are functional with minimal decorative details, and sized to fit in the back of a car. Eighty percent of North American harpists are women today, making the height and weight of the instrument a major consideration. Habinski considers all these details when building each instrument, because he also happens to be one of the youngest harpists in North America, with a musician's appreciation for what works.

As it turns out, Nova Scotia spruce works extremely well in the creation of the all-important soundbox, while the neck of the harp requires a stronger wood like walnut. The



traditional Celtic harp typically featured 30 to 36 brass strings producing a distinctive piercing tone. Habinski uses gut strings for a more versatile sound as his harps may be destined for a concert hall, a jazz venue, or a folk festival. Each harp requires about 100 hours to complete, or roughly ten days under perfect conditions.

Interest in the harp has grown in recent years, and Habinski is one of about seven or eight harp builders in Canada today. He explains how this "small naked piano" is a relatively easy instrument to learn how to play, at least in the beginning stages. The moment finger touches string, there is sound. All the keys are identical and all the chord patterns are the same. The sound can be acoustic or electrified.

Habinski's biggest challenge today was unexpected. When he realized the rural lifestyle his family so enjoyed was threatened, he discovered a love for municipal politics that allows him to help address the changing times. Still, a corner of his heart is saved for Timothy Harps, and though production may be slower now, the company will continue. "Music is good for us," he smiles. No argument there. Contact Timothy Harps at timothyharps@musician.org.



ZAKARY MILLER'S CANADIANA SWING

Kim Barlow

On any given night in the Valley, if you feel like going out to hear some live music, there's a good chance you'll come across this guy. He has only been living in NS for three years but has become well-entrenched in the music scene, and heartily embraced by local music fans. His charming and often comic "Canadiana swing" songs, embellished by yodels and kazoo, can be caught at farmers market stages and a rotation of the local watering holes. Lately he's been found as far away as Bearley's and the New Scotland Brewing Co. in Halifax, and over to Annapolis Royal and Lawrencetown.

Zakary grew up in Christie Pitts, Toronto, to working-class cowpunk parents with roots in the Maritimes. He went to an arts high school, then to a sound engineering college in England, then began farming in rural Ontario. He's been making music and farming for the past eight years of his young life. The Annapolis Valley is a good place for him to follow his dreams, then. He and his fiance, Franny,

bought a house near Kentville and are getting set up on their small acreage, er, big lot.

Miller's sound draws from old-time, country, jug band and swing influences. He is a vinyl hound, and very knowledgeable in the history of the music he emulates. In high school he played trumpet and upright bass, and his dad got him listening to the jazz of Thelonius, Coltrane and Lester Young. When he started writing his own songs, they came out swingin'. There's a bit of a Stompin' Tom Connors sound to his singing. He came across the yodelling of Rex Griffin and began to try whilst feeding chickens, and found it suited his vocal range. The chickens liked it, too. When he can afford a band, he has horns, clarinet, and/or fiddle along with bass, drums and guitar. When he's doing smaller shows, he fills the void with a selection of kazoo, also a popular instrument of the era he harkens to.

Keep an ear out for Miller in the months to come. He's got shows at the Rolled Oat, Night

Kitchen, Wolfville Farmer's Market, and Annapolis Brewing Co. He's also making new records: A softer one to feature his songwriting, which is smart and well-crafted; worth paying attention to; and another with all those fun distractions including a horn section and lots of kazoo. A recent exciting development is an invitation to play a swing dance set at the Kempt Shore Acoustic Maritime Music Festival in July. Zakary is working hard all the time bringing great sounds to new fans when he's not slinging cider and growing pumpkins. The future looks bright for this new old-timer in the Maritimes.

Zakary will be playing an album fundraiser show Saturday, May 18, 2019 at 7pm at Deep Hollow Print, 4541 Highway 12, Kentville.



NSCC STUDENTS PLAN INAUGURAL PULL BACK THE CURTAIN SYMPOSIUM

Genevieve Allen Hearn

Recently I was lucky enough to meet with nine NSCC addictions community outreach students deep in a planning session for the first *Pull Back the Curtain* symposium, which will focus on four areas of stigma: addictions, mental health challenges, disability, and suicide. Different components of the event are being supported by students in different programs.

When I asked students why they were taking on a project of this magnitude, one student noted the importance of acknowledging that these challenges exist. "It's [about] helping to normalize these issues and reduce stigma," they said. For another student, "it's

a conversation starter. We're not solving anything, but we are building awareness and talking about it in the open".

The idea for the symposium came from the students' instructor, Brenda Wallace-Allen. She had attended a provincial conference that had a high registration fee. She felt that NSCC could offer something similar free of charge.

Originally planned to be a half-day event, the students brought so many ideas to the table that it turned into a two-and-a-half-day program. The students reflected that working on the event has taught them about teamwork

and group dynamics. "We've needed to bring different perspectives together," one noted.

The symposium launch will be held on Sunday, March 31 at the Hardware Gallery in Kentville from 2pm - 4pm. This will be also a chance to view a photography exhibit taken by individuals expressing what stigma means to them.

Two full days of programming on April 1 and 2 will include guest speakers, workshops, and an information fair, all held at the Kingstec campus. Each afternoon will feature films, including *The S Word*, and short films from the Bluenose Abilities Film Festival. On Tuesday,

participants can attend a 4-hour workshop on trauma-informed practice.

The students hope that after this year of planning they can pass their work on to the next year of students, making this an annual event. "We can pull back the curtain further each year," adds Wallace-Allen.

Visit 'Pull Back the Curtain' on Facebook or Eventbrite. Spaces are filling up!



SHORT CUTS: THINGS TO CHECK OUT IN THE VALLEY

Kingtec Tribute to MMIWG

The Kingstec L'nuuk Alliance (formerly known as the Kingstec Indigenization Alliance) is hosting the second annual Tribute to Missing and Murdered Indigenous Women and Girls (MMIWG) on Tuesday, March 26, from 11:30am to 2:30pm. Guest speakers will include Elder Peggy Wentzell, leading the smudge ceremony and singing the Healing Song; former RCMP Rod Francis, who will speak about his experience working on the human trafficking unit and how it connects to MMIWG; and Carolyn Landry, a local cultural educator. Rachel Whitney, BSc, BEd, will also speak on the role of education in addressing issues related to MMIWG. The Melgita's Women (Indigenous women's drumming and singing group) will share songs, and a few traditional dancers will be at the event. "We will also have the grand unveiling of a 4ft tall steel red dress that students in the Heavy Duty Equipment / Truck & Transport Repair program created," says Whitney. The event will also showcase informational and art displays created by members of the L'nuuk Alliance and students in the ALP Mi'kmaw Studies course.

Project Regenerate

Focused on providing Valley youth (age 6 to 18) with a foundational knowledge of environmental sustainability and entrepreneurship, Project Regenerate was formed in 2017 by Enactus Acadia, a social entrepreneurship group at Acadia University. Participants have been building their entrepreneurial confidence through a series of workshops on subjects like accounting, prototyping, ideation, marketing, and sales. "To integrate the environmental sustainability component of the program, we produced, priced, marketed, and sold Christmas ornaments made out of crayons that would have otherwise been thrown out after just one use," says project manager Emily MacLennan. Now, each participant has started their own business. They will be selling their products at ScratchFest, a computer science build-a-thon for youth on Saturday, April 6 at the Fountain Commons building on the Acadia University campus. MacLennan says some of the businesses include cake-pops, chocolate, bath bombs, model cars, marshmallows,

A Computer Science Build-a-Thon For Youth 8 to 17



#ScratchFest
2019

A weekend (April 6th to 7th) Build-a-Thon for youth interested in creating amazing original work with digital tech.

Build interactive stories, artwork, video games... and win – Over \$500 in prizes to be had!



www.refreshannapolisvalley.org

A celebration of the video games of yesteryear – April 5



RETRO
GAME
CARNIVAL

From the 1970s to early 2000s, Retro Game Carnival will explore the arcade, console, and PC games that defined eras gone by. Our game fest will include a pop-up museum, fan-made DIY retro arcade, game tournaments, and workshops.



www.refreshannapolisvalley.org

and bracelets. "To finance their ventures, Project Regenerate has partnered with a local entrepreneur named Solomon Caplan and his microloan business, Kinderprise," she explains. "Kinderprise is a youth microloan business aimed to cultivate young business leaders in the Annapolis Valley."

Chicago: The Musical

The West Kings Drama Club is presenting *Chicago The Musical* in the "Fosse" style at the school theatre on April 3, 4, 5, 6 at 7pm & April 7 @ 2pm. Billed as "a musical vaudeville," Chicago tells the story of Roxie Hart (Cassie McCall) who finds herself on prison matron, Mama Morton's (Lilly Gould) Murderer's Row

in the Cook County Jail after shooting her lover. She sends her naive husband Amos (Patrick Estey) to see smooth-talking attorney Billy Flynn (Noah Bradbury), who agrees to take on her case and manipulates the Chicago press to make Roxie a celebrity. Roxie has a rival for the media's attention, however: another Billy Flynn celebrity client named Velma Kelly (Sophie McMillan). Choreographer Netanya Backhouse (grade 12) has created over 15 original dances for the cast of grade 9-12 students, all supported by musical director Richard Bennett and his 11-piece orchestra. Artistic and show director Hal Jessome is returning for his 8th show at West Kings. For ticket information, contact 902 389 8885 or westkingstickets@gmail.com.

McKinley Morrison & Williams Hit Wolfville

New Brunswick's cutting edge Jazz Fusion trio, McKinley Morrison & Williams are hitting the road in April for a string of Maritime performances! They will hit the Acadia Cinema's Al Whittle Theatre on Saturday, April 6 with a show at 7pm. "We are very excited to come to Wolfville for the third stop on our tour!" says Josh McKinley. "Prepare for 2 sets of music, bass solos, guitar wizardry, and a borderline drum clinic performance!"



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Q&A Information Sessions

Friday March 29th, 11am

T.A.N. Coffee, Windsor

Saturday April 6th, 11am

Belford Basin Farmers' Market

Friday April 5th, 11am

T.A.N. Coffee, Windsor

Sunday April 7th, 3pm

Just Us! Coffee, Wolfville

Creating Cohousing Course - 5 Modules

Workshop Fee: \$100 - Locations TBA

April 13th, 10:30 - 1:30

April 27th, 10:30 - 1:30

May 11th, 10:30 - 1:30

May 25th, 10:30 - 1:30

June 8th, 10:30 - 1:30

Visit www.windsorcohousing.com for more information

Send your events to
listings@grapevinepublishing.ca

WHAT'S HAPPENING

MARCH 21 - APRIL 4, 2019

Brought to you by
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THURSDAY, MARCH 21

Jam Session – Community Centre, Wilmot 7-9:30pm. Also March 28 • Jam session w/ snack. **TIX:** \$2 **INFO:** 902-825-3125

King's Theatre Society – AGM – Kings Theatre, Annapolis Royal 7-9pm • **TIX:** no charge **INFO:** 902-532-7704 / mk@kingstheatre.ca

General Meeting – Royal Canadian Legion, Windsor 7:30-8:30pm • New members welcome. **INFO:** 902-798-0888 / WindsorLegion@bellaliant.com

FRIDAY, MARCH 22

Kings Kikima Grannies Jewelry Sale – Wong International Centre, Wolfville 9am-4pm • Funds raised to support children orphaned by AIDS, in Africa, being raised by their Grandmothers. Donations of jewelry welcome. **TIX:** no charge **INFO:** 902-542-7591

Munch & Mingle – Community Hall, White Rock 11am-1pm • Hot lunch, live music & community resources. Call to register. **TIX:** no charge **INFO:** Brenna, 902-765-2052 / michelle.parker@rcmp-grc.gc.ca

Lenten Lunch – Baptist Church, Billtown 11:30am-1pm • Soup luncheon in support of the Interchurch Council's emergency fund. **TIX:** donation **INFO:** 902-678-2496

Supper – Royal Canadian Legion, Berwick 5-7pm • Sloppy Joes, French Fries and Coleslaw!! **TIX:** \$8 per plate, \$2 for dessert **INFO:** 902-538-9340 / waysnmeansberwick@yahoo.com

Dance: The Upbeats – Royal Canadian Legion, Windsor 7-11pm • Ages 19+ **TIX:** \$5 **INFO:** 902-798-0888 / windsorlegion@bellaliant.com

Exit 15 – Royal Canadian Legion, Berwick 7:30pm • Awesome live tunes! **TIX:** donation **INFO:** 902-538-9340 / waysnmeansberwick@yahoo.com

Worldbeat Underground – Bishop Hall, Greenwich 8-10pm • W/ Sahara Jane & Ken Shorley. Globally-infused electronic and acoustic sounds for your grooving and listening pleasure. **TIX:** donation **INFO:** Facebook: Worldbeat Underground

Ian Sherwood – Mermaid Imperial Performing Arts Centre, Windsor 8pm • **TIX:** \$26 **INFO:** 902-798-5841 / puppets@mermaidtheatre.ca

80s Night! – The Anvil Lounge, Wolfville 9:30pm • Acadia music students are putting on a fundraising concert for the Tribe Projects. The Tribe Projects is a small group of volunteers living in Izmir, Turkey, supporting the 4 million Syrian refugees living there. **TIX:** \$5 **INFO:** Kaitlyn, 140919l@acadiau.ca

SATURDAY, MARCH 23

Monthly Breakfast – Church Hall, St. James Anglican Church, Prospect St., Kentville 8-10am • Large choice of food items available. **TIX:** Minimum \$7 free will offering, \$5 children under 15 **INFO:** cameronduo@bellaliant.net

Craft Room Clean Out – Baptist Church, Berwick 9am-12pm • Donated craft supplies to be sold. Also a bake sale, coffee, tea. Proceeds go towards the youth ministry. **TIX:** \$5/bag **INFO:** 902-300-0074 / pokie.sf@gmail.com

Ticket Auction – Fire Hall, Berwick 9am-2pm • Fundraiser for Project Purr Cat Rescue. New Items, Gift Cards. 50/50 and more. **TIX:** no charge **INFO:** projectpurrberwick@gmail.com

Demystifying Cool Climate Chardonnay & Riesling Seminar – Planters Ridge Winery • Includes a bottle of wine to take home. Contact the winery for tickets & details. **TIX:** \$60 + tax per person. **INFO:** info@plantersridge.ca / 902-542-2711

HMCC Casserole Supper – Hantsport Memorial Community Centre, Hantsport 4:30-8pm • Variety of casseroles and desserts, tea, coffee, and punch. **TIX:** \$12 per person **INFO:** thehmcc.ca

Pizza & Movie Night – Christian Fellowship Centre, Wilmot 5:30-8pm • Family friendly movie: Finding Neverland. Inspired by the life of James Barrie, the real-life author of the children's classic Peter Pan. **TIX:** no charge **INFO:** 902-765-4124 / bfboddy@gmail.com

Ticket Auction – Royal Canadian Legion, Windsor 6:30pm • 24th Annual Windsor Fire Dept. Auxiliary Ticket Auction. Doors open 6pm. Bidding closes 7:30pm. All welcome! **INFO:** sharon.w@eastlink.ca

Breathless and Befuddled – Farmers Market, Wolfville 6:30pm • Join Valley Regional Hospital Foundation as we help provide the gift of breath to those who need it most. A zany, fun, one of a kind, interactive event which will leave you breathless! **TIX:** \$75 per person, \$125 per couple, \$500 per table of 8, @ Valley Regional Hospital Foundation offices - Valley Regional Hospital - 150 Exhibition Street **INFO:** 902-678-5414 / info@vrhfoundation.ca

Paint Night – Kings Arms Pub, Kentville 7-9pm • **TIX:** \$35 advance, \$40 at door **INFO:** Donna, 902-300-9481 / ne1forcoffee@hotmail.com

Union Duke – The Union Street, Berwick 8pm • Toronto folk quintet with an explosive live show, bridging soulful indie rock with bluegrass and country. **TIX:** \$22 +tax **INFO:** theunionstreet.com

SUNDAY, MARCH 24

Acrylic Painting Workshop – Kelly Mitchelmore Home Studio, Windsor 10am-4pm • Acrylic painting workshop w/ Kelly Mitchelmore. Private setting at her home studio gallery. Spots limited to 8. **TIX:** \$150, includes art supplies & refreshments **INFO:** 902-306-0030 / me@kellymitchelmore.ca

Windsor Cohousing Information Session – Super 8 Hotel, Windsor 1-3pm • Learn about COHO, and join our group of future friends and neighbours. **TIX:** no charge **INFO:** 902-792-8303 / aknowles111@gmail.com

Country Music Concert – Lions Club, Berwick 2-4pm • Ruth Manning and the Prospectors and special guest Gordie Giles. 50/50 & door prizes. **TIX:** \$12 at the door. **INFO:** 902-691-2638 / ruthmanning1972@gmail.com

Acadian Women – Wu Welcome Centre, Wolfville 2-3pm • Susan Surette Draper presents her talk on Acadian Women for the Wolfville Historical Society. **TIX:** no charge **INFO:** randallhouse@outlook.com

A Run to Dye For – Acadia Athletic Complex, Wolfville 2pm • A colourful 5km run/walk. Run, walk, or skip your way across the finish line. All ages and abilities. **TIX:** Registration and race kit: \$30, w/o race kit: \$20, Kids registration w/ race kit: \$5 **INFO:** acadia.eim@gmail.com

Fundy Cinema screens DOUBLES VIES (NON-FICTION) – Al Whittle Theatre, 4 & 7pm • French auteur Olivier Assayas probes the promises and pitfalls of art in the age of digital communication in a delicious comedy of manners about a successful actor (Juliette Binoche) and her Parisian publisher husband adapting to the new-media landscape. **TIX:** \$10 **INFO:** 902-542-1050

Time For Change – Studio-Z, Wolfville 4pm • We need extraordinary energy and insight in restoring our Planet and building a new civilization that will secure the future of humanity. In this new energetic Age of Aquarius, our most advanced planetary teachers are returning to offer just that. **TIX:** no charge **INFO:** ns.transmission.meditation@gmail.com

Gala Dinner – Evergreen Theatre, Margaretsville 6-10:30pm • Evergreen Gala with Bend the River. Dinner at 6pm (Margaretsville Fire Hall). Show at 8pm (Evergreen Theatre). **TIX:** \$100 **INFO:** 902-825-6834 / evergreentheatre@gmail.com

Memorial Songs and Hymn Sing – Wolfville Baptist Church, 7pm • Led by the choir and soloists, the congregation will sing familiar hymns as we remember those who are no longer with us. Choose a song in remembrance of your loved one. Have their name, and your name as the dedicator, printed in the program. Refreshments will be served. **TIX:** Suggested donation: \$10 a song. **INFO:** WBC office, 902-542-5524

MONDAY, MARCH 25

Forestry Panel & Film – Lions Club, Berwick 6-9:30pm • Panel discussion of forestry and climate change in NS, featuring Bob Bancroft, and a screening of "Climate Change and the Human Prospect," a film by Andrea Vandenoever. **TIX:** donation **INFO:** 902-249-1772 / judy@rawngreen.com

TUESDAY, MARCH 26

Coffee Social – Royal Canadian Legion, Wolfville 10am-12pm • Coffee, tea, snacks & conversation! **TIX:** \$2 **INFO:** 902-542-5869 / wolfvillelegion@gmail.com

Fireflies Luncheon – Fire Hall, Middleton 11am-1pm • Corn chowder, hamburger soup, or split pea/ham soup, lemon or coconut cream pie. Free delivery – call by Mar. 25. **TIX:** \$9 **INFO:** 902-825-3062

Tribute to MMIWG – NSCC Kingstec Campus, Kentville 11:30am-2:30pm • Join the NSCC Kingstec L'nuak Alliance in creating awareness and honouring the thousands of Missing and Murdered Indigenous Women & Girls across Turtle Island through ceremony and art. **TIX:** no charge **INFO:** 902-679-7302 / w049433@nscc.ca

Soup Luncheon – United Baptist Church, Centreville 11:30am-1pm • Soups & chowder, bread & rolls, dessert, tea & coffee. **TIX:** \$8 **INFO:** 902-678-1946 / lesmsb@eastlink.ca

Discover the New Canada's Food Guide – Atlantic Superstore, Kingston 6-7pm • Interactive workshop on the new Canada's Food Guide. Involves light walking. Spots are limited. **TIX:** no charge **INFO:** 902-476-0942 / jessica.matchem@loblaw.ca

Women in Technology: Uncensored – Patterson Hall, Wolfville 7-9pm • Join Acadia Women in Tech Society for an evening of networking, refreshments, and discussion. Guest speakers Lori Shepherd & Cindy Trudel will lead a discussion about hacking the male dominated computer science academy and industry to work for women. **TIX:** no charge **INFO:** 902-760-0168 / info@refreshannapolisvalley.org

If Beale Street Could Talk – Kings Theatre, Annapolis Royal 7:30-9:20pm • A moving period piece about a pregnant woman fighting to prove her fiancé's innocence after he is wrongfully jailed for rape. Rated PG. **TIX:** \$11 Adult, \$10 with Film Buff Card, \$8 Youth. **INFO:** 902-532-7704 / mk@kingstheatre.ca

WEDNESDAY, MARCH 27

Telling Stories: Introduction to Creative Writing – Macdonald Museum, Middleton 10am-12pm • Six week intro to creative writing class led by author Eloise Murray. Must register in advance. **TIX:** \$30 **INFO:** 902-825-6116 / contact@macdonaldmuseum.ca

Wednesday Lenten Series – Wolfville Baptist Church 11:30am-1pm • Nourish your body and soul with soup and music. Contemplative music w/ special guest Peter Togni (Organ improvisations). Soup and rolls will be provided. **TIX:** donations appreciated. **INFO:** 902-542-5524

How to Start a Non Profit Org in 5 Easy Steps

– Kings Volunteer Resource Centre, Kentville 6:30-8:30pm • Come out and join Joel Stoddart from the Acadia Entrepreneurship Centre to learn how easy it is to start your own Non Profit Organization. **TIX:** no charge **INFO:** 902-678-1398 / coordinator@kingsvolunteerresourcecentre.ca

Bullying Talk – Baptist Church, Berwick 7-8pm • Talk on bullying in our schools and online, w/ RCMP Constable Jeff Wilson. All are invited. **TIX:** no charge **INFO:** 902-538-3729 / berwickbaptist@gmail.com

The Tribe Projects: Unity For Change- A Fundraising Concert

– Festival Theatre, Wolfville 7-10pm • The Acadia music students are putting on a fundraising concert for the Tribe Projects, which is a small group of volunteers living in Izmir, Turkey, supporting the 4 million Syrian refugees living there. **TIX:** donation **INFO:** Kaitlyn, 140919l@acadiau.ca

THURSDAY, MARCH 28

Coffee Social – Royal Canadian Legion, Wolfville 10am-12pm • Coffee, tea, snacks & conversation! **TIX:** \$2 **INFO:** 902-542-5869 / wolfvillelegion@gmail.com

Information Session for Seniors – Community Hall, Falmouth 10am-1pm • Presentations on the Hants County Senior Safety Program, Healthy Eating, Health and Wellness Program and 211. Lunch & refreshments provided. Please register. **TIX:** no charge **INFO:** 902-798-7173 / hantsseniorsafetyasst@gmail.com

Soup Luncheon – Kings Presbyterian Church, New Minas 11am-1pm **TIX:** donation **INFO:** 902-385-2550 / doricesutcliffe@gmail.com

Death Cafe – Macdonald Museum, Middleton 2-3:30pm • An open informal discussion about death. **TIX:** no charge **INFO:** 902-542-6303

Puppet Drop In – Institute of Puppetry Arts, Windsor 6-8pm • Drop in Puppet class is designed for everyone, and every skill level. **TIX:** \$15 **INFO:** 902-798-5841 / srobertson@mermaidtheatre.ca

Tremont Community Cemetery Society AGM – Community Hall, Tremont 7-8pm • Review of 2018 accomplishments, discussion of plans for 2019 and elections of board members. Open to all. **TIX:** no charge **INFO:** 902-765-2642 / 1stladymuirse@gmail.com

FRIDAY, MARCH 29

Book Sale – Lions Club, 36 Elm Ave., Wolfville 8:30am-9pm. Also March 29, 8:30am-3pm • 52nd Wolfville Canadian Federation of University Women Book Sale. **TIX:** no charge **INFO:** 902-542-4508

Cohousing Q&A

– T.A.N. Cafe, Windsor 11am-12:30pm • An informal get together where you can ask your questions about cohousing in Windsor. **TIX:** no charge **INFO:** 902-792-8303 / Windsorcohousing@gmail.com

Lenten Lunch – Canard Community Church, Upper Canard 11:30am-1pm • Soup lunch in support of the Interchurch council emergency fund. **TIX:** donation **INFO:** 902-582-7298

Dance: Route 12 – Royal Canadian Legion, Windsor 7-11pm • Ages 19+ **TIX:** \$5 **INFO:** 902-798-0888 / windsorlegion@bellaliant.com

Community Jam Dance – Louis Millet Community Complex, New Minas 7-9pm • No experience required. All ages and abilities welcome! **TIX:** donation **INFO:** 902-582-3888 / ks@creativeaction.ca

Got Happiness!! – Al Whittle Theatre, Wolfville 7:30pm. Also March 30, 2pm & 7:30pm • The Women of Wolfville present their 18th annual extravaganza, GOT HAPPINESS!! – songs, dances, laughter and tears with all proceeds going to organizations which work toward improving the lives of girls and women. **TIX:** \$15 regular, \$12 students/seniors **INFO:** pat@daysend.ca / facebook: women of wolfville

Dance: Wayne Parker – Royal Canadian Legion, Kentville 9-12:30pm • Come dance the night away! 50/50 & canteen. **TIX:** \$8 admission **INFO:** 902-678-8935

SATURDAY, MARCH 30

Yard Sale – Windermere Community Hall, Berwick 8am-2pm • Antiques, handmade quilts, decorations, sewing/craft supplies, clothing, toys, and more! **TIX:** no charge **INFO:** 902-538-7820 / rbdoriscoll@eastlink.ca

Ticket Auction – NSCC Campus, Middleton 11am-5pm • Fundraiser for the family of Chris French. **TIX:** no charge **INFO:** jacquelinebigelow96@gmail.com

Light It Up Blue BBQ for Autism Awareness – Clock Park, Wolfville 11am-2pm • Great raffle prizes! Info booths, face painting, WEAR BLUE! Donations welcome for SMILE and Autism NS Valley Chapter. **TIX:** no charge **INFO:** 902-542-3421 / missvicki@eastlink.ca

Wash Toss Tournament – Royal Canadian Legion, Canning 11:20am-8pm • Captain's meeting 11

Send your events to
listings@grapevinepublishing.ca

WHAT'S HAPPENING

MARCH 21 - APRIL 4, 2019

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Benefit Variety Show – *Community Centre, Wilmot 7-9pm* • Fundraiser for the Sharon Currie Veinot Foundation Award. This award will be given to a deserving student(s) each year at the Centre of Geographic Sciences/NSCC graduation in Lawrencetown. **TIX:** donation **INFO:** 902-670-8455 / besuntive@yahoo.ca

Rachel MacLean & Youth Choirs – *Baptist Church, Middleton 7:30pm* • Singer-songwriter, Rachel MacLean will be joining the Kings Chorale Children's Chorus and the Annapolis Valley Honour Choirs, in a concert to welcome spring. **TIX:** \$15 adults, \$5 student in advance through TicketPro.ca, or \$20 adults, \$10 students at the door **INFO:** avhccordinator@gmail.com / aavhc.ca

Old Man Luedecke – *Evergreen Theatre, Margaretsville 8:10-30pm* **TIX:** \$30 adults, \$25 military, \$15 students **INFO:** 902-825-6834 / evergreentheatre@gmail.com

SUNDAY, MARCH 31

Canaan Chords Music Service – *Third Horton Baptist Church, 767 Canaan Mountain Rd., Canaan 11am* • A special music service led by Canaan Chords. Come worship with us and share your favourite hymns during the "People's Choice" portion of the service. **INFO:** canaanyouthsue@gmail.com

The Sharon Currie Veinot Award Fundraiser – *Community Centre, Wilmot 11am-3pm* • Silent auction, 50/50 draw, live music & food! To raise funds for an annual award to be given in Sharon's memory each year at the Centre of Geographic Sciences/NSCC graduation ceremony. **TIX:** donation **INFO:** 902-670-8455 / besuntive@yahoo.ca

Sunday Music in the Garden Room – *K.C. Irving Centre, Acadia University, Wolfville 2-4pm* • Suzanne Ridden, soprano, and Tara Scott, piano. Program will include Mozart, Richard Strauss, Poulenc, Debussy, and Rodrigo. **TIX:** no charge **INFO:** artsacadia.acadiau.ca

Fundy Cinema screens THE FAVOURITE – *Al Whittle Theatre, 4 & 7pm* • In Yorgos Lanthimos's unconventional and wickedly irreverent period piece, set in 18th century England, Lady Marlborough (Rachel Weisz) and servant Abigail (Emma Stone) go to any lengths competing for the favour of Queen Anne (Oscar winner Olivia Colman). **TIX:** \$10 **INFO:** 902-542-1050

MONDAY, APRIL 1

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

TUESDAY, APRIL 2

3rd Annual Autism Acceptance Flag-Raising & Proclamation Ceremony – *Kings Co. Municipal Building 10:30am* • Proclamation will be read at 10:30am, with the flag-raising to follow at 10:45am, and a reception in the Orchards Room from 11am-noon. Please RSVP by March 25. **INFO:** annapolisvalley@autismns.ca / 902-242-2019

Soup & Dessert Luncheon – *Orchard Valley United Church, New Minas 11:45am-1pm* • Wild Rice & Chicken Soup or Gingered Carrot Soup, homemade biscuits/rolls, tea/coffee, and cake with rhubarb sauce. Take-out or delivery is also available – please order by noon, April 1. OVUC is located at the foot of Cornwallis Ave., across from County Fair Mall entrance. **TIX:** \$8 **INFO:** 902-681-0366 ext 1 / AdminOVU@bellaliant.com

Play with Me – *Valley Autism Centre, Kingston 1-2:30pm* • A 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

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

Light It Up Blue for Autism Awareness – *Downtown, Wolfville 6pm* • All weekend! Shine a BLUE light for Autism awareness/acceptance. **TIX:** no charge **INFO:** 902-542-3421 / missvicki@eastlink.ca

Wolfville and Area Newcomers Club – *Farmers Market, Wolfville 7-8pm* • Perry Brandt, well known local beekeeper will speak to us about the importance of the honey bee and how to keep bees sustainably on a small scale **TIX:** no charge **INFO:** 902-670-8612 / ascottbutler@gmail.com

Kings County Wildlife Association – *NSCC Kingstec Campus, Room 109, Kentville 7-9pm* • KCWA monthly meeting. Linda Trachsel will talk about Guinea Fowl. Everyone is welcome. **TIX:** no charge **INFO:** kingscountywildlife@outlook.com

WEDNESDAY, APRIL 3

Let's Get Up & Move – *Kings County Family Resource Centre, Kentville 9:30-10:30am* • 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

Baby & Me – *TWO LOCATIONS: Kings County Family Resource Centre, Kentville / Fire Hall, Kingston, 10:30-11:30am* • Connect with other moms and babies, share stories and learn songs and rhymes. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

Beginner Sketching Workshops – *Macdonald Museum, Middleton 1-3pm* • Join artist Brigit Hawkins for this six week workshop series as she guides you step by step in the process of sketching. Advance registration required. **TIX:** \$90 **INFO:** 902-825-6116 / contact@macdonaldmuseum.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 RUBEN BRANDT, COLLECTOR – *Al Whittle Theatre, 7pm* • Slovenian painter and multimedia artist Milorad Krstic presents a highly original, fast-paced and beautifully animated action-adventure in which a famous psychotherapist becomes a notorious art thief to deal with his personal demons. **TIX:** \$10 **INFO:** 902-542-1050

Photo Club: Drone Photography – *NSCC Kingstec Campus, Kentville 7-9pm* • Greg Butler discusses the exciting photo opportunities available with drones, including current trends and an emphasis on practical tips. Presented by Kings County Photo Club. **TIX:** no charge **INFO:** kings.photography.club@gmail.com

THURSDAY, APRIL 4

Love, Scott Community Premier – *Al Whittle Theatre, Wolfville 6:30pm & 9pm* • An internationally award winning documentary about Nova Scotia musician Scott Jones, who was paralyzed in a homophobic attack. Proceeds go to Annapolis Valley Honour Choir. **TIX:** Advance: \$15 adults, \$12 students. \$20 at the door. **INFO:** 902-698-1735 / lisa.speigel@gmail.com

LIVE THEATRE

Tartuffe, A Newfoundland Adaptation – *Lower Denton Theatre, Wolfville March 21, 22, 23, 27, 28, 29, 30, 7:30pm, March 23, 30, 1pm* • Developed in Cupids, Newfoundland and first produced at the National Arts Centre, Tartuffe gives audiences the rich and distinctive character of Newfoundland and its people—and an evening of uproarious laughter. **TIX:** \$15 general admission, \$10 seniors/students, \$7 groups of 8+ @ Acadia Box Office **INFO:** 902-542-5500 / box.office@acadiau.ca

I'm Not Running by David Hare – *Al Whittle Theatre, Wolfville March 22, 7pm* • David Hare's latest play features another of his complicated female characters. Set in 2018, it is an examination of current political issues in the UK – and how power works. **TIX:** \$15 at the door **INFO:** ntlive@justuscoffee.com

Murdered to Death – *CentreStage Theatre, Kentville March 22, 23, 29, 30, 7:30pm, March 24, 2pm* •

CentreStage brings a delightful Miss Marple spoof to the stage with Peter Gordon's Murdered to Death. **TIX:** adults \$15, seniors/students \$12, age 12 and under \$5. Reservations recommended. **INFO:** 902-678-8040 / centrestage@centrestagetheatre.ca

Baskerville: A Sherlock Holmes Mystery – *Fountain Performing Arts Centre, King's-Edgehill School, Windsor, March 22, 23, 7pm, March 23 2pm* • A fast-paced comedy about everyone's favorite detective. Sherlock Holmes and Dr. Watson must crack the mystery of "The Hound of the Baskervilles" before a family curse dooms its newest heir. **TIX:** \$12 **INFO:** qaaw.ca/tickets

Alice's Adventures in Wonderland – *Kings Theatre, Annapolis Royal March 29, 30, 7-9pm, March 31, 2pm* • Young Company Productions presents an original production of Lewis Carroll's classic story. "Curiouser and curiouser". And so begins Alice's journey into Lewis Carroll's Wonderland of entertaining encounters with a veritable host of bizarre creatures from a Dodo, Mock Turtle, dancing lobsters, and of course the White Rabbit and the March Hare. **TIX:** \$12 adult, \$6 youth under 12 years **INFO:** 902-532-7704 / mk@kingstheatre.ca

The Very Hungry Caterpillar & Other Eric Carle Favourites – *Mermaid Imperial Performing Arts Centre, Windsor March 30, 2pm* • Suitable for ages 3+, Theatre for Young People. Perfect for family audiences. **TIX:** General Admission \$17.50 **INFO:** 902-798-5841 / puppets@mermaidtheatre.ca

Two Planks and a Phantom Gala – *Ross Creek Centre for the Arts, Canning March 30, 6-11pm* • Please join Two Planks and a Passion Theatre at the Ross Creek Centre for the Arts for a Fundraising Gala in support of our 2019 theatre season. **TIX:** \$75/Ticket, \$580/Table (8 Tickets) Ross Creek Centre for the Arts **INFO:** 902-582-3842 / mail@artscentre.ca

Pete's Pub – *Royal Canadian Legion, Berwick March 30, 7pm, March 31, 2pm* • An awesome night of theater presented by The Legion Players. Pete's Pub is all about life at the pub with skits and live music and lots of laughs. Written by Pamela Lutz, Ammie Sue Parsons & Deanna Fredericks! Produced by Pam Lutz. There will be movie snacks and the bar will be open! **TIX:** \$10 each, at the Legion. **INFO:** 902-538-9340 / waysnmeansberwick@yahoo.com

EXHIBITS

PRISMS – *Hardware Gallery, 36 Cornwallis St., Kentville. Through March 27* • Showcasing the works of Miyoshi Kondo and Jody Rhodenizer. **INFO:** hardwaregallery.ca / info@hardwaregallery.ca

The Queer Mummer – *Acadia University Art Gallery, Wolfville. Through April 14* • Solo exhibition by Newfoundland artist, Lucas Morneau. Photographs, prints, and wearable pieces that blends the traditional Newfoundland practice of mummering with the queer art of drag in order to deconstruct homophobic, heterosexist, and essentialist attitudes. **INFO:** gallery.acadiau.ca

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.

@ THE LIBRARY

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

NOTE: When AVRSB schools are closed due to inclement winter weather, all children's library programs for that day in that area will be cancelled.

THURSDAY, MARCH 21

The Hangout – *Library, Kentville 6-7:30pm. Also March 28, April 4* • Hang out w/ friends, play x-box games, board games, enjoy snacks. Every week. Ages 12-17. **INFO:** 902-679-2544

Dot Art – *Berwick and District Library, Berwick 6:30-8pm* • Learn about colour theory, the meditative benefits of dotting, and make your own art to take home. All materials provided. For adults, ages 12-18. Please register. **INFO:** 902-538-8060

FRIDAY, MARCH 22

Fibre Ops – *Library, Windsor 10am-12pm. Also March 29* • For knitters, hookers, crocheters, weavers and spinners. Bring your own project. **INFO:** 902-798-5424

Coffee & Conversation – *Berwick and District Library, Berwick 10-11:30am* • Conversation Starter: Kathleen MacDonald, Acadia Nutrition Student; Sarah Mullen, Dietitian - Nova Scotia Health Authority. March is Nutrition Month: Unlock the Potential of Food Join us for coffee, tea and conversation. **INFO:** 902-538-8060

Babies and Books – *Library, Kentville 10:30-11am. Also March 29* • Stories, songs and fun, for children aged 0-2 and their caregivers. **INFO:** 902-679-2544

Art Journaling – *Library, Kentville 1-2pm (ages 10-14), 3-4pm (ages 12-18)* • Tap into your creative brain in an easy and fun way, and let your logical mind relax. You don't have to be an artist; if you can use a pencil, wield a glue stick and rip paper, you can make an art journal. The beauty is in the creation process, not the end result. This is a hands-on therapeutic creative activity for self-exploration. Ages 10-14. Please register. W/ Kathleen Moir, therapeutic artist, photographer. **INFO:** 902-679-2544

Elephant and Piggie Party – *Memorial Library, Wolfville 2-3pm* • If you love the series by Mo Willems then this is the party for you. Stories, games, snacks and crafts. Aged 6-9. Registration required. **INFO:** 902-542-5760

Pajama Storytime – *Berwick and District Library, Berwick 6-6:30pm* • Hop into your pajamas and head to the library for bedtime stories. Ages 4-12. **INFO:** 902-538-8060

SATURDAY, MARCH 23

Introduction to Google Earth Virtual Reality and More! – *Memorial Library, Wolfville 10am-4:30pm* • Travel the world from the comfort of a rolling chair. Geography guessing games, exploration-themed board games, Google Cardboard headsets, and more. All-ages. Permission required for under 13. **INFO:** 902-542-5760

Little Ray's Reptile Zoo – *Berwick and District Library, Berwick 1-2pm* • A whole lot of fun combined w/ scientific education and animal awareness. Registration is required. Ages 4+ **INFO:** 902-538-8060

MONDAY, MARCH 25

Busy Babies Storytime – *Murdoch C. Smith Memorial Library, Port Williams 2:30-3pm. Also April 1* • For ages 0-2 and caregivers. **INFO:** 902-542-3005

Preschool Pals Storytime – *Murdoch C. Smith Memorial Library, Port Williams 3-4pm. Also April 1* • Songs, stories and rhymes! For ages 2-5 and caregivers. **INFO:** 902-542-3005

TUESDAY, MARCH 26

Grandparent Group – *Berwick and District Library, Berwick 10am-12pm* • If you are a grandparent who is raising or helping raise grandkids join us for coffee/tea and discussion of the many important issues that relate to the role. **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

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 (children under 10 with an adult). **INFO:** 902-684-0103

Art Journaling – *Library, Kentville 6-7:30pm* • Tap into your creative brain in an easy and fun way, and let your logical mind relax. You don't have to be an artist; if you can use a pencil, wield a glue stick and rip paper, you can make an art journal. The beauty is in the creation process, not the end result. This is a hands-on therapeutic creative activity for self-exploration. Adults 18+. Please register. W/ Kathleen Moir, therapeutic artist, photographer. **INFO:** 902-679-2544

Teen Hangout – *Memorial Library (upstairs), Wolfville 6-7:30pm. Also March 19* • Hang out with your friends! Explore Virtual Reality! Play board games! Get creative! For ages 12-17. There will be snacks! **INFO:** 902-542-5760

WEDNESDAY, MARCH 27

Storytime – *Memorial Library, Wolfville 10-11am* • A full hour of stories, with songs and snacks. What more could you want! This month join us for snowy blowy wintery fun. Suggested age: 3-5, w/caregiver. **INFO:** 902-542-5760

Tiny Tales – *Library, Kentville 11-11:30am. Also April 3* • Enjoy rhymes, songs and books with other children and parents/caretakers. Best for ages 2-5. **INFO:** 902-679-2544

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Send your events to
listings@grapevinepublishing.ca

WHAT'S HAPPENING

MARCH 21 - APRIL 4, 2019

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WEEKLY EVENTS

THURSDAYS

The Hantsport Seniors & Elders Club "Drop-in" – St. Andrews Church Hall, Hantsport 1–4pm. Play an assortment of 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. Please call for time/location. **INFO:** Dorothy, 902-538-3374 / Pat, 902-678-9100 / Margot, 902-542-1466 / margotwithat@hotmail.com

Taekwondo – Baptist Church, North Alton 6:30pm (kids 4–14), 7:30pm (adult). Also Tuesdays. Exercise, self defense, respect, listening skills, focus, self discipline and confidence. **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

Darts – Wolfville Legion, 7pm. All skill levels welcome. **INFO:** 902-542-5869

Cardio Kickboxing – Baptist Church, North Alton 8:30–9:30pm. Also Tuesdays. Adult class to improve coordination, cardiovascular improvements, self defence, stress and weight reduction. **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. Sing songs, play in the gym and more. 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. Gared for seniors, but open to everyone. **TIX:** no charge **INFO:** 902-765-0135 / wendynoble135@gmail.com

Lunchtime Learning – Patterson Hall, Room 308, 24 University Ave, Wolfville 12–1pm. March 22: Exploring Food Sovereignty in Outport Newfoundland: Students and "Professors" as Lifelong Learners. w/Carol E. Harris. March 29: A Walk Through Canada's New Food Guide. w/Acacia Puddester. **FEE:** no charge **INFO:** all.acadiau.ca

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: April 5). Many new games & some oldies in a friendly environment. No charge. **INFO:** 902-765-4326.

DECLUTTERING FOR YOUR HEALTH

Laura Churchill Duke
yourlastresort.ca, info@yourlastresort.ca

There is a lot of research to show that having a cluttered space is bad for both your mental and your physical health. When we live with clutter and chaos in our homes, it actually increases levels of anxiety and stress and can lead to depression.

Greenwich Jammers – Greenwich Community Hall, 7–9:30pm, through April. Jam session. 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

Jam Session – Wolfville Legion, 7pm. All welcome to listen or perform. **INFO:** 902-542-5869

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 – De Wolfe Building, Elm Ave., Wolfville 8:30am–1pm. March 23 Music: Donna Holmes. March 23 Theme: Maplicious. March 30 Music: Heather Kelday. **INFO:** wolfvillefarmersmarket.ca

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. of the month, year round (Next: April 20). Learn about nature through games, activities, challenges, discussions, presentations, 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: Apr 6). W/Bruno Allard. Learn to play the djembe with rhythms & songs from West Africa. Drums provided. **FEE:** \$5–\$10 (pay what you can) **INFO:** brunoallard7@gmail.com / Facebook: Djembes and Duns Wolfville

Valley Stamp Club – Community Centre, Port Williams 1:30pm, 1st and 3rd Sat. of the month. Oct–June. Hall opens 12:30pm to provide an opportunity to trade, talk stamps. Meeting includes a presentation and auction. **INFO:** stamps@eastlink.ca

CHASE the ACE – Royal Canadian Legion, Branch #098, Kingston. 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

Group Meditation – Bishop Hall, Greenwich. 10:30am–noon. Join us sitting meditation, discussion and tea. Bring your own cushion if you prefer. Wheelchair accessible. **FEE:** no charge. Donations accepted. **INFO:** 902-670-1006 / joan.norris60@gmail.com

Windsor Meditation Group – Visitor Information Space, Community Centre, Windsor 10:30am–noon. Meditation, discussion, and tea. Wheelchair accessible. **FEE:** Free, donations accepted. **INFO:** 902-798-2958 / windsormeditationgroup@gmail.com

Social Ballroom Dancing – Community Centre, Port Williams 3pm. W/ DanceTime Port Williams. Practice existing dance skills and learn new group dances. Previous dance experience, partner required. **FEE:** \$15 per person, per semester (Oct–Jan, Feb–May). First visit free. **INFO:** DanceTime.PortWilliams@gmail.com

Clutter overstimulates the system, causing senses to work overtime on stimuli that aren't necessary or important. It draws our attention away from what our focus should be on, making it more difficult to relax.

Clutter is also bad for us physically. If there is too much clutter in our houses, there is an increased risk for falls. And, with excess clutter, it is very difficult to bring in any necessary medical equipment like wheelchairs, walkers, or even crutches, should the need arise.

Pool – Royal Canadian Legion, Berwick 3pm. **FEE:** \$3 **INFO:** 902-538-9340 / gillyflowergarden@rocketmail.com

World Meditation Hour – Every third Sunday of the month, 4:30–5:30pm (Next: April 21). Manning Memorial Chapel (lower level), Acadia University, Wolfville. **INFO:** purepeace100@gmail.com

Bingo – Royal Canadian Legion, Windsor 7:30pm. 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

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

Windsor Duplicate Bridge Club – Windsor Legion (upstairs), Empire Lane, Windsor 6:30pm. A friendly club affiliated with ACBL – for skilled and less-skilled players. Bring your partner! **INFO:** 902-798-5658

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

Jam Session – Louis Millett Community Centre, New Minas 7–9:30pm. **FEE:** \$2 **INFO:** 902-681-6972 / vintagemusic1@hotmail.com

Kings Community Concert Band – Bishop Hall, Greenwich 7:15pm. Remember how much fun band is? 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

Caregiver & Baby Yoga (non-mobile) – FitYoga, Windsor 10:30–11:30am. **FEE:** \$14 drop in. Class passes available **INFO:** facebook.com/FitYogaWindsorNS

Qigong – Acadia Library, Wolfville 11:30am–1pm. Jack Risk will lead you through gentle but powerful movements. Experience the healing benefits of qigong. **TIX:** no charge **INFO:** jackrisk.ca

Rug Hooking in Kentville – Kentville Lower Recreation Centre (354 Main Street), 1–3pm. If you are a rug hooker or want to learn, join us for social hooking! Tea/coffee available, \$5 drop in fee. **INFO:** Mona, monapearl@ns.sympatico.ca / Lynn, lynndenney@eastlink.ca / 902-692-8118

Caregiver Support Group – Cedar Centre, 69 Cedar St., Windsor 2–4pm. Confidential Support Group for family/friend caregivers of loved ones with any physical or mental health condition. 2nd Tuesday of each month. **INFO:** Jennine, 902-680-8706 / info@caregiversns.org

Toastmasters – Birchall Training Centre, 14 Wing Greenwood 6:30pm. Learn communication and leadership skills in a fast-paced, fun setting. **TIX:**

Another set of problems arise by having too much clutter in the kitchen, or when the cupboards are improperly organized. It is important to have frequently used items, especially those that are heavy, on lower shelves in the cupboards to avoid having to stretch to reach them. Many falls and fractures occur when people are standing on chairs or counters to reach things in their kitchen.

When trying to declutter our houses, it can become overwhelming, so just start with a

small area, like a drawer, before moving on onto larger spaces like a closet or a whole room, and don't be afraid or ashamed to ask for help. A friend might be willing to lend a hand, but professional organizers like Your Last Resort can also help you declutter and reorganize, helping to make your space happy and healthy for you!

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

45's Card Party – Royal Canadian Legion, Wolfville 7pm. Auction 45's, Nova Scotia's card game! 50/50 draw. too. Non-members welcome. **FEE:** \$5 **INFO:** 902-542-5869 / wolfvillelegion@gmail.com

The Dukes Of Kent - Barbershop Harmony Chorus – Bethany Memorial Baptist Church, North Kentville 7–9:30pm. Men of all ages are welcome. **INFO:** Chris, 902-678-8865 / Seymourchris2@gmail.com

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

Valley Voices – Female a cappella show chorus rehearses 7–9:30pm, Kentville Baptist Church CE Centre. Women of any age welcome. **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 style circle and line dancing from the Balkans & Middle East. No partner needed. Expert instruction. New dancers welcome. **FEE:** \$7, \$5 students **INFO:** David, 902-690-7897

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–

At Acadia



Acadia University | 15 University Ave, Wolfville.
902-542-2201 | Staffed Switchboard: 8:30am-4:30pm.
agi@acadiau.ca - General Inquiries

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WHAT'S GROWING AT THE HARRIET IRVING BOTANICAL GARDENS CONNECTING THROUGH NATURE

Melanie Priesnitz, Conservation Horticulturist

When was the last time you spent an hour or more outside in nature, connecting to another being? In today's technological world, most of us don't do it often enough. Getting outside and making connections can be simple, powerful, and healing. American Biologist Edward O. Wilson coined the term *biophilia* to explain why connecting with others in the natural world is so fundamental. Wilson's publications, *Biophilia* (1984) and *The Biophilia Hypothesis* (1993) suggest that humans possess an innate tendency to seek connections with nature and other forms of life. Wilson defines biophilia as "the urge to affiliate with other forms of life".

There's much research supporting the benefits that humans receive both physically and psychologically from connecting to nature. However, we are continuing to rapidly lose touch with each other and our natural world. With so much of our communication being digital, it's easy to go a day without speaking or listening to another live human being and it's become common to spend entire days inside. Anxiety, depression, and struggles with mental health are at an all-time high. The Canadian Mental Health Association estimates that 50% of all Canadians have had or will have a mental illness by the age of 40. We know that in general connecting with others and getting outside helps to calm feelings of anxiety, makes us feel more grounded and helps make us feel more hopeful and less alone, so why don't we do more of it?

This season at the Botanical Gardens we are planning lunchtime sessions to help others get outside and connect to each other and the natural world. We are looking for volunteers from the community to donate a few hours of

their time to help us lead sessions. The format will be simple and inspiring and will run over the noon hour. We will start and finish around the fire pit and take a guided walk through the pathways in the garden or participate in an informative outdoor activity. After each session we will keep the bonfire burning and invite participants to stay and eat their packed lunches together.

We all have expertise to share so I encourage everyone reading this to think about how you may be able to contribute and what skills and knowledge you would like to share with your community. Examples of sessions could include: using nature to heal grief, making herbal teas, learning bird calls, mindful breathing, group counselling etc. The Botanical Gardens are accessible to all. Our gravel pathways can be navigated with walkers, wheelchairs, and strollers. We encourage people with all abilities to reach out to us with ideas for a lunchtime session.

If you aren't able to help with or attend our sessions, I encourage you to see how you can get outside more frequently and connect with the other 2-legged, 4-legged and winged beings we share this planet with. For some inspiration and ideas read *The Biophilia Effect* (2018) by Austrian biologist, Clemens G. Arvay. I purchased my copy from The Box of Delights in Wolfville. If you're interested in helping connect people to nature and each other, email me at botanicalgardens@acadiau.ca

Harriet Irving Botanical Gardens
Acadia University
botanicalgardens.acadiau.ca



Symphony Nova Scotia

Featuring Sara Davis Buechner, piano

Stravinsky: Octet
Tchaikovsky: Serenade for Strings
Dvorák: Piano Concerto
Litoff: Scherzo, from Concerto symphonique

SYMPHONY NOVA SCOTIA

Friday, April 5, 2019 at 7:30 pm
Convocation Hall, Wolfville

SEASON FINALE
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ACADIA MENTAL HEALTH INITIATIVE TO HOST "ENGAGING SUICIDE" COMMUNITY SUMMIT

Emily Kathan

The Acadia Mental Health Initiative is hosting an important event for the community at large, including and especially local youth, first responders, and people with lived experience with suicide themselves or who support others who struggle. Taking place on Sunday, March 31 from 9:00am to 4:00pm at Acadia's Fountain Learning Commons, the Engaging Suicide and Building Resilience Community Summit aims to begin new conversations and open up new sources of community strength and support through workshops and keynote sessions.

Jenna Purkis, coordinator of the Acadia Mental Health Initiative, says they began planning the even last fall, and the need for more community discussion was further confirmed by the response to their screening of *The S Word* documentary at the Al Whittle on February 28. Although the film was followed by a time for discussion, Purkis says, "it was clear that there is a need for opportunities for more conversation. The summit seemed like a natural progression from the screening, and allows for a model where people from both Acadia and the wider community can come together in an informal and collaborative setting."

The event also emerged from an understanding of the importance of engaging the topic in innovative ways, which is where the focus

on resilience comes from. Purkis notes that in both academia and advocacy communities, conversations are moving away from a purely medical script, where suicide is understood in terms of clinical interventions and treated as an illness. Instead, the summit organizers aim to open up space for understanding and engaging suicidality from a community perspective. Workshops will engage with ideas about how to build resilience in ourselves and support it in others, and how to hold space for suffering, along with tools for building communication and trust within families, friendships, and the community.

Supported through funding from several community health boards and Injury Free Nova Scotia, the event will feature two keynotes speakers (Andrew Potter Cogan and Asha Croggan) and two workshops, facilitated by Andrew Potter Cogan and by Kiara Sexton, along with an open space discussion. Lunch will be provided.

For more information and to register to attend (tickets are free), visit the *Engaging Suicide & Building Resilience: Community Summit* event page: facebook.com/events/351943838752587/



PULL BACK THE CURTAIN

AN EVENT THAT ADDRESSES
STIGMA AROUND
DISABILITY, ADDICTION,
MENTAL HEALTH
AND SUICIDE

GALLERY OPENING

March 31st from
2-4pm at the Hardware
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FOR FURTHER QUESTIONS
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VALLEY HOSPICE FOUNDATION

Hike for Hospice

Sunday May 5, 2019

7th annual family friendly event to support and bring greater awareness of Palliative Care & the Valley's new residential Hospice.

New location!

Valley Regional Hospital Cafeteria...start

1pm ~ Hikers check in & Ice-Cream Social

2pm ~ 5 km Hike to Miner's Marsh

AMGEN

gsk

Form a Team/Join a Team/Be a Hiker/Support a Hiker!

Hikers register/donate on line: ValleyHospice.ca

Pledge Sheets available for pickup at Valley Regional Hospital Lobby & EKM Health Centre, Wolfville

Or contact us: info@valleyhospice.ca or 902.679.3471

NEW THIS YEAR! 1 ~ 2 PM

Ice-cream social in the cafeteria at Valley Regional Hospital

Non-Hikers are welcome to drop by for ice-cream and learn more about our new Valley Hospice, now under construction!

(Free will donation)

The funds raised will go towards enhancing private patios for each bedroom at the Hospice.

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