Health & Wellness

WOLFVILLE COLLABORATIVE FAMILY PRACTICE LEADS THE WAY WITH TEAM-BASED HEALTH CARE MODEL
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EDGE KENTVILLE: THE PROGRAM AND THE PICTURE WORTH A THOUSAND WORDS
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WHAT’S GROWING AT THE HARRIET IRVING BOTANICAL GARDENS: CONNECTING THROUGH NATURE
P.15
King’s-Edgehill School
April 12th at 7pm and April 13th at 2 and 7pm

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Book by Bridget Carpenter
Music by Tom Kitt
Lyrics by Brian Yorkey

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Nancy Henry & George Henry

Mindy Vinguez-Tymchuk
Heidi Inlay-Price
Breyen Stoddard
Susan Moore
LaRoy Hoffer
Caroline Laverett
Richard Richard
Allison Higgins
Charley McBrade
Darrell Doucette

A delightful spoof of a Christie
Miss Marple mystery
By Peter Gordon

Stage managed by Elva Kelley

Produced by Mike Butler

Fridays and Saturdays @ 7:30pm February 22 to March 30
Sundays @ 2pm March 10 and 24

Produced by special arrangement with Dramatists Play Service
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 at the family gym where 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 had worked, and then moved 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 further tailored to become a health and wellness expert. She was part owner of an MMA studio, where she had worked, and then moved towards her brown belt in karate. She went out on her own last July and formed B-Fit Cardio & Fitness.

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matter, the nothingness, that now the heads say
gravitons and gravitini, photons and photinos.”

“I’m back again scrutinizing the Milky Way
Extremely full; crowded; jammed.
for the season

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 challenge.

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 started?

Ashley Richards (AR): We prepare healthy take-out allergen-free foods for the local community. It’s a very family-friendly 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 challenge.

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they detonated. Over the course of his career, he
specialty was disarming explosive devices before
Libra, Ivan Kharchenko (1918–1989) was a military
Born under the sign of
(Sept. 23-Oct. 22)
come. Be sure you select the right place for it, as
in place, Virgo. You’re ready to begin erecting a
phase to put your own metaphorical cornerstone
It’s called a cornerstone or foundation stone. All
VIRGO
(Aug. 23-Sept. 22)
coming weeks.
leo, that third approach to happiness
you’ve thought about but never actually
what are you wanting?” asks aphorist
LEO
(July 23-Aug. 22)
: “When you want
happiness, what are you wanting?” asks aphorist
Dresher. The repeat of an event that made
happiness, what are you wanting?” asks aphorist
The repeat of an event that made
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OLIVIA
OLIVIA

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-inherited recipe. 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 to May 20) In the animated kids’ film Over the Hedge, ten talking animals come upon a massive, towering hedge they’ve never seen before. A friendly group consists of a skunk, red squirrel, box tortoise, 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. 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 week. 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 a literal door that will give you access to a place that affords you more freedom and healing and support. Maybe you already knew about the existence of this door—or maybe it’s not until your natal Horoscope advice from Coriara and Pinkola Estés 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 life, one single 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 souful talents on more than 10,000 recordings, including gems by Frank Zappa, Steve Wonder, Frank Sinatra, Simon and Garfunkel, and the Beach Boys. Twenty-seven time Grammy winner Quijano Jones has testified that Kaye has written some of the most beautiful themes he’s 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 legacy 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
OLIVIA

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 begin to summon a metaphorical version of his power: an extraordinary capacity to keep volatile situations from blowing up. You’ll be virtuous at warning 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-beaded 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 idea of 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 adorn yourself and celebrate these facts on a much 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 the literature contains or includes references to sex, drug use, the occult, atheism, and unusual political viewpoints. Marjane Satrapi’s Persepolis is one of the books frequently censored. 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, there 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 1944. There was an 83-year stretch when his comic stripings 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 you should find? What’s the thing you lost that should stay lost?

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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: one in South Africa and the other in Kenya. The drive 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. Fund-raising 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 parents 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 those aging women have sufficient food. Please help these worthy women.

The FundRazr URL is: fundrazr.com/d1TCh0cHvFwAab_3ABY1p7Gw/63ABY1p7Gw

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

HOME TRANSITION FOR SENIORS:

Planning what to take can be difficult. “Over a lifetime many items with great personal significance are acquired, and though it may look dear 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 set or things go.” Sharing those stories, says Caroline, can itself make a special time spent together.

Cotechino Sausage

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 Hoggood joined forces with Mallard Cottage chef and owner Todd Ferrin to bring us a spectacular meal for this mid-winter extravaganza. Also on hand was well-known local commissar Kim Cys, 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 intimacy. 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 a fantastic Gran- ny Smith tart served under an ice wine sabay- on. 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

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 guides others through the process.

Caroline suggests that the first step is decid- ing 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 acces- sible 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 sale move- ment 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 morn- ing or afternoon,” says Caroline, “but work on a regular basis to reduce stress.”

HOME TRANSITION FOR SENIORS:

Ready to make a change to a smaller home, apartment or assisted living? Managed for You Inc. PHONE 902 670 3332 EMAIL info@managedforyouinc.com WEBSITE managedforyouinc.com

Services provided include:

- Help sorting and deciding what to take and what to dispose of
- Organizing and overseeing the movers. Making sure your moving day is effortless
- Move-in and set-up. Ensuring your new home is set up exactly how you want it
- Mail forwarding and utility change management
- Cleaning and preparation for sale or closing. Get the most value out of your property.

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

March 21 - April 4, 2019 | TheGrapevine
SAVING AND SHARING OUR HISTORY
Bria Stakesby, Kings County Museum

Wherever we live in the Annapolis Valley, heritage envelopes our daily lives. History is found in the names of our communities, in the Acadian aboiteaux 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 that story for 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 those early cultures continues to be literally dug up by the Nova Scotia Archaeology Society and shared regularly on their website (archaeology.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.

Claude DeGrâce wrote that the Canadian Pacific Railway Company (in 1913) had purchased “the sites 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.”

The sale of a parcel of some 14 acres of land by John Frederic Herbin to the Dominion Atlantic Railway (DSR) in 1917 was one of many steps that would eventually lead, 35 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 (former of the DSR) had purchased “the sites 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 unveil 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 axis’ with primary and secondary axes serving as the chief ordering devices 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 organizations, 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

THE CENTENNIAL OF GRAND-PRÉ NATIONAL HISTORIC SITE
Claude DeGrâce

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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 unveil 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 axis’ with primary and secondary axes serving as the chief ordering devices 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 organizations, 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

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’.

Photo: Jamie Robertson

T GIVEAWAY
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.

GIVEAWAY
Challenge to Win 2 Tickets to: With thoughtful programming, the Grapevine proudly presents its annual springFNAC Festival, featuring a variety of events, including: Art, Music, and Dance. April 11, 2019, 7pm, at the CAAC, 1009 Main Street, Kentville.

Enter all draws: valleyevents.ca/win

ValleyEvents.ca

March 21 – April 4, 2019
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.

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.

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 Manol Morin taking on the design of this publication,” says Reed. Morin is a cartographer, GIS analyst 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 promotions 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 visitor 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

keith@irvingmla.ca 902-542-0050

Available at the NSLC
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 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 aim to fit in 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 modern harpists are less demanding than those of old, and all the chords are present. 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 need 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.
SHORT CUTS: 
THINGS TO CHECK OUT IN THE VALLEY

Kingtec Tribute to MMIWG
The Kingstec L’nuek 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 case 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’t 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’nuek 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, 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 Eyring) 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 Bement 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.

INTERESTED IN ANOTHER WAY TO LIVE?
Cohousing is Coming!
Got Questions?

KICKOFF EVENT!
Sunday March 24th, 1-3 pm Super 8 Motel, Windsor

Q&A Information Sessions
Friday March 29th, 11am T.A.N. Coffee, Windsor
Saturday April 6th, 11am Beford Basin Farmers’ Market

Creating Cohousing Course - 5 Modules
Workshop Fee: $100 - Locations TBA
April 13th, 10:30 - 130
April 27th, 10:30 - 130
May 11th, 10:30 - 130

Visit www.windsorcohousing.com for more information
TIDE PREDICTIONS at Cape Blomidon

Source: Canadian Hydrographic Service

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TUESDAY, MARCH 26
Coffee Social - Raptor Canadian Legion, Wolfville 10am-11am. Coffee, tea, snacks and conversation. TIX: 902 542 5687 / wolfvillelegion@gmail.com
Fireworks Lunch - Fire Hall, Middleton 12pm. Corn chowder, ham loaf soup, or split pea soup, lemon or coconut cream pie. Free delivery - call by Mar. 25. TIX: 902 247 6562 / firehalls147@gmail.com
Tide Auction - Fire Hall, Wolfville 6-9pm. 20 items. TIX: 902 542 5687 / wolfvillelegion@gmail.com
TUESDAY, MARCH 26
Food Pantry & Flea - St. Peter’s Church, Summerville 2pm. Food pantry for those in need. TIX: 902 249 1772 / summervillefoodbank@gmail.com
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SATURDAY, MARCH 31
Canadian Opera Music Society - Holton Horton Baptist Church, 76 Canaan Mountain Rd, Canaan 7am A special music service led by Holton Horton. Come with us and share your favourite hymues for the "People's Choice" portion of the service. INFO: canadianopera.ca

The Sharon Currin Award Fundraiser – Community Centre, Wolfville 7:30am – 3pm A silent auction, 50/50 draw, live music & food to raise funds for a non-profit an award to be given in her name to someone their name at the end of the year. Nominations due by April 28. INFO: 902-879-6111

Sunday music in Downtown – K.C. Irving Centre, Acadia University, Wolfville 2-4pm Suzanne Ripplinger, soprano, and Sara Scott, piano. Program will include Mozart, Schubert, Rutter, and Fauré. Donations. INFO: 902-665-2544

Funky Fusion cinema presents THE FAVOURITE – At Wolfville, Acumen, a film about an unorthodox and widowed woman (set in 18th century London), trying to teach a few personal demons. INFO: 902-542-1050

THURSDAY, APRIL 4
Love, Scott Community Premier – At Wolfville, Wolfville Town Hall, 7-9pm A fast-paced, floor-length romantic comedy winning a new Nova Scotia music critic, which was with the powerful and clever queen. Proceeds to go to the Kings Valley Honour Society. INFO: 902-542-4148

TUESDAY, APRIL 2
3rd Annual Autism Acceptance Raising Flag & Proclamation Event - Valley Regional Hospital 10:30am Proclamation will be read at 10:30am, and a reception in the Oswego Room at 11am. Please RSVP by March 25. INFO: 902-966-6751/Love, Scott Community Premier – At Wolfville, Wolfville Town Hall, 7-9pm A fast-paced, floor-length romantic comedy winning a new Nova Scotia music critic, which was with the powerful and clever queen. Proceeds to go to the Kings Valley Honour Society. INFO: 902-542-4148

Soup & Dessert Luncheon – Oxford United Church, New Minas 11:30am – 1pm: Wolf & Rice Chicken Pot Pie, Potato Casserole, apple crisp, beans, and dessert. $7. Reservations recommended. INFO: 902-679-2544

Merry Christmas to all, and Happy New Year to one and all. The Acadiana Theatre wishes you a Happy New Year. We are excited to announce that the Acadiana Theatre will be joi...
GREENWICH JAMMERS – Greenwich Community Hall, 7:30-9:30pm. Join the jam session. Welcome. TIX: $2; INFO: Bill/Vera, 902-542-0501 / vera.n.thornberry@gmail.com

Friday Night Jam – Royal Canadian Legion, Wolfville 7:30-9:30pm. TIX: $5; INFO: wolfvillelegion@gmail.com

Jam Session – Wolfville Legion, 7pm. All welcome to listen. TIX: $3; INFO: wolfvillelegion@gmail.com

SATURDAYS

Berwick Community Market – Legion, 223 Main St., Berwick 9am-1pm, year round. Local producers and artisans! TIX: Chris, 902-538-5815 / chrisbgardnercloud.com

Flying-Squirrel Adventures – Kentville Ravine, 9am-12pm. 1st Saturday of the month. TIX: $5; INFO: facebook: Flying-Squirrel Adventures

Drop in and Drum – Berwick Legion, 1-3pm, first Saturday of the month (Next: April 6). TIX: FREE; INFO: Berwick Legion

Valley Stomp Club – Community Centre, Port Williams 1:30pm, and 3rd Sat of the month. Oct—June: Hall open 12:30pm to provide an opportunity to trade or sell stamps. Meetings include a presentation and auction. TIX: FREE; INFO: stompclub33@gmail.com

CHASE the ACE – Royal Canadian Legion, Branch #207, Kentville. Tickets available during bar hours or every Saturday 1-3pm. 1st C.L.R. until winning JACPOXD number is drawn. TIX: $3.00; Info: 4 x $5. Must be over 19 to participate. TIX: FREE; INFO: ddrucksh@keystonesympatico.ca

Valley Game Night – Geomatics, New Minas 6pm. Board game/card game group. Yu Gi Oh – Thursdays, 4-6pm. TIX: FREE; INFO: gail@geomatics.com / Facebook: Gears and Games

Kentville Farmers’ Market – 38 Cornwallis St, Kentville 10am–2pm. Fresh farm products, home baked goods. TIX: no charge; INFO: kentvillefarmersmarket.ca

Kings County Community Band – Bishop Hall, Great Western Road. TIX: FREE; Info: how many bands can you find if you go. All welcome, no charge.

TUESDAYS
County Crafters – Kings County Family Resource Centre, Kentville 9–11am. 3rd Tuesdays of the month. TIX: FREE; INFO: wolfvillefarmersmarket.ca

Caregiver & Baby Yoga (non-mobile) – Hastings, Windsor 10:30–11:30am. TIX: FREE; INFO: wolfvillefarmersmarket.ca


Jam Session – Lewis Milliken Community Centre, New Minas 7–9pm. Fridays, March 29, April 26, May 17. TIX: FREE; INFO: 902-468-7972 / vintagejam@gmail.com

King County Music Band Concert – Bishop Hall, Great Western Road. TIX: FREE; INFO: how many bands can you find if you go? Under the direction of Holly Helm. Particularly looking for new trumpet, trombone and sax players. TIX: FREE; INFO: julschulz@outlook.com

WEDNESDAYS

Coffee Time – Library, Windsor 6pm. TIX: no charge; INFO: 902-678-8714 / family.centre@ns.sympatico.ca

Windsor Duplicate Bridge Club – Royal Canadian Legion, Windsor 7pm. 2nd Tuesday of the month, 4:30–5:30pm (Next: April 21). Manning sure that everyone will have a partner. TIX: FREE; INFO: gillyflowergarden@rocketmail.com

WINDSORS Fish & Chips – Royal Canadian Legion, Branch #54, Windsor 5:30–9:30pm. TIX: no charge; INFO: rockymountainmom@icloud.com / Facebook: Nick’s Fish & Chips Windsor

Darts Club – Royal Canadian Legion, Wolfville 7pm. 4 for $5. Must be over age 19 to purchase. TIX: no charge; INFO: rockymountainmom@icloud.com / Facebook: Nick’s Fish & Chips Windsor

Life and Our Place Retreat – Fellowship Centre, Wilmot. Every M–W–F, 11am–1pm. TIX: FREE; INFO: 902-790-4536 / turpin56@gmail.com

Caregiver Support Group – Cathedral Club, Wolfville 7–9pm. For anyone who needs help with hurts, habits & healing. TIX: no charge; INFO: dennis@grapevinepublishing.ca / Familycare@ns.sympatico.ca

Art Jam Session – Station 7–10pm. TIX: FREE; INFO: brunoallard7@gmail.com / Facebook: Djembes and Drums

Balkans & Middle East. No partner needed. TIX: $5; INFO: 902-678-5760 / family.centre@ns.sympatico.ca

Valley Voices – 38 Cornwallis St, Kentville 10am–noon. First Thursdays of the month. TIX: FREE; INFO: 902-678-9544 / family.centre@ns.sympatico.ca

Kings County Community Band – Bishop Hall, Great Western Road. TIX: FREE; INFO: how many bands can you find if you go? Under the direction of Holly Helm. Particularly looking for new trumpet, trombone and sax players. TIX: FREE; INFO: julschulz@outlook.com

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

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 increasingly urbanized world, many of us don’t do it often enough. Getting outside and making connections can be simple, powerful, and healing. Anthropologist and Evolutionary 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 (1995), 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 lunchtime. 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.

Support through funding from several community health boards and the Injury Free Nova Scotia, the event will feature two keynote 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/519438387525587/

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 event last fall, and the need for more community discussion was further confirmed by the response to their screening of the 5 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 keynote 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/519438387525587/
PULL BACK THE CURTAIN

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

GUEST SPEAKERS: MARTINA KELADES
ELISIE MORDEN
SUE SMILEY
AND MANY OTHERS

GALLERY OPENING
March 31st from
2-1pm at the Hardware
Gallery

NOVA SCOTIA COMMUNITY COLLEGE
KINGSTEC CAMPUS

Supported by:

APRIL 1ST & 2ND
At Kingstec Campus

REGISTRATION AVAILABLE
AT EVENTBRITE.CA
CONTACT CHLOE MARTIN
FOR FURTHER QUESTIONS
W0119737@NSCC.CA

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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

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

Hikers register/donate online: ValleyHospice.ca

Pledge Sheets available for pickup at Valley Regional Hospital Lobby & EKM Health Centre, Wolfville
Or contact us: info@valleyhospice or 902.870.3471

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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Expiry: Friday, April 19th 2019