

THE GRAPEVINE

ARTS
CULTURE
COMMUNITY

June 13 - 26, 2019

Issue No. 14.09

5000 copies

Get Outside!

VALLEY RECREATION DEPARTMENTS: THEIR TOP PICKS FOR GETTING OUTSIDE THIS SUMMER/ P.3

LAURA CHURCHILL DUKE: TOP TEN THINGS FOR FAMILIES TO DO OUTSIDE/ P.3

THE SPOKE & NOTE: TWO PEOPLE & TWO PASSIONS/P.7

FROM CARAMELS TO DOUGHNUTS: WOLFFVILLE PASTRY CHEF ABBY LERNER ON CREATING TREATS TO BRING JOY/ P.10

Uncommon Common Art invites you to a unique art opening in 3 parts

Saturday, June 15

UCA2019



1 Start at Jane Whitten's art installation "Knitting our Roots" from 1 to 2 pm at Willow Park in Wolfville. Begin part one of a three part silkscreened image. Bring your own white t-shirt or buy one at the first location to start your art making journey.

2 Next, move on to Ray Mackie's installation "Dancing n the Dark" from 2 to 3 pm at Waterfront Park in Wolfville. Pull the second part of the silkscreen and watch the image emerge.

3 To finish, head to Gerald Beaulieu's installation "Crown" from 3 to 4 pm in Clock Park in Wolfville and complete your silkscreened creation.

The NEW UCA 2019 guidebooks will be available at all 3 locations.
www.uncommoncommonart.com



WWW.FULLCIRCLEFESTIVAL.CA

AVRL HELPING YOU STAY ACTIVE AND HEALTHY

Tim Jackson

In 2015 the Annapolis Valley Regional Library (AVRL) created the original Be Fit Kits that focused on physical literacy and movement skills. During March Break 2018, Be Fit Kits 2.0 were launched. These kits are bags of equipment and books that children and families may borrow from the library. The bags are loaned for three weeks, just like books. The kits provide an opportunity for people to learn fundamental skill movements together in a safe and comfortable environment,

with hopes they could continue to be active together. The kits focus on: dancing, running, throwing, parachute games, and yoga. Each kit includes equipment and books that will entice borrowers to learn and build their activity skill levels.

By offering FREE recreational bikes to borrow, the Annapolis Valley Regional Library is promoting the Harvest Moon Trail and active living through public libraries, and also

bicycling awareness for fitness, enjoyment, and transportation. The 7-speed free-wheel-style bikes are available for adults to borrow during library open hours. Borrowers must have a valid AVRL library card. Helmets and locks are provided as part of the loan. The bikes are equipped with bells and lights, as well as a basket. BookBikes are available for loan at the Annapolis Royal, Berwick, and Wolfville libraries. These locations have bike fix-it stations and also periodically offer bike

maintenance and safety seminars. This is a project that has been done in other provinces and in the US, but this is the first one for Nova Scotia public libraries.

AVRL has partnered with provincial and municipal departments to offer these services. While BookBikes are only available in person at the participating branches, Be Fit Kits can be reserved through the AVRL catalogue just like any book or DVD. 🚲



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CHANCE TO WIN 2 TICKETS TO:

Kinky Boots,

Al Whittle Theatre, Wolfville, Friday, July 5, 7pm.

Draw date: June 27.

Enter all draws: valleyevents.ca/win

ValleyEvents.ca

VALLEY RECREATION DEPARTMENTS SHARE TOP PICKS FOR GETTING OUTSIDE THIS SUMMER

KENTVILLE'S TOP PICKS:

- Play at Memorial Park (check out the Skatepark, Splashpad, Outdoor Pool, Tennis/Pickleball and Basketball Courts, Playgrounds, Soccer and Baseball Fields and the Playbox).
- Come to a free concert at Oakdene Park (every other Thursday night starting July 4th, 6:30-8pm)
- Cool off in the Kentville Ravine (explore the Ravine to escape from the summer heat)
- Check out some great outdoor events in Kentville (including the Community Camp Out, Chalk Art Festival, Multicultural Festival, and more!)

Favourite Program:

Our equipment loan program! We have equipment available at our Parks and Recreation Department to help you enjoy the outdoors that can be borrowed for free. Some of the fun equipment for summer includes: binoculars, lawn games (washer toss, croquet, bocce ball), yoga mats, as well as bikes, scooters, and skateboards.

VILLAGE OF KINGSTON'S TOP PICKS:

- Stronach Park Fitness Trail / Duck Pond
- FREE Outdoor Tennis Courts
- Free Beach Volleyball Tuesdays & Thursdays 7pm
- Free Outdoor Basketball Wednesdays at 6:30pm
- Free Walk & Talk Wednesday Mornings 9am

Favourite Program:

FREE Outdoor Summer Music in Centennial Park, Kingston:

- Sunday Jun 16, 2pm: Jelyne Samson (cbc searchlight contestant)
- Thursday June 20, 6pm: Roxeen & Darlymple
- Thursday June 27, 6pm: Jason Spinney

VILLAGE OF CANNING'S TOP PICKS:

- Enjoy the trails our Valley has to offer and visit the beautiful beaches.

Favourite Program:

Our Summer Activity Camp. We love to see the kids step away from the screens, use their imaginations, and play outside.

QUEEN FLASH WILL ROCK YOU IN BERWICK CANADA DAY WEEKEND

Mike Butler

Did you know music royalty is coming to Berwick at the end of June? That's right everyone, Queen Flash, the ultimate Queen tribute band, is coming to the Kings Mutual Century Centre, better known as The Appledome in Berwick, and it's a show you don't want to miss!



Queen Flash is the latest in a string of hit tribute bands to come to Berwick through the Berwick & District Lions Club and, like the others before, this one is sure to be a huge hit across the board. In September 2016, a Beatles tribute band performed to an enthusiastic and sold out crowd and it was then that organizer Mark Hansford realized there was a demand for these types of shows here in the Valley. A '60s invasion show took to the stage for the next two years and then 2018 saw the Eagles tribute band One of These Nights, which sold out in record time and the band brought down the house. And now, after the grand success of the film *Bohemian Rhapsody* and the resurgence of the Queen band (they're touring this year with Adam Lambert on lead vocals), Mark Hansford and the Lions Club thought Queen Flash would be a no-brainer for this year's show!

Since the concerts began, they've raised over \$25,000 for a variety of causes supported by the Lions Club and over 2000 people have been entertained. And now it's your chance to be part of the next big concert as the Lions Club will be shouting "We Are The Champions" with the Montreal-based tribute band that will have you immersed in all things Freddie Mercury and Queen! The show starts at 7:30pm on Sunday June 30 at the Appledome. Tickets are on sale right now and selling fast. New for this year, tickets can be purchased online at ticketor.com/berwicklions. "Last year we were constantly being asked if tickets could be purchased online, but it just wasn't possible," Hansford says, "so I'm totally thrilled at being able to offer this option this

year. Our supporters ask and we listen and react"

Offline and more traditional paper tickets will also be available and may also be purchased from a number of retail outlets, which include the Berwick Town Hall, all branches of Fraser's Pro Home Center, Staples in New Minas, and also in Berwick at Hello Handmade and Wilson's Pharmasave. Tickets may also be purchased via email or through any Berwick Lions Club member - see the web sites of either Berwick & District Lions Club (e-clubhouse.org/sites/berwickns/) or 893Krock for details (893krock.com).

And what a special time of year for the show with Canada Day right around the corner, so Berwick will be hosting a 'Royal'-themed Canada Day weekend of events culminating in the Queen Flash concert. There will be a dedication of a new building in Rainforth Park, a window display competition for shops and businesses in the town, a fireworks display in town on Saturday evening, a family tea party and garden party, and music and a movie in the park. This year Berwick will be THE place to be on the Saturday and Sunday of the long weekend!

It's going to be an amazing show! Make Queen Flash your royal concert destination! Enjoy the show!

GREEN NEW DEAL TOWN HALL TO BE HELD IN WOLFFVILLE JUNE 19

Submitted

There is a stirring feeling one gets when contemplating the great achievements of the human race that I'm willing to bet is almost universal. It's why we get so focused on the Olympics, speak in reverent tones about the Civil Rights Movement, and remember who first stepped on the moon.

Currently there is a movement underway that is looking to tap into that feeling of excitement and possibility and channel it towards addressing perhaps the least good-news story of our age: climate change. The Green New Deal, first proposed in the USA by rookie congresswoman Alexandria Ocasio-Cortez, is modeled after the original New Deal: a series of programs, projects, and reforms credited with pulling America out of the Great Depression. It's a big, ambitious idea, and it has already accomplished the seemingly-impossible: it has succeeded in moving the climate debate into the mainstream, and in reframing the terms of that debate away from arguing about *whether* climate change is happening to talking about *what* we are going to do about it.

Closer to home, a coalition of workers, artists, Indigenous leaders, scientists, youth, and people directly impacted by climate catastrophe have banded together as part of a movement for a Green New Deal for Canada. Their approach has been to create a policy platform aimed at re-tooling the Canadian economy to respond to a number of crises we are facing: climate change, but also rising inequality, systemic discrimination, and an economy that doesn't meet the needs of people or the planet.



GND TH meeting organized in Whitehorse a few weeks ago. Photo Credit: Darcy McCord

The Green New Deal for Canada rests on some lofty principals, including cutting Canada's greenhouse gas emissions in half in 11 years and building a better present and future for all. While it is noticeably lean on actual plans or targets, that's a feature, not a bug; the coalition plans to crowd-source those important details through hundreds of town hall meetings being organized across Canada this spring, to ensure that the Green New Deal for Canada truly represents a collective vision of what Canadians want their future to look like.

If you're interested in helping to define a Green New Deal for Canada, come out to the Fountain Commons on the Acadia University Campus, Wolfville at 7pm on June 19, - or consider hosting a Town Hall meeting in your community: act.greennewdealcanada.ca/town-halls/wolfville-nova-scotia/

GET OUTSIDE THIS SEASON

Laura Churchill Duke

The weather is going to start making it great to be outside, and there is no reason you shouldn't get out to enjoy it. Research shows that kids do better academically when they spend time outside, and they start developing a love for nature, rather than a fear of it.

There are so many ways to get outside this season with your family. Here are our top 10 things to do together.

1. Go for a hike. There is a huge list of hikes and reviews about almost all of them on Valley Family Fun under Get Moving, Hiking. There are some for all abilities, with stroller and toddler-friendly hikes too!
2. Play disc golf. Head to New Minas Lockhart Ryan Park and sign out the frisbees for free from the rec department. If they aren't busy, they will come out and give you some pointers, too!
3. Try a TrailQuest. These are adventure scavenger hunts that take you through a town following clues and learning history along the way. Eight games to choose from! Download a copy at ValleyFamilyFun.ca/TrailQuest.
4. Explore a nature park with an adventure guide. There are a series of FREE adventure guides to take with you to a park in Kings County. Try these games and activities and solve clues while having fun in nature! Search the Valley Family Fun website for "Nature adventure guides."
5. Dip your toes. There are so many outdoor places to go swimming this summer. From Lumsden Dam to the Wolfville Reservoir and Silver Lake and Kingsport beach. Try them all this summer.
6. Have a bonfire. Our favourite place is Huntington Point near Halls Harbour.
7. Bike. Whether you bike along the Harvest Moon trail or are more adventurous and try the course at Burgher Hill and the Gorge in Kentville, or the Reservoir Park in Wolfville, just get those wheels moving!
8. Play mini golf. When was the last time you played? There is a list of courses under Get Moving Mini Golf on the Valley Family Fun website.



9. Go horse back riding. We love Evangeline Trails outside of Windsor. There is a list under Get Moving Equestrian on the website.

10. Go bird watching. Pick up a guide book at your library or download an app, and head to Miner's Marsh, Hutt's Marsh, or the French Basin Marsh trails! Details are all on the Valley Family Fun website!

Whatever you do, get outside and get moving. Try something new whether with your partner, kids, friends or by yourself. There is no shortage of ideas!

valleyfamilyfun.ca

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Margaret Drummond's
WORD OF THE ISSUE:

Sclerotic
(adjective):

Becoming rigid and unresponsive;
losing the ability to adapt.

*Its one boast is, it will not budge,
Cemented where it chanced to sink,
Sclerotic, stubborn as a grudge.
Settled, it does not need to think.*

(Excerpt from "The Barnacle"
by A.E. Stallings)

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THE GRAPEVINE



BROUGHT TO YOU BY AN AMAZING TEAM OF CONTRIBUTORS:

EMILY LEESON
Editor-in-Chief

EMILY KATHAN
Editor, Distribution Manager

MONICA JORGENSEN
Events & Lists

GENEVIEVE ALLEN HEARN
Operations Manager

JOCELYN HATT
Art Director, Design, Layout

DAVID EDELSTEIN
Design, Typesetting, Layout

CONTRIBUTORS: Mike Butler, Margaret Drummond, Genevieve Allen Hearn, Anna Horsnell, Tim Jackson, Emily Kathan, Ethan Lang, Garry Leeson, Ellen Lewis, Lynn Pulsifer, Allan Williams (Eat to the Beat)

DELIVERIES: Margot Bishop, Lauren Galbraith, Earle & Karen Illsley, Andrea Leeson, John Morrison, Julie and Mugen Page, Fred Phillips, Jacob Rhude, Lorna Williamson, Andrea Cann-Tracey, Matthew Rice, Peter Rice

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★ July 11 Issue: Tuesday, July 2, 2019

CONTACT

ADVERTISING: sales@grapevinepublishing.ca
GENERAL INQUIRIES: info@grapevinepublishing.ca
CONTENT SUBMISSIONS: editor@grapevinepublishing.ca
EVENTS/CLASSIFIEDS: listings@grapevinepublishing.ca

SNAIL MAIL: Grapevine Publishing
PO Box 2262 Wolfville, NS B4P 1A0

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and issuu.com/thevalleygrapevine

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FALMOUTH: Fruit & Vegetable Company, Petro-Canada

HANTSPOUR: Jim's Your Independent Grocer

AVONPORT: Cann's Kwik-Way

GRAND-PRÉ: Convenience Store, Domaine de Grand Pré, Just Us! Café

GASPEREAU: Gaspereau Vineyards, Luckett Vineyards,

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WOLFVILLE: Carl's Your Independent Grocer, Eos Natural Foods, Just Us! Café, T.A.N. Coffee, Library, Wolfville Farmers' Market

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CANNING: Degraaf's Kwik-Way, ValuFoods, i scream

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AYLESFORD: Chisholm's PharmaChoice

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

GREENWOOD: Country Store, Valley Natural Foods, Tim Hortons, McDonalds, The Mall

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

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ON THE COVER

Harlow Rice, 9, had a fantastic time at the beautiful Kentville Skatepark on the weekend. Located in Memorial Park along Gary Pearl Drive (across from KCA school).



Eastern Kings Memorial
Health Foundation

NOTICE OF ANNUAL GENERAL MEETING

The 24th Annual General Meeting of the
EKM Health Foundation
will be held on:

Thursday, June 20, 2019 at 7 p.m.
at the Wolfville Fire Hall

Residents of Eastern Kings County
are welcome and encouraged to attend.

For further information, please contact the
Foundation Office at **902-542-2359**.



GLOOSCAP FIRST NATION

Community Trail Maintenance Day 2

EVERYONE WELCOME!
Thursday, June 20, 2019
9 am - Noon

- Lead by Trail and Natural Playground Experts, Cobequid Consulting
- Learn Trail Maintenance techniques and best-practices
- Meet Mi'kmaw Conservation Specialists, on-site
- Get hands-on with our beautiful natural surroundings
- Enjoy a community BBQ after a rewarding morning of trail maintenance

Please come dressed appropriately for outdoor activities in early summer weather. Personal protective equipment will be provided.






GLOOSCAP First Nation | GFN Community Centre, 157 Smith Road, Hantsport, NS
For more details, contact Jordan Smith at: (902) 684 0165 | mpal@glooscapfirstnation.com



Mermaid

Imperial Performing Arts Centre

THE BASIN BROTHERS | TERRA SPENCER | ROLAND SMITH | THE GILBERTS

SATURDAY, JUNE 15TH, 7:30 - PAY WHAT YOU CAN
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VALLEY GHOST WALKS

season 12
family friendly historical productions!

WOLFVILLE - at Clock Park
Thurs. June 13 - 7:30pm

KENTVILLE - Main St. Station
Thurs. June 20 - 7:30pm

WOLFVILLE - at Clock Park
Thurs. June 27 - 7:30pm



ADULTS \$20, STUDENTS/SENIORS \$16 @ [TICKETPRO](http://TICKETPRO.com)

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902-692-8546 | jerome@valleyghostwalks.com | ValleyGhostWalks.com



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EAT TO THE BEAT

(Schedule subject to change)

THURSDAYS: 13, 20, 27

Edible Art Café (New Minas): Marshall Lake (13th, 27th), Mark Riley & Graham Howes (20th) 12pm

Lunn's Mill Beer Co. (Lawrencetown): Alex Meisner (20th) 6pm

Troy Restaurant (Wolfville): Steve Lee Duo (13th, 20th, 27th) 6:30pm

Spitfire Arms Alehouse (Windsor): Open Jam Session (13th, 20th, 27th), Adam Cameron (13th), John Janes (20th), Kevin Myers (27th) 7pm

Oaken Barrel Pub (Greenwood): Trivia Night (13th, 20th, 27th) 7pm

Maritime Express Cider Co. (Kentville): Caleb Miles (13th), Laura Merrimen (20th), Willie Stratton (27th) 7pm

West Side Charlie's (New Minas): Open Jam (13th, 20th, 27th) 8pm

Dooly's (New Minas): Open Mic (13th, 20th, 27th) 8:30pm

Paddy's Pub (Kentville): The Hupman Brothers (13th, 20th, 27th) 9pm

Paddy's Pub (Wolfville): Trivia Night (13th, 20th, 27th) 9pm

The Anvil (Wolfville): Top 40 DJ (13th, 20th, 27th) 10pm

FRIDAYS: 14, 21

Edible Art Café (New Minas): Marshall Lake (14th, 21st) 12pm

King's Arms Pub by Lew Murphy's (Kentville): TBA (14th, 21st) 5:30pm

Blomidon Inn (Wolfville): Jazz Mannequins (14th, 21st) 6:30pm

Spitfire Arms Alehouse (Windsor): 3 Way Radio (14th) 7:30pm, Mark Riley (21st) 7pm

The Port Pub (Port Williams): MacFarlane's Rant (14th), The Melberns (21st) 7:30pm

Tommy Guns (Windsor): Karaoke Night (14th, 21st) 8pm

Lunn's Mill Beer Co. (Lawrencetown): Midnight Genny Unplugged (14th) 7pm, Summer Solstice Celebration w/Jeff Shearer (21st) 9pm

Dooly's (Greenwood): Karaoke (14th, 21st) 8:30pm

Oaken Barrel Pub (Greenwood): Sing For The Arts, \$15 (14th) 9:30pm

The Anvil (Wolfville): Top 40 DJ (14th, 21st) 10pm

SATURDAYS: 15, 22

Edible Art Café (New Minas): Arrian & The Q (15th), Marshall Lake (22nd) 12pm

The Port Pub (Port Williams): David Filyer Duo (15th, 22nd) 12:30pm

Horton Ridge Malt House (Grand Pre): Space Paddy Bog People (15th, 22nd) 3pm

La Torta Woodfired Pizzeria (Wolfville): Steve Lee Duo (15th, 22nd) 6pm

Spitfire Arms Alehouse (Windsor): Gordan Tucker (15th), Rip Tide (22nd) 7pm

Schoolhouse Brewery (Windsor): SWIG (15th) 4pm, Tunes on Tap (22nd) 5pm

Union Street Café (Berwick): Garrett Mason w/Poet JG

Lutes, \$30 (15th) 8pm

Kings Arms Pub by Lew Murphy's (Kentville): TBA (15th, 22nd) 8:30pm

West Side Charlie's (New Minas): DJ Unruly (22nd) 10pm

SUNDAYS: 16, 23

Paddy's Pub (Wolfville): Irish Session (16th, 23rd) 8pm

MONDAYS: 17, 24

Edible Art Café (New Minas): Ron Edmunds & Rod Cann (17th, 24th) 12pm

Lunn's Mill Beer Co. (Lawrencetown): Jason Spinney (24th) 6pm

Paddy's Pub (Wolfville): Open Mic (17th, 24th) 9pm

TUESDAYS: 18, 25

Edible Art Café (New Minas): Inigo Cuartero (18th, 25th) 12pm

TAN Coffee (Wolfville): Tuesdays @ TAN (18th, 25th) 7pm

The Port Pub (Port Williams): David Filyer Trio & Open Mic (18th, 25th) 7pm

Paddy's Pub (Kentville): Irish Session (18th, 25th) 8pm

WEDNESDAYS: 19, 26

Edible Art Café (New Minas): Daniel McFadyen (19th, 26th) 12pm

West Side Charlie's (New Minas): Karaoke (19th, 26th) 9pm

THE FREE CLASSIFIEDS

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

CLASSES & WORKSHOPS:

Dirt & Pails & Bees & Snails: Adventures in Gardening for Children of all Ages: Saturdays, 3-4pm @ Kings County Museum, 37 Cornwallis St., Kentville. June 16: Planting Day! & Happy Father's Day! Registration required. Spaces are limited. **INFO:** 902-676-6237 / info@kingscountymuseum.ca

Artist Shelley Prior Workshops: Greenwich Fire Hall, Greenwich. June 14: Acrylic Dandelion on canvas. June 15: Coloured Pencil, Silver and Cherries on pastel paper. June 16: Watercolour, Perfume Bottles on watercolour paper. June 17: Heavy Body Acrylic, Palette knife Landscape on canvas. **FE:** \$75 per day (+ \$8 palette fee for June 17 workshop) **INFO:** Anne, 902-798-2681 / am_hopper@hotmail.com / shelleyprior.com

SUMMER 2019 WATERCOLOUR WORKSHOPS: Now open for registration. All levels. Enjoy a day painting w/Aprille Janes at the Stony Bay Studio. Various subjects and dates. **INFO:** aprillejanes.com / 902-824-1926

What Rocks Can Tell Us: Community Hall, Harbourville June 23, 1:30-4pm. Jeff Smith brings his enthusiasm and love of geology to this guided walk of the Harbourville beach and the shores of the Bay of Fundy. **FE:** No charge, but registration is required. **INFO:** 902-538-7098 / wildconnections2019@gmail.com / harbourville.ca

Celtic Spirituality Workshop & Worship: Sun, June 23, 2:30pm @ Kingston United Church, 733 Main St., Kingston. Led by Rev. Ivan Gregor. Afternoon workshop, potluck supper, worship service. **INFO:** Homer Noble, 902-765-4572

VOICE AND PIANO LESSONS: W/Susan Dworkin, NSRMTA, NATS. 27+ years experience. Private lessons. All ages and levels. Quality, professional instruction. **INFO:** susan_dworkin@hotmail.com / 902-300-1001

Bass Guitar Lessons: Wolfville. Accomplished musician Orion Leidl Wilson is offering bass guitar lessons in his stand alone music studio. All levels are welcome. Reasonable fee. **INFO:** orionleidlwilson@live.com / 902-300-1436.

Untangled Yoga w/ Angie Oriana Jenkins: Fridays through June 28 (except June 21), 5-6pm @ Tangled Garden, 11827 Grand Pre Rd. Bring water and a yoga mat. Rain or shine! Meet at the Labyrinth Garden. Tent cover available. **FE:** \$15 drop in fee **INFO:** sisterlotus.com

Herbal Workshops w/ Angie Oriana Jenkins: Most Fridays in June/July, 3-4pm @ Tangled Garden, 11827 Grand Pre Rd. June 14: Dynamic Dandelions. June 28: Lucious Lavender. July 5: The Magic & Medicine of Roses. July 12: Herbal Mixology. July 26: Herbs for Sweet Dreams & Sleep. **FE:** Full course \$140, Individual Workshops \$20 **INFO:** 902-680-8839 / oriana@sisterlotus.com / sisterlotus.com

CAMPS:

BUILD Computer Science Camp for Girls: Aug. 12-16 @ Acadia University, Wolfville. A week long sleep away camp for girls 11-14. We will dive into the world of Computer Science by exploring the basics of software development while building interactive artwork and literature, video games, and software. Campers will also connect with Computer Scientists in our community who are changing the world one algorithm at a time. **FE:** Pay what you can **INFO:** refreshannapolisvalley.org

Summer Camp at Cotton Tale!: Cotton Tale Cafe + Play, New Minas. July 2-5: LEGO. July 8-12: Kids Create! Art Camp. July 15-19: Mythical Creatures. July 29-Aug 2: Stomp Chomp Dinosaurs. Aug 12-16: LEGO. Camp runs daily from 9am-3pm. Includes a snack, lunch, and art supplies. Ages 5-9. **FE:** \$195 per camp. July 2-5 LEGO camp is \$160 **INFO:** cottontale.ca

PRODUCTS & SERVICES:

Got Mice?: Do you have a MOUSE problem? Or do you have a HOUSE problem? Got Mice Humane Wildlife Services addresses common and uncommon entry points permanently with guaranteed results. Call for a consultation. **INFO:** 902-365-MICE (6423) / GOTMICE.CA

Lighting: Are you renovating or building and need professional help with your lighting? Chris MacQuarrie (past owner of Atlantic Lighting Studio) offers a consulting and sourcing service. Visit her new website. **INFO:** AtlanticLightingDesign.com

Interior Car Cleaning: Dust, polish, vacuum and window cleaning. Price ranges \$45-65 depending on car/truck/van model. 37 Rand Street, Hantsport. **INFO:** Call or text: 902-788-8880 or facebook messenger.

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

Errands by Karen Home Blood Collection Service: Are you too busy/too sick to wait at the lab? Let Karen come to you! Fully certified and professional, Karen will collect and drop off your blood and urine specimens to Kentville or Windsor hospitals. Group rates available. Karen also does errands and deliveries from Windsor to Coldbrook, as well as trips to Halifax and Middleton. **INFO:** To book: 902-790-2626 / errandsbykaren@hotmail.com

Tarot readings: Saturday afternoons @ ArtCan Gallery and Café, 9850 Main St., Canning. W/ Richard Di Castri. The reading is an opportunity to explore your personal stories, leading to a richer understanding of yourself and your circumstances. Call with questions or to book a reading. **FE:** \$60 for 1 hour appointment **INFO:** Richard, 902-300-4560

ACCOMODATIONS:

Family Seeking Rental: Local family of 5 searching for a long-term house rental in Wolfville. We are clean, conscientious and respectful, with excellent local references. No pets, non-smokers. We are low-key, low-maintenance tenants. We would treat your house like our home, with love. **INFO:** Please contact: Maud Herbert, maudlunalove@yahoo.ca / 902.679.6677

Apartment for Rent: One Bedroom Apartment for rent, available now. \$850 per month on a 1 year lease. Included in rent is Heat & Hot Water. **INFO:** 902-542-7581 / chporter.rentals@eastlink.ca

GENERAL:

Auditions for "The Strike at Putney Church": Sun, June 23, 1-2pm & Mon, June 24, 6:30-7:30pm @ CentreStage Theatre, 61 River St., Kentville. This charming play, adapted from a short story written by Lucy Maud Montgomery, is set in rural PEI in 1922. We are looking for 6 men (age 20s-60s), and 6 women (age 13-60s). With larger and smaller roles, this is a great opportunity for experienced and new actors. We would also welcome people interested in stage management/assistant stage management to attend. **INFO:** Director, Mindy Vinquist-Tymchuk, mindyvt@gmail.com

Unpredictable Dining Series: Enchanting 4-course dinners w/ cocktails & canapes, showcasing different chefs and local wineries. Dine under the pergola at Tangled Garden. Tuesday evenings, July 16, Aug. 13, Sept. 17, Oct. 15, Dec. 17. **TIX:** \$150 per person **INFO:** tangledgarden.ca / unpredictabledining@gmail.com

Valley Bulldogs Mini Rugby Program: Tuesdays, 6-7pm, starting June 25 and running until August 27. Practice will be held at Benedict Field on Collins Road, Port Williams. The program is for Kids aged 5-12. **INFO:** valleybulldogsrftc@gmail.com

60th Anniversary Kingston Steer BBQ & Village Fair July 11-14: This year is our 60th anniversary. Our Village Fair is four days instead of two. Twice as much fun! Twice as many things to do! Twice as many great things to eat! **INFO:** kingstonnovascotia.ca / 902-765-2800

Alcoholics Anonymous: If you want to drink, that's your business. If you want to stop, that's ours. **INFO:** 902-691-2825 / www.area82aa.org/district3/

Moving Sale: June 15 & 16. Owner leaving the country. Many items to go. **INFO:** 902-385-4287

Call for vendors!: The Kentville Multicultural Festival is looking for retail, food, info and art vendors for Saturday, August 24 10am-4pm. Special priority will be given to those offering a unique cultural experience or product. **INFO:** Please contact mcf@kentvillebusiness.ca for a vendor application.

Medicinal and Edible Plant Walks: Wolfville (meet at the library) Sunday, July 7, 10:30am. Rain or shine! **FE:** \$20 (per person), \$40 (family) donation to North Mountain Animal Sanctuary **INFO:** singingnettleclinic@gmail.com / 902-538-3662 / Facebook: Singing Nettles Herbal Medicine Clinic

TOWN OF WOLFVILLE IMPLEMENTING ACCESS BY DESIGN PROJECT

Ethan Lang

Last month the Town of Wolfville's councilors and Accessibility Advisory Committee (AAC) hosted a meeting to gain input from the public regarding concerns about the Town's accessibility. The Town and the AAC are currently working alongside the Nova Scotia Accessibility Directorate to implement the Access By Design project, which plans to make Wolfville accessible to all, regardless of any physical or mental disability, by 2030.

Nova Scotia is the third province to adopt an accessibility plan, and Wolfville has been chosen to implement a plan first, as a sort of template to be adopted by other towns in the future. A committee, half of whose members have disabilities themselves or represent organizations representing persons with disabilities, has been comprised to improve and ensure equitable access to life in the community so that all can participate. The plan focuses on equal access to public infrastructure, transportation, goods and services, information, and town employment. All facets of the plan must be in accordance with the Nova Scotia Accessibility Act.

Although the plan terminates in 2030, it must be renewed every three years, with short term priorities currently emphasized for 2019-2022. These priorities include retrofitting public buildings and infrastructure to improve accessibility through such actions as widening doors, building curb cuts and ramps, printing braille on signs, and providing audible warnings at crosswalks and intersections. Private businesses will also receive incentives, such as negotiated changes to zoning rules being offered in exchange for improving accessibility in private buildings.

There will also be efforts to improve transit for those with disabilities. For example, there are currently no accessible taxis operating in Wolfville. The goal is to ensure no resident is denied access to transit or charged extra for transportation because of a disability.

These top priorities, among others, are to be completed by March 31, 2022; goals of lesser urgency are deadlined for 2030. The plan is an ongoing process and citizens are encouraged to contact the AAC or Town Council with concerns as they arise. 🇨🇦

TICKET WINNERS ★ ★ ★ ★ ★ ★ ★ ★ ★

Smoking' Rock & Blues Fest: Jessica Gillis

Thanks Smokin' Rock n' Blues Fest & Maritime Metal & Hard Rock Festival 7 for supplying these tickets to our readers!

Maritime Metal & Hard Rock Fest: Jill Lola Sabean

★ ★ Keep an eye on our facebook page for future ticket contests, ★ ★ and of course all the happenings of the Annapolis Valley!

Rob Breznsky's
FREE WILL ASTROLOGY

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ARIES (March 21-April 19): We may not have to travel to other planets to find alien life. Instead of launching expensive missions to other planets, we could look for exotic creatures here on earth. Astrobiologist Mary Beth Wilhelm is doing just that. Her search has taken her to Chile's Atacama Desert, whose terrain has resemblances to Mars. She's looking for organisms like those that might have once thrived on the Red Planet. In accordance with astrological omens, I invite you to use this idea as a metaphor for your own life. Consider the possibility that you've been looking far and wide for an answer or resource that is actually close at hand.

TAURUS (April 20-May 20): Philosopher Martin Buber believed that some stories have the power to heal. That's why he said we should actively seek out stories that have the power to heal. Buber's disabled grandfather once told Buber a story about an adored teacher who loved to dance. As the grandfather told the story, he got so excited that he rose from his chair to imitate the teacher, and suddenly began to hop and dance around in the way his teacher did. From that time on, the grandfather was cured of his disability. What I wish for you in the coming weeks is that you will find stories like that.

GEMINI (May 21-June 20): In the 1960s, Gemini musician Brian Wilson began writing and recording bestselling songs with his band the Beach Boys. A seminal moment in his development happened while he was listening to his car radio in August 1963. A tune he had never heard before came on: "Be My Baby" by the Ronettes. Wilson was so excited he pulled over onto the shoulder of the road and stopped driving so he could devote his full attention to what he considered a shockingly beautiful work of art. "I started analyzing all the guitars, pianos, bass, drums, and percussion," he told The New York Times. "Once I got all those learned, I knew how to produce records." I suspect a pivotal moment like this could unfold for you in the coming weeks, Gemini. Be alert!

CANCER (June 21-July 22): My dear Cancerian, your soul is so rich and complicated, so many splendored and mysterious, so fertile and generous. I'm amazed you can hold all the poignant marvels you contain. Isn't it sometimes a struggle for you to avoid spilling over? Like a river at high tide during heavy rains? And yet every so often there come moments when you go blank; when your dense, luxuriant wonders go missing. That's OK! It's all part of the Great Mystery. You need these fallow phases. And I suspect that the present time might be such a time. If so, here's a fragment of a poem by Cecilia Woloch to temporarily use as your motto: "I have nothing to offer you now save my own wild emptiness."

LEO (July 23-Aug. 22): America's premier eventologist is Leo-born Adrienne Sioux Koopersmith. When she was going through a hard time in 1991, she resolved to buoy her spirits by creating cheerful, splashy new holidays. Since then she has filled the calendar with over 1,900 new occasions to celebrate. What a perfect way to express her radiant Leo energy! National Splurge Day on June 18 is one of Adrienne's favorites: a time for revelers to be extra kind and generous to themselves. That's a happy coincidence, because my analysis of the astrological omens suggests that this is a perfect activity for you to emphasize during the coming weeks.

VIRGO (Aug. 23-Sept. 22): "Let me keep my mind on what matters, which is my work, which is mostly standing still and learning to be astonished." Virgo poet Mary Oliver made that statement. It was perfectly reasonable for her, given her occupation, although a similar declaration might sound outlandish coming from a non-poet. Nonetheless, I'll counsel you to inhabit that frame of mind at least part-time for the next two weeks. I think you'll benefit in numerous ways from ingesting more than your minimum daily dose of beauty, wonder, enchantment, and astonishment.

LIBRA (Sept. 23-Oct. 22): Libran philosopher Michel Foucault articulated a unique definition of "criticism." He said that it doesn't dish out judgments or hand down sentences. Rather, it invigorates things by encouraging them, by identifying dormant potentials and hidden beauty. Paraphrasing and quoting Foucault, I'll tell you that this alternate type of criticism ignites useful fires and sings to the grass as it grows. It looks for the lightning of possible storms, and coaxes codes from the sea foam. I hope you'll practice this kind of "criticism" in the coming weeks, Libra—a criticism that doesn't squelch enthusiasm and punish mistakes, but instead champions the life spirit and helps it ripen.

SCORPIO (Oct. 23-Nov. 21): Help may be hovering nearby, but in an unrecognizable guise. Rumbled but rich opportunities will appear at the peripheries, though you may not immediately recognize their value. A mess that you might prefer to avoid looking at could be harboring a very healthy kind of trouble. My advice to you, therefore, is to drop your expectations. Be receptive to possibilities that have not been on your radar. Be willing to learn lessons you have neglected or disdained in the past.

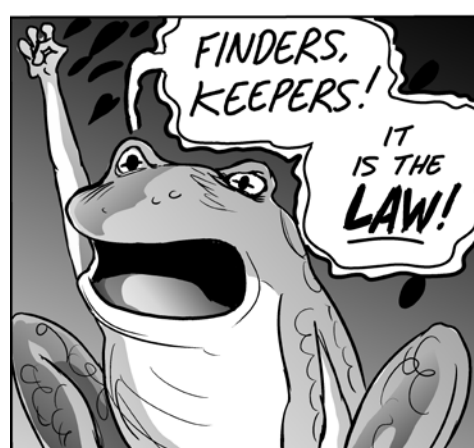
SAGITTARIUS (Nov. 22-Dec. 21): As much as I love logic and champion rational thinking, I'm granting you a temporary exemption from their supremacy. To understand what's transpiring in the coming weeks, and to respond with intelligence, you will have to transcend logic and reason. They will simply not be sufficient guides as you wrestle and dance with the Great Riddle that will be visiting. You will need to unleash the full power of your intuition. You must harness the wisdom of your body, and the information it reveals to you via physical sensations. You will benefit from remembering at least some of your nightly dreams, and inviting them to play on your consciousness throughout the day.

CAPRICORN (Dec. 22-Jan. 19): For the sake of your emotional and spiritual health, you may need to temporarily withdraw or retreat from one or more of your alliances. But I recommend that you don't do anything drastic or dramatic. Refrain from harsh words and sudden breaks. For now, seal yourself away from influences that are stirring up confusion so you can concentrate on reconnecting with your own deepest truths. Once you've done that for a while, you'll be primed to find helpful clues about where to go next in managing your alliances.

AQUARIUS (Jan. 20-Feb. 18): I've got a list of do's and don'ts for you. Do play and have fun more than usual. But don't indulge in naïve assumptions and infantile emotions that interfere with your ability to see the world as it really is. Do take aggressive action to heal any sense of abandonment you're still carrying from the old days. But don't poison yourself with feelings of blame toward the people who abandoned you. Do unleash wild flights of fantasy and marvelous speculations about seemingly impossible futures that maybe aren't so impossible. But don't get so fixated on wild fantasies and marvelous speculations that you neglect to embrace the subtle joys that are actually available to you right now.

PISCES (Feb. 19-March 20): "At times, so many memories trample my heart that it becomes impossible to know just what I'm feeling and why," writes Piscean poet Mark Nepo. While that experience is familiar to everyone, it's especially common for you Pisceans. That's the bad news. But here's the good news: in the coming weeks, your heart is unlikely to be trampled by your memories. Hence, you will have an excellent chance to know exactly what you're feeling and why. The weight of the past will at least partially dissolve and you'll be freer than usual to understand what's true for you right now, without having to sort through confusing signals about who you used to be.

Homework: Tell how you have sometimes been able transform liabilities into assets.





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WHO'S WHO: COLLEEN HAGEN – WHO WE ALL WANT TO BE!

Mike Butler

If I have one wish, as a writer for *The Grapevine*, it's that I never run out of theatre friends to feature in this column. I look at the younger generations taking summer drama camps, performing in school productions, and falling in love with theatre and I think it's safe to say the list will grow and grow. That list, and the many youth performers on it, find their love of drama and performance from those adults who exude their own love of drama and for years I've wanted to feature a particular adult who is a catalyst for hundreds of up-and-coming live performance actors all over the province: Colleen Hagen!

For years, I sat in the audiences of CentreStage productions (both main stage and youth camp) and watched Colleen's work as an actor, director, and so much more come to life on the stage before me. Colleen has that specific spark that makes people want to take the challenge and perform on stage and work with her. She has a new one-woman show coming up for a limited engagement at CentreStage, and I want to tell you all about her and the show.

Colleen has been involved in community theatre for over 25 years. She started in the lighting booth running a "follow spot" at the Capitol Theatre in Nelson, British Columbia and from there she became involved as an actor, director, stage manager, and writer. "I was involved in several CentreStage productions from 2008-2013 when I lived in Kentville," she says, "and I continue to be involved as a director for their youth theatre camps. Every summer, a gaggle of young aspiring actors take the camps and perform some of my scripts and it's so rewarding. In 2014 a play I wrote and directed, *Until We Meet Again*, was performed by Geoff and Carole Ball and it was met with wonderful reviews and audience reception. I am currently the artistic director for the South Shore Players and I love it."

As I mentioned, Colleen has a new one-woman show she's written and performs in called *Who I Want to Be* and audiences will have a few chances to catch the show at CentreStage in June. *Who I Want to Be* is a dramatic comedy about two very different women whose lives have intersected in an unexpected way. Colleen plays both women and she said she likes writing stories where the audience can identify with the characters and their experiences: "I believe this play offers that. As the characters tell their stories, the audience has the opportunity



to journey with them through moments of tenderness, sorrow, whimsy, and humour. I want to thank the Lunenburg Foundation for the Arts for providing a grant to get this production off the ground and I am so excited to present this work to an audience. I am very proud of it!"

When asked what motivates her to continue in the live theatre profession, Colleen says, "to me, theatre equals community. It brings together people of every age, belief, gender and background. Even a play with only one actor relies on people working creatively together. Theatre enhances social skills, collaboration, and empathy. When not in theatre I spend most of my time with two up-and-coming actors who call me "mama" and THAT is the role of a lifetime."

Over the past ten years Colleen has directed more than 40 youth theatre camps. This summer she will be directing camps in Kentville, Mahone Bay, and Annapolis Royal and, as I said before, these camps are the perfect platform for the future of community theatre to jump from. Colleen has become an inspiration to so many who want to get their feet wet with live performance and the waiting list for her camps is always long. Colleen also offers adult theatre workshops for actors, directors, stage managers, and playwrights. If you've ever wanted to be a part of the theatre magic, give Colleen a call and see where you'd fit in. She also has a couple of new scripts she's developing which she hopes to bring to the stage over the next few years.

Who I Want to Be, an original one-woman dramatic comedy written and performed by Colleen Naomi Hagen is directed by Teresa Patterson and is being performed at CentreStage Theatre, Kentville on Friday, June 28 at 7:30pm and June 29 at 2:00 and 7:30pm. For details, you can call 902-800-2111 or visit the website PlaysOnStage.ca. Call 902-678-8040 to reserve your spot at CentreStage for this very special show.



FEATUREPRENEUR: TWO PEOPLE & TWO PASSIONS

Genevieve Allen Hearn

In planning our *Get Outside!* issue, several independent businesses around the Valley came to mind. These are the businesses that are helping us to live our 'best outdoor lives' by providing equipment and services for outdoor activities. *Spoke & Note* in Windsor is a bit of an anomaly, as they provide bicycles and scooters, but also a collection of musical instruments and accessories. We wanted to learn more about this shop that merged two passions, and is locally owned and operated by business partners and partners in life, Tony (Anthony) and Ashley Wood.

The Grapevine (GV): The Spoke & Note is a bike and music store. Why combine these two things?

Ashley & Tony (A&T): We are both very passionate about music and missed having a local music store. Tony grew up in the local music store and Ashley went to university to study music. We really wanted to open a music store but knew that we needed something else combined with it to make it successful. All small businesses have challenges around big box stores and online shopping so we wanted to design our business around our community and needed services. We had a couple ideas of what to combine with a music store but while we were sitting over a glass of wine discussing business ideas, we came up with the name The Spoke & Note. Tony is an avid biker so we felt that this would fit perfectly! The Spoke & Note was born!

GV: What inspired or motivated you to start this business?

A&T: We both grew up with parents who were small business owners and had a strong passion for our community. That passion was instilled in us. We are firm believers in being the change you want to see in the world and wanted to practice what we preached. After having our youngest child, Tony took parental leave and we decided it was the perfect time to start planning and preparing to start a business for when it was time to go back to work.

GV: What is the best thing about running a business in a small community? Are there any challenges?

A&T: We love the connections we get to make on a daily basis with all the people in our community. Since Windsor is a small community, we have the chance to really get to know our customers and spend time with them! It's not only about retail and service, some people pop in to have a jam, say hello to our dog Luna, or just to hang out and chat. The best part about small communities is the amount of support



you get. The community has embraced us with open arms, for which we can't be thankful enough.

Similar to other small businesses, there are always challenges competing with online shopping and big box stores. Although this is a challenge, times are changing, people are much more conscious about supporting local and want a unique experience.

GV: Windsor has seen a lot of new business in the past 5 years. Where do you see Windsor going from here?

A&T: There is definitely a buzz happening! We see new faces and families in town all the time. People who are new to the area come into the shop and can't believe what a gem of a community we have. It's such a beautiful and friendly place with so much to offer it doesn't surprise us that it's picking up the way it is. The business community is super supportive of each other, which can be rare and we think it makes it very attractive for other businesses to open up here.

GV: What advice would you give to others who are interested in starting their own business in the Valley?

A&T: Pick something you are passionate about and don't give up on it. Embrace challenges and don't expect them to stop. If you are excited to get up and start your day, then you're on the right track.

To learn more, visit thespokeandnote.ca



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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'.

D-DAY COMMEMORATIVE COIN HONOURS NS SOLDIER

Ellen Lewis

"The Royal Canadian Mint has issued a new coin (Special Edition Silver Dollar) to mark the anniversary of D-Day, and it turns out that Ellen Lewis, our summer student here at the Kings County Museum, is the granddaughter of the soldier featured on that coin! We asked Ellen to write about her connection to the coin." --Bria Stokesbury, Kings County Museum

June 6, 1944 marked a day in history when the lives of thousands of men from countries around the world changed forever. The D-Day attacks on five beaches in France (Utah, Omaha, Sword, Gold, and Juno) saw Allied casualties of at least 10,000, and German casualties between 4,000-9,000. This day, although heavy with loss, marked an important shift in the course of WWII: Allied forces were able to move inward and take a substantial amount of land.

Before the successful attacks, before even landing on the beaches, one can only imagine what the men on the boats heading towards the coast felt; perhaps dread, terror, or merely resignation. What is harder to understand, or imagine, is that when your future is waiting for you on a beach moments away, you have the ability to tear your eyes away from it.

George Herman Baker, the man recently in the spotlight for being the inspiration behind the Royal Canadian Mint's special edition coin commemorating the 75th anniversary of D-Day, did look back. Upon acknowledging a grasp on the shoulder from a fellow soldier, George unknowingly became a face of a generation who fought to protect a way life for all of us.

George was born near North Brookfield, Nova Scotia on August 31, 1923. The oldest of six children, he attended school at the local school house until grade six then went to work as a woodsman. In 1943 George enlisted with the Royal Canadian Army as his father and other relatives had done in WWI. George completed his basic training in Aldershot, Nova Scotia, was transferred overseas and trained with the Canadian Infantry Reserve Unit, and then was placed with the North Shore New Brunswick Regiment.

The North Shore New Brunswick Regiment landed on Juno Beach on D-Day (June 6, 1944). It was on the boat heading towards the beach that the moment, now immortalized in silver, was captured. The North Shore New Brunswick Regiment landed on Juno Beach with photographers and cameras to document the battle. George, and thousands of other men, landed and fought for their lives, eventually clearing the beach and moving onward. George served as a Bren gunner for A Company during the battle.

George was in active service until the end of the war in 1945. Following the war, George stayed overseas and served with the Red Cross in Germany for an extra year. He was in no hurry to return home and made many wonderful memories while there. George, for his service, was awarded the 1939-45 Star, France & Germany Star, Defense Medal, War Medal 1939-45, and Canadian Volunteer Service Medal with Clasp. George was also presented with an award from the government of the Netherlands in gratitude for his contribution to their liberation.

Upon returning home to Nova Scotia, George studied carpentry in Cape Breton, where he met his future wife Madge. George got married, raised a family, and worked for both the Department of Highways and Department of Lands and Forests. In his spare time, he loved



spending time with his dogs, solving Rubik's cubes and jigsaw puzzles, reading, hunting, and fishing. George had an exceptional green thumb; he was known throughout his community for having an amazing vegetable garden and being able to grow anything.

The Royal Canadian Mint, in searching for a face for their commemorative coin, came across the video footage, taken all those years ago, of a soldier's hand grasping George's shoulder and his glance back in acknowledgment. This moment, remarkably human in an unthinkable situation, inspired the mint to immortalize the image.

The Royal Canadian Mint, however, wanted to find out who the mystery soldier was. Through the efforts of three historians and the North Shore Regiment Commanding Officer Lieutenant, George's daughter was located and she was able to confirm his identity. George, to the family's knowledge, did not know of the video recording, nor did any of his family members. The discovery of this footage, although very unexpected, is exciting.

Seventy-five years after D-Day, and sixteen years after my grandfather's death, it is almost unbelievable to have this new piece of his story brought to life. In some ways it is hard: you know of a family member's participation in one of the biggest moments in Canadian war history, but seeing them there on film is a completely different experience. I personally had seen D-Day footage and pictures before, but I had no idea that my grandfather was among the faces that I saw on television, in documentaries, and in class material.

Family members who knew George better and longer than I say he would have been embarrassed from all the attention, but honoured all the same. The family is, as we have always been, proud of him and his accomplishments.

The West Hants Historical Society will be hosting a public presentation Saturday June 22nd 2pm: "The Life Achievements of Cyril Parks." Myrtle White, the daughter of Cyril Parks, will be sharing stories of the engineer and film maker from Noel. He filmed many places across Hants County and produced the film *Hants County Beautiful*. This will be held at the West Hants Historical Society Museum, 281 King Street, Windsor.



MUSEUM SPOTLIGHT: MACDONALD MUSEUM

Located in Middleton, the Macdonald Museum houses numerous exhibits including the Nova Scotia clock collection, as well as a research library for genealogical historical research. Between May and December, the museum also hosts a community farm market on Thursdays, 4pm-7pm (call 902-825-6116 for more information).



Macdonald Museum School Room.



THE KENTVILLE HERITAGE CENTRE OPENS ITS DOORS TO THE PAST

Lynn Pulsifer

The residents of Kentville haven't heard "a train a-coming, coming round the bend," since 1990. However, the small Via Station that was originally built in 1988 to sell tickets to ride the train has now taken on a new purpose.

On Saturday, May 18, the Via Station became the new home for the Kentville Heritage Centre. Following the ribbon cutting ceremony, and official opening by Town Crier Lloyd Smith, over 80 people, ranging in age from 9 to 90, who had gathered along Station Lane to watch this exciting event, walked from the present day into Kentville's past.

As you enter into the main foyer of the centre, a beautiful restored railway bench from the former Dominion Atlantic Railway Station greets you. The walls are filled with black and white photos of many of the old buildings and streetscapes of Kentville. An original "Via Kentville" sign hangs high over the back door, and the sounds of steam and diesel engines echo from the Railway Room. The centre also has a sports room with pictures and memorabilia of local sport heroes, along with hockey and baseball teams.



Another room features the Dominion Atlantic Railway, and has pictures and written material from the beginnings of the Windsor & Annapolis Railway in 1869, through to the final day of rail traffic in Kentville. There is also a special exhibit on the Apple Blossom Festival with photos from the first Annapolis Valley Apple Blossom Festival in 1933, up to the present time.

The Kentville Historical Society has brought the former Via Station, which is the only remaining physical reminder of the railway in Kentville, back from the past. It has now become a centre to display the rich heritage of the town, once known as Horton Corner.

The centre is open everyday except Sunday and Monday, from 10:00am to 4:00pm, and invites anyone with a love of history to come and discover Kentville's heritage.





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If you donated to the fundraiser, come find out if you are one of four lucky winners, and even if you didn't come for the chance to exchange favourite Indigenous book titles and short passages from them, and to learn about new ones. Reading as learning is one of the calls to action from the newly released MMIWG report. More info on the events page at boxofdelightsbooks.com and their Facebook page. We will also make plans to gather again a bit later this summer for a discussion group for Sherri Mitchell's book *Sacred Instructions*, and a screening of Sheldon Wolfchild and Steven Newcomb's *The Doctrine of Discovery: Unmasking the Domination Code*. June 15 from 3:00pm - 4:00pm, Box of Delights Books



Annual General Meeting

Monday, June 24, 4:00 pm **All Welcome!**

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- Centre Presentations
- Refreshments



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MANAGEMENT/PREVENTION OF SPORTS/RECREATIONAL INJURIES FOR THE VALLEY COMMUNITY

GASPEREAU COMMUNITY CENTRE

ART MARKET

SATURDAY JULY 6, 2019

1PM-4PM

PAINTINGS ★ PRINTMAKING ★ CARVINGS ★ WOODWORKING
 CERAMICS ★ TEXTILES ★ JEWELRY ★ SOAP ★ CHOCOLATE

Refreshments by **Jenny & Meagan Osburn!**

FEATURING: Ryan Hupman, Scott Hupman, Miyoshi Kondo, Alvin Harvey, Tracy Horsman, Misty Cogswell, Hen of the Woods, H Lawrie Eclectic Art, Will Cooper, The Quarrelsome Yeti, Deep Hollow Print, Jovial Design, Gabriëlle Leenhouts, Itty Bitty & Witty

FREEWILL ADMISSION (Proceeds go to The Wolfville Children's Centre)



IN PURSUIT OF LIGHT

Anna Horsnell

Light. Without it we live in darkness. Light enables us to literally see the world around us in all its complexity. In art, the painter uses the illusion of light to create a three-dimensional world on a two-dimensional canvas. To do this well requires an exceptional eye and masterful skill. Arnaud Béghin is just such an artist.

Béghin was born in 1964 in Le Havre, France. Having tried art school, he chose instead to follow his own path to become an artist. Living in Paris in the late 1980s, his preference was to learn under artists who he admired, such as French painter Lionel Verrier, and by immersing himself in the art found in The Louvre. There, surrounded by masterpieces, he felt there was no bad art, and he was especially drawn to perhaps lesser-known artists who he felt tried difficult things in their work.

In 1993, Béghin married Canadian artist Elizabeth Sircom, and twenty years later they made the move to Hantsport. He relishes the fresh start and freedom to explore a new landscape in relative isolation. "Nova Scotia is beautiful and subjects are everywhere." As a studio painter who works in oils, his subjects are extensive, from landscapes to interiors, figures and more. Every subject comes with its own challenges. With landscapes, he feels the test is to instill life without people. Painting interior scenes, he concentrates on portraying the outside from the inside. He feels the quest for any artist is to find a focus, something to develop, something to feel passionate about. For Béghin, it is light, "It's a very good thread to follow. Right from the start. I use colour to make light. Colour is just a tool to make light."

Generally Béghin heads outside early in the morning or late in the day to capture the best light in his photos. He never tires of the search for the right light, the shape and

emotion and the feelings it evokes. Forgoing the urgency inherent with painting outside, he prefers to then return to his studio where he can construct his composition. He loves the whole process and all the organic stages. The magic is in taking the photo, the frozen moment, and creating something more. The painting becomes something else, something beyond the reality, and Béghin often sees no connection between what he paints in the studio and the actual scene he photographed. "It's a very good way to pass the day," he smiles.

Still there are times when as an artist, he feels he knows nothing. There is always more to learn, chasing the elusive quality that makes a painting truly special. Béghin continually challenges himself. He values the act of trying, of pushing himself as an artist. He does not want to be remembered personally. What really matters is the work. Will it stand the test of time? What will the work be without context? Béghin enjoys the mystery of never knowing what the audience thinks or sees in his artwork. Looking at his paintings, there is a softness to the light. There is a translation of the ordinary into the extraordinary. There is an invitation to look closer at the world around you, to perhaps feel something you have recognized before, but could never describe in words. Therein lies the gift of the artist.

Paintings by Arnaud Béghin can be seen at The Harvest Gallery in Wolfville, and in his upcoming show at the Amicus Gallery in Chester, starting on August 8. Contact the artist at abeghin@ns.sympatico.ca or visit his website at abeghin.free.fr. All images courtesy of the artist.



FROM CARAMELS TO DOUGHNUTS, WOLFVILLE PASTRY CHEF CREATING TREATS TO BRING JOY

Emily Kathan

Abby Lerner is the face behind Two Birds Sweets & Treats at the Wolfville Farmers Market. Her handmade sweets are the major destination for allowance money in our family, so I've been lucky enough to have many opportunities to chat with this talented and ebullient pastry chef and sample her many tasty treats. I decided it was high time Grapevine readers got to learn about her and her delicious business too:

The Grapevine (GV): How did you come to be living in the Valley?

Abby Lerner (AL): My husband Mike and I had been searching for our "forever" place for a long time. After many moves, we were finally ready to buy our first home. We were living in Quebec at the time, but knew that wasn't the right place for us in the long-term. We decided on Nova Scotia because of its beautiful landscapes, ocean access, lovely people, and affordable homes, but neither of us had ever been here! I compiled a short list of houses that met our criteria and flew out here on my own for a weekend. Our wonderful realtor drove me to far-flung places, and with Mike on Face-Time at home in Quebec with our two kids, we found the perfect place! It was the only house that met all of our needs, so the location was actually secondary. We knew nothing about the Annapolis Valley at that time. As it turns out, it's the best place in the world! We love everything about living in Wolfville, and feel so lucky to have landed here.

GV: Why did you decide to start Two Birds Sweets & Treats?

AL: To bring people joy! When someone eats a treat that I made, and I see their face light up with happiness, it is so satisfying. I think people can taste the time and love and real food ingredients that I put into everything I make.

GV: What is your most popular product?

AL: Sea Salt Caramels. I have sold almost 7,000 of them since I started Two Birds a year and a half ago.

GV: What is your favourite item to make?

AL: I love making hand-dipped chocolates of all kinds. It's meditative to dip each piece in the chocolate, and so satisfying to watch the chocolate set up smooth and shiny.

GV: What has been your biggest challenge?

AL: I am a one-woman operation, and I also have two young children. There are times when I have had to turn down opportunities that came my way because I don't have the bandwidth to say yes to everything. It's been



challenging to know when and how to say no, and to risk letting someone down. There are a lot of demands on my time, and sometimes I struggle to find balance.

GV: What has surprised you the most about the work you do/working at the market?

AL: I was surprised by the amazing reception I've received from this community. I've gotten so much support, encouragement, and praise from my customers, other farmers market vendors and the staff at the Wolfville Farmers Market. As a newcomer to the Valley I wasn't sure what to expect, but it's been absolutely incredible.

GV: What are your future goals for the business?

AL: I'm very excited to be launching Two Birds Doughnuts on Wednesday evenings at the Wolfville Farmers Market. I will be selling my light and fluffy yeast-raised doughnuts with homemade fillings and glazes. In the future I would like to have a doughnut delivery service, or perhaps a designated pick up spot so people could get doughnuts more regularly. I've also started making custom order cakes, and I would love to grow that side of the business in the future.

You can find Two Birds Doughnuts on Wednesdays and Two Birds Sweets & Treats on Saturdays at the Wolfville Farmers Market, or visit the Two Birds Facebook page for more information.



IN PHOTOS: NEW MURALS AND JANE'S WALK IN KENTVILLE



Trackside Studios created a mural over Apple Blossom weekend on a 70 foot wall in front of Main Street Station (former Cornwallis Inn). The mural was a collaborative effort by Maritime Express Cider Co., Safeguard Property Management, Kentville Business Community, and Hardware Gallery.



The EDGE program in Kentville teamed up with Hardware Gallery and artist Ian Funke-McKay to create a participatory mural on the side of the Valley Gate Vineyard Church in Kentville.



On May 18th, Kentville Community Fund and the Kentville Historical Society hosted a Jane's Walk through the Oak Grove Cemetery, led by Laura Churchill Duke.

THE GRAPEVINE NEWSIES IN THE APPLE BLOSSOM PARADE



WEEKLY EVENTS

THURSDAYS

Coffee, Tea, & Conversation – Royal Canadian Legion, Wolfville 10am-12pm. ALSO TUESDAYS! Coffee/tea, snacks, and conversation. **FEE:** \$2 **INFO:** wolfvillelegion@gmail.com

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

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

Farm Market – Macdonald Museum, Middleton 4-7pm. Fresh produce, eggs, baked goods, hot food, knitting, wood crafts, painting, jewelry, pet supplies, sewing and more. Live music, 50/50 draw. **INFO:** 902-825-6116 / contact@macdonaldmuseum.ca

Nia – Community Centre, Greenwich 5-6pm. Until June 13, then starts again in Sept. Nia is a dance creating health and wellness, allowing freedom of movement into your life. **FEE:** \$12 drop in, or 5 classes/\$50 **INFO:** Ali, alboyer10@gmail.com

Social Fiber Art/Crafting – River Street Workshop for Art and Lifestyle, Kentville 6-9pm. Informal drop in. **FEE:** \$6 **INFO:** justinmacdonald@aurora-lee.ca

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

Jam Session – Community Centre, Wilmot 7-9:30pm. Jam Session with snack **FEE:** \$2 **INFO:** 902-825-3125

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

Windsor Legion Branch 009 General Monthly Meeting – The third Thursday of the month, 7:30pm. No meeting July & August. Fort Edward Mall, 35 Empire Lane. New members always welcome. **INFO:** 902-798-0888 / windsorlegion.ca

Ladies 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

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

Chase The Ace & Supper – Royal Canadian Legion, Berwick 5-7pm • Downstairs; use back door. Cash bar. 19+ **TIX:** Tickets 3 for \$5. Supper \$8-\$10 **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. Many new games & some oldies in a friendly environment. No charge. **INFO:** 902-765-4326.

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 – DeWolfe Building, Elm Ave., Wolfville 8:30am-1pm. **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

North Mountain Market – North Mountain United Tapestry, 3201 Long Point Rd., Harbourville 9am-1pm, June-Oct. Local farmers, bakers and artisans. Live music and BBQ. **INFO:** unitedtapestry@gmail.com

Flying Squirrel Adventures – Kentville Ravine, 9:45am-12:15pm. Third Sat. of the month, year round (Next: June 15). 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. 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

Farmer's Market – Victoria Park Bandstand, Windsor 10am-2pm. Through mid-October. The best of local food and artisans. Live music & workshops. **FEE:** no charge **INFO:** 902-579-7652 / acfm.market.manager@gmail.com

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

Café & Farmers' Market – Community Hall, Black River 11am-1:30pm. Every 2nd and 4th Sunday of the month. **FEE:** \$8 for lunch + dessert/coffee/tea **INFO:** spinvolk@yahoo.ca

SOAR – WKM Health Centre, 121 Orchard St., Berwick 2-3:30pm, last Sunday of every month. Open support group for adult survivors of childhood sexual abuse. Support and understanding from people who've been there, too. **INFO:** Rhonda, 902-679-7337 / info@survivorsofabuserecovering.ca

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: June 16). 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

FitYoga – Monday 8:30am, Tuesday 9am, 6pm. Thursday (hotyoga) 8pm, Friday 8am, Sunday 9am **INFO:** fityogawindsor@gmail.com

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, arrive 7pm for 7:15pm start. Sept-June. Under the direction of Holly Lohnes. All concert band musicians welcome to come and rehearse a practice or two before making a commitment. **INFO:** Dan, 902-385-8780 / facebook: @thekccb

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

Play with Me – Autism Centre, Kingston 1-2:30pm. A time to be creative, active, and engaged with your child/children. All ages. **FEE:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.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, lynnedenney@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

Nia – Bishop Hall, Greenwich 5-6pm. Nia is a dance creating health and wellness, allowing freedom of movement into your life. **FEE:** \$12 drop in, or 5 classes/\$50 **INFO:** Ali, alboyer10@gmail.com

Talk About It Tuesday – Smokey Quartz Emporium, 83 Commercial Street, Middleton, 5-7pm. The purpose of the group is to help fill some of the voids in our healthcare system when it comes to support for mental health. Participants can share or just listen. **INFO:** smokeyquartz902@gmail.com

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

Toastmasters – Birchall Training Centre, 14 Wing Greenwood 6:30pm. Learn communication and leadership skills in a fast-paced, fun setting. **TIX:** no charge **INFO:** annapolisvalley.easy-speak.org / edwardwedler@gmail.com

Celebrate Recovery – New Hope Wesleyan Church, Kentville 7-9:30pm. A faith based 12 Step program for anyone who needs help with hurts, habits & hangups. **TIX:** no charge **INFO:** 902-678-2222

45's Card Party – Royal Canadian Legion, Wolfville 7pm. Auction 45's, Nova Scotia's card game! 50/50 draw. 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:** ellajaan.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 9:30-11am. Join us for coffee/tea and a muffin. Chat with friends, new and old! **TIX:** donation **INFO:** Darlene, 902-542-3498 / darlene.hennigar@gmail.com / Bev, 902-542-7412

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

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

Wolfville Farm Market – Farmers Market, Wolfville 4-7pm. Live music, 10+ vendors, Market Suppers. June 19 Theme: Strawberry Night. June 26 Theme: Summer Plans **INFO:** wolfvillefarmersmarket.ca

TV Bingo – Royal Canadian Legion, Windsor 6-7pm. ALSO Thursdays. Play at home or in the lounge. **TIX:** Books available at bar. **INFO:** 902-798-0888 / WindsorLegion@bellaliant.com

GriefShare – New Hope Wesleyan, Kingston 7-9pm. Help and encouragement after the death of a loved one. **FEE:** no charge **INFO:** 902-847-1225 / davetheman161@gmail.com

Auction 45's Card Party – 989 Deep Hollow Rd, Black River Community Hall 7-9pm. May-Oct. 50/50 tix available. Lunch provided. **FEE:** \$3 **INFO:** sharonlake07@gmail.com

Jam Session – Lions Club, Kentville 7-9:30pm. **TIX:** \$2 **INFO:** 902-679-2367 / vintagemusic1@hotmail.com

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

THURSDAY, JUNE 13

Spring Fling – Kings County Academy, Kentville 4:30-7pm • Petting zoo & woodsman activities set up by Kings County 4H. Also cupcake walk, tattoos, cake, and more! PTA selling BBQ hotdogs, hamburgers, etc. **TIX:** \$5 punch cards for activities. BBQ separate prices. **INFO:** 902-690-3840 / kca.ednet.ns.ca

Puppet Night for Grown Ups – Institute of Puppetry Arts, Windsor 6-9pm • Monthly puppet social. We will explore a new theme, while developing our puppet movement and construction skills. Age 19+. Cash bar. **TIX:** \$19.99 **INFO:** 902-798-5841 / robertson@mermaidtheatre.ca

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

Welcoming Moms and Babies – The Box of Delights Bookshop, Wolfville 6pm • Laura Fisher will share her research into services within Kings County, and how these areas impact moms' and babies' ability to thrive. **TIX:** Donation **INFO:** 902-542-9511 / boxofdelightsbooks@gmail.com

Firefly Sessions Bonfire Jam – Harriet Irving Botanical Gardens, Wolfville 7-9pm • Hosted by local musicians. Singalong meets coffee house, meets the unknown as we come together to jam under the night sky! Meet at the fire pit. **TIX:** no charge **INFO:** 902-585-1916 / botanicalgardens@acadiau.ca

North Mountain Chorus – United Church, Berwick 7-8:30pm • Spring Concert: A Million Dreams... for the world we want to see **TIX:** Donation **INFO:** 902-670-3638 / lapierepw@gmail.com

45's Card Party – Community Hall, Newport Station 7:30-9:30pm • Prizes each night! All ages. **TIX:** \$5 **INFO:** 902-790-4341 / joytotheworld30@hotmail.com

FRIDAY, JUNE 14

Alzheimer's Society Fundraiser – Evergreen Home For Special Care, Kentville 10am-2pm • "Walk for Memories" takes place each year as a challenge among all Long Term Care Facilities in the province to see who can raise the most donations for Alzheimer's. Walk through our beautiful gardens to read memories of our residents that will be posted along our cobblestone walkways. BBQ & live entertainment to follow. Also, bake sale, face painting, fish pond, dunk tank, etc. Rain or shine! **TIX:** donation **INFO:** evergreenhome.ns.ca

Hot Dog / Sausage BBQ – Rockwell Home Hardware, Kentville NS 11am-1:30pm. Also June 21 **TIX:** Hot dog & drink \$3, Sausage & drink \$5 **INFO:** 902-679-2367 / vintagemusic1@hotmail.com

Seniors Appreciation BBQ – Centennial Park, Berwick 11:30am-1pm • Help us celebrate our seniors and raise awareness of World Elder Abuse Awareness Day! BBQ Jimmie Dogs, coffee & cake. Live music. Bring a chair & a friend. **TIX:** no charge **INFO:** 902-375-3602 / michelle.parker@rcmp-grc.gc.ca

Jimmie Dog BBQ – The Apple Capital Museum, Berwick 11:30am-1pm. Also June 21 • Weekly BBQ!! **TIX:** Jimmie dogs, pop, water, \$1 each **INFO:** 902-538-9229 / berwickvic@outlook.com

Meet the Gang – Royal Canadian Legion, Wolfville 3-6pm. Also June 21 • Bar open. General public welcome. Resident guitar and keyboard that can be played! **TIX:** no charge **INFO:** wolfvillelegion@gmail.com

Dynamic Dandelions – Tangled Garden, Grand Pre 3-4pm • Learn about the culinary, cosmetic, & medicinal uses of an often-loathed very common 'weed' & make it a friend rather than a foe! W/ Herbalist, Angie Oriana Jenkins. Pre-registration required. **TIX:** \$20 **INFO:** 902-680-8839 / oriana@sisterlotus.com

Spring Fling – Elementary School, Aldershot 5:30-8pm • Bouncy castles, games booths, silent auction, bake sale, pie-in-the-face, food and more. Canteen on site. Rain date: June 14 **TIX:** Various games prices. \$5 unlimited bouncy castle. **INFO:** brendamurphy@hotmail.com

Jon Duggan – Crystany's Brasserie, Canning 6-8pm **TIX:** no charge **INFO:** 902-582-3663 / crystanysbrasserie@gmail.com

Women of Excellence Awards – Old Orchard Inn, Wolfville 6:15-9:30pm • AVCC is pleased to present an event that recognizes women in the Annapolis Valley who pursue excellence in their respective fields and in the community. **TIX:** \$90 member, \$100 potential member (+tax) **INFO:** annapolisvalleychamber.ca/women-of-excellence

Dance: Meredith – Royal Canadian Legion, Windsor 7-11pm • Meredith will be playing in the lounge Windsor Legion Admission \$5.00 Age 19+ Info: 902-798-0888 **TIX:** \$5 **INFO:** 902-798-0888 / windsorlegion.ca

Friday Night Live: Matt Millett – Royal Canadian Legion, Kentville 8:30-11:30pm • Members and non-members welcome! 19+ **TIX:** \$5 at the door. **INFO:** 902-678-8935

Sing For The Arts – Oaken Barrel Pub, Greenwood 9:30pm • 7Arts Fundraiser. Danielle and Karaoke Keith will be hosting. Proceeds will go toward renovations for the building of a Makers Space. **TIX:** \$15 per person. **INFO:** 902-804-0817 / penny@7arts.ca

SATURDAY, JUNE 15

Big Breakfast – Lions Club, Wolfville 7-10am • Eggs, pancakes, sausage, bacon, home fries, toast, baked beans, coffee/tea. **TIX:** \$7 adults, \$4 children 10 & under **INFO:** 902-542-4508

Good Neighbour Club Breakfast – Community Hall, Centerville 7-10am • Eggs, bacon, sausages, juice, coffee, tea, homemade hash browns, homemade beans, toast, etc. **TIX:** free will offering. **INFO:** 902-678-3999

Breakfast – Royal Canadian Legion, Windsor 7:30-10am • Bacon, Sausage, Ham, Eggs, Pancakes, Hash browns, Toast, and Baked Beans, Juice, Coffee and Tea. **TIX:** \$7 adult, \$5 children 5-12 years, under 5 years free **INFO:** 902-798-0888 / windsorlegion@bellaliant.com

Breakfast – United Church, Aylesford 8-11am **TIX:** Free will offering for church expenses. **INFO:** 902-847-9624 / aylesfordunited.com / aylesfordunitedchurch@gmail.com

Yard Sale – St. Andrew's Church, Hantsport, 59 Main St., 8am-12pm • Rain or Shine. **INFO:** 902-684-9255

Breakfast and Yard Sale – St. James Anglican Church, Brooklyn 8am-12pm • Full breakfast from 8-10:30am for free will offering. Yard Sale from 8am-12pm. Lots of Treasures. Basket door prize draw. **TIX:** \$2 **INFO:** 902-757-0416 / tedandmarie@eastlink.ca

Pancake Breakfast – Community Centre, Woodville 8-10am • Freewill offering in support of mission to Brazil 2020 **TIX:** donation **INFO:** 902-681-6379 / pastorkarend@eastlink.ca

Re-Connecting with Nature Workshop – DeWolfe House, Wolfville 9am-5pm • The A hands-on day of adventure to improve your ability to lead and share an appreciation and understanding of nature with children and youth. **TIX:** \$51 member, \$60 non-member, \$30 parents/volunteers/students. Register @ hikenovascotia.ca **INFO:** info@hikenovascotia.ca

BBQ Fundraiser for Chrysalis House – Meadowbrook Farm Meat Market, Somerset 10am-2pm • Hosted by Bishop & Company Chartered Professional Accountants to help raise funds for Chrysalis House. **TIX:** Jimmie Dogs \$2, Sausage \$3, pop/water \$1 **INFO:** 902-542-7665 / hgamble@bcica.ca

Michelin Junior Bike – Former Municipality Airport Property, Waterville NS 10am-12pm • All participants receive a free bicycle helmet, have the opportunity to have their bicycles safety inspected, and have a chance to win one of two gift cards for a new bike! **TIX:** no charge **INFO:** juniorbike.annapolisvalley@michelin.com

Tangled Garden's Vintage Fair – Tangled Garden, 11827 Hwy 1, exit 10 Wolfville, 10am-5pm • Food, live music, vintage & plant/garden vendors, tea readings. Rain or shine! **TIX:** \$5 admission **INFO:** tangledgardenweddings@gmail.com for more info or to be a vendor

Canoe/Kayak Free Trial & Open House – Pisiquick Canoe Club, Windsor, NS 11am-2pm • Try the sport of canoe/kayak for free! Pisiquick Canoe Club offers sprint canoe and kayak programs for ages 5+ in the form of summer camps, evening adult programs, and year-round training. **TIX:** no charge **INFO:** 902-830-9047 / headcoach@pisiquickcanoecub.ca

Spring Pop-Up Market – Barrelling Tide Distillery, Port Williams 12-4pm • The first Port Williams Spring Pop-Up Market featuring local vendors, fresh produce, live music, free face painting and more, all under the stunning Giant Kata Tipis. **TIX:** no charge **INFO:** 902-818-0145 / hello@kohkosevents.ca

UCA2019 Opening – Willow Park, Wolfville 1-4pm • Uncommon Common Art invites you to a unique art opening in three parts. Create a 3-part silk screened image on a white t-shirt (please bring one). Part one is at Willow Park by Jane Whitten's art installation, "Knitting our Roots" (1-2pm). Part two is at Ray Mackie's "Dancing in the Dark" at Waterfront Park, Wolfville (2-3pm). Part three is at Gerald Beaulieu's installation of "Crown" in Clock Park, Wolfville (3-4pm) **INFO:** uncommoncommonart@gmail.com

Grand Opening – The LumberYard Axe Throwing, Greenwood 2pm-12am • The LumberYard Axe Throwing will be joined by the 89.3 K-Rock community cruiser to contribute proceeds to Children's Wish! Chainsaw Carvings, Axe Throwing, Live Music, Local Craft Beer, Wine & Cider. **TIX:** donation **INFO:** 902-804-6601 / lumberyardaxe@gmail.com / lumberyardaxe.ca

Afternoon High Tea – Orchard Valley United Church, New Minas 2-4pm • We are bringing out the silver, the fine china cups and will have beautiful June flowers to add beauty to the room. **TIX:** \$8. Tickets can be purchased from the office. **INFO:** sylviajacquard@gnsps.ca / 902-681-0366 ext 1

Healing Turtle Island – Box of Delights Bookshop, Wolfville 3-4pm • Fundraiser Raffle & Sharing of Passages from Indigenous Books. Reading as learning is one of the calls to action from the newly released MMIWG report. **INFO:** boxofdelightsbooks.com

Euchre Card Game – Royal Canadian Legion, Wolfville 3pm. Also June 22 • If you don't know how to play, we will teach you! **TIX:** no charge **INFO:** 902-542-5869 / wolfvillelegion@gmail.com

Fish Supper and Jam Session – Fire Hall, Summerville 4-6pm • Enjoy grilled haddock dinner or fish and chips while listening to some local talent. **TIX:** \$8-\$12 **INFO:** 902-633-2680

Chicken Barbecue – Community Hall, Scott's Bay 5-6pm • Half BBQ chicken, baked potato, coleslaw and roll. **TIX:** \$12 per dinner **INFO:** 902-582-7489 / jerryhuntley@gmail.com

Shirley Jackson & Jef Wirchenko – Winegrunt Wine Bar, Windsor 7-10pm • Shirley Jackson (guitar, sax, vocals) & Jef Wirchenko (bass, vocals) perform blues/jazzy tunes. **TIX:** no charge **INFO:** 902-472-2863 / info@winegrunt.com

Kitchen Party with Big Turnips – Blomidon Estate Winery, Canning 7-10pm • Hosted by the Kim Barlow Band, featuring Dylan Jewers & Big Turnips, from Dartmouth playing traditional and original east coast music. **TIX:** \$10 adults, kids are free. **INFO:** kimbarlow77@gmail.com

Speakeasy Open Mic. Jams – Community Hall, West Brooklyn 7-10pm • Bands and Open Mic. Jams. Cocktails and Snacks. Licensed Bar. Age 19+ **TIX:** \$5 **INFO:** 902-542-7007

Theatre Beyond Classrooms – Mermaid Imperial Performing Arts Centre, Windsor 7:30pm • Featuring performances by: Roland Smith, The Gilberts, Terra Spencer, The Basin Brothers. **TIX:** General admission by donation. No advance tickets. **INFO:** puppets@mermaidtheatre.ca

Garrett Mason with poet JG Lutes – The Union Street, Berwick 8-11pm • Garrett Mason live! W/ special guest poet J.G.Lutes. **TIX:** \$30 + tax @ The Union Street, Berwick **INFO:** 902-538-7787 / eat@theunionstreet.com

Makayla Lynn – Evergreen Theatre, Margaretsville 8-10:30pm • A fresh face on the country music scene with the vocals, songwriting ability and stage presence that many call unprecedented for her age. **TIX:** \$30 adult, \$25 military, \$15 student **INFO:** 902-825-6834 / evergreentheatre@gmail.com

Hot Dog BBQ & Bake Table Fundraiser – Home Hardware, Windsor 11-4pm • Fundraiser BBQ by Friends of Dykeland Lodge. **TIX:** no charge **INFO:** 902-633-2211 / hania@ns.sympatico.ca

SUNDAY, JUNE 16

Father's Day Breakfast and Canoeing – Milford House, South Milford 8-11am • Bring your dad to the Legendary Milford House for a hearty breakfast and the use of a canoe on the lakes surrounding the Legendary Milford House. **TIX:** \$14 + tax per person. **INFO:** 902-532-2617 / val@milfordhouse.ca

Ticket Auction – Fire Hall, Waterville 11am-2pm • Hosted by Hardwood Lake Girl Guide Camp. Draws at 2pm. No need to be present for the draws. **TIX:** Ten tickets per envelope, \$1 per envelope. **INFO:** 902-599-1833 / cskeddy@hotmail.ca

Fathers Day Supper – Forties Community Centre, 1787 Forties Road, New Ross 4:30-6pm • Roast beef dinner, coleslaw, vegetables, potatoes & gravy, dessert, coffee/tea. **TIX:** \$13 adult, \$7 children age 5-12, \$3 under 5 **INFO:** fortiescc@gmail.com

Fundy Cinema screens THE WHITE CROW – Al Whittle Theatre, 7pm • Ralph Fiennes's elegant biopic charts iconic dancer Rudolf Nureyev's famed defection from the Soviet Union to the West in 1961, despite KGB efforts to stop him. **TIX:** \$10 **INFO:** 902-542-1050

Hymn Sing – United Baptist Church, Wolfville Ridge 7-9pm • W/ special guest Rick Spinney. Fellowship and refreshment to follow. **TIX:** donation **INFO:** 902-542-3419

MONDAY, JUNE 17

SOUP – Royal Canadian Legion, Wolfville 11:30am. Also June 24 • Free SOUP lunch! All welcome. **TIX:** No charge. Donations accepted. **INFO:** wolfvillelegion@gmail.com

TUESDAY, JUNE 18

Group Walk – Royal Canadian Legion, Wolfville 8am. Also June 20, 25, 27 • Tuesday and Thursday mornings, weather permitting. **TIX:** no charge **INFO:** 902-542-5869 / wolfvillelegion@gmail.com

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

WEDNESDAY, JUNE 19

Valley Restorative Justice's Annual AGM – Fire Hall, Waterville 7pm • W/ guest speaker, Audrey Barrett – Restorative Justice Coordinator and the Restorative Initiatives Unit. Refreshments available. **TIX:** no charge **INFO:** vanessa@valleyrestorativejustice.org

Green New Deal Town Hall – Sheldon L. Fountain Learning Commons, Wolfville 7pm • A participatory session with generating ideas in small groups for a Green New Deal for Canada. How can we rapidly cut ghg emissions, create green jobs in a just transition and implement the TRC recommendations? **TIX:** no charge **INFO:** 902-585-1562 / alan.warner@acadiau.ca

THURSDAY, JUNE 20

Plein Air Art – The Lobster Pound, Halls Harbour 10am-1:30pm • The Plein Air Artists Annapolis Valley group paints on-location throughout the Annapolis Valley. **TIX:** no charge **INFO:** 902-701-8106 / edwardwedler@gmail.com

TIDE PREDICTIONS

at Cape Blomidon

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

JUNE	HIGH	LOW
13	9:59am	4:10pm
14	10:57am	5:06pm
15	•11:51am	5:59pm
16	12:43pm	6:49pm
17	1:32pm	7:18am
18	2:19pm	8:04am
19	3:05pm	8:50am
20	3:50pm	9:34am
21	4:35pm	10:17am
22	5:19pm	11:01am
23	6:05pm	11:45am
24	6:52pm	12:31pm
25	7:12am	1:19pm
26	••8:03am	2:09pm
27	8:55am	3:00pm

There are normally
two high and two low tides each day.
Only daylight tide times are listed.
• Highest High: 41.3 feet •• Lowest High: 34.1 feet

Wolfville Food Tour – *Just Us! Cafe, Wolfville* 2:30-5:30pm. Also June 27 • Led by a local guide, you'll visit up to 7 fantastic Wolfville locations where you'll be given a food sample and hear the inside scoop about Wolfville's food story. **TIX:** \$67.40 adults, \$61.65 under 18 years (minimum 1 guest, maximum 12 guests) @ Ticketpro.ca and all Valley Ticketpro outlets. **INFO:** 902-692-8546 / info@whereitsattours.com

Meet the Gang – *Royal Canadian Legion, Wolfville* 3-6pm. Also June 27 • Bar open - great prices. General public welcome. Resident guitar and keyboard can be played! **TIX:** no charge **INFO:** wolfvillelegion@gmail.com

Puppet Drop In – *Institute of Puppetry Arts, Windsor* 6-8pm • A fun night which we focus on multiple styles of puppets. Drop in Puppet class is designed for everyone, and every skill level. **TIX:** \$15 **INFO:** srobertson@mermaidtheatre.ca

Wildfood and Foraging - Tam Verlain – *The Box of Delights Bookshop, Wolfville* 6pm • Come learn how to journey into foraging, mushroom identification, native edibles, poisonous mushrooms, foraging etiquette and more. **TIX:** donation **INFO:** 902-542-9511 / boxofdelightsbooks@gmail.com

Mount Denson Cemetery AGM – *Community Hall, Mount Denson* 7pm • Annual meeting of the Cemetery. **TIX:** no charge **INFO:** 902-684-3554 / cacmusgrave@ns.sympatico.ca

EKM Health Foundation AGM – *Fire Hall, Wolfville* 7-8:15pm • The 24th Annual General Meeting of the EKM Health Foundation. Residents of Eastern Kings County are welcome and encouraged to attend. **TIX:** no charge **INFO:** 902-542-2359 / foundation-ekm@avdha.nshealth.ca

FRIDAY, JUNE 21

Building Rededication – *Acadia Divinity College, Wolfville* 2-4pm • Join us for the re-dedication of the newly refurbished College Building **TIX:** no charge **INFO:** 902-585-2217 / adinfo@acadiau.ca

Mike Aduie – *Crystany's Brasserie, Canning* 6-8pm • Mike Aduie will be playing live. **TIX:** no charge **INFO:** 902-582-3663 / crystanysbrasserie@gmail.com

Summer Kick-off – *Horton Ridge Malt & Grain House, Grand Pre* 7-11pm • Fundraiser for Wolfville School Playground and accessible van for Zachary Kalpakchiev. **TIX:** \$20 includes entry in Canada Day themed raffle.

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

Welcome Summer Beach Party – *Royal Canadian Legion, Kentville* 8:30-11pm • Come dressed in your summer best. 19 + **TIX:** \$5 at the door **INFO:** 902-678-8935

SATURDAY, JUNE 22

Yard Sale – *St. James Anglican Church, Kentville* 8am-12pm • Proceeds going to Servant's Heart Ministries. **TIX:** no charge **INFO:** servantsheartdr.org

Giant Yard Sale – *43 Woodman Rd., Wolfville* 8:30am-12pm • Great deals! Rain date: June 23. **INFO:** pabmurray@gmail.com

Flea Market – *Centre Square, Kentville* 8am-1pm • Lions Flea Market **TIX:** \$10 per table **INFO:** 902-679-2367 / vintagemusic1@hotmail.com

Multi Family Yard Sale – *45 Ben Jackson Rd., Hantsport* 8am-2pm • Indoor warehouse yard sale. Rain or shine. Tools, antiques, many items. Spaces available. **INFO:** Tom, 902-798-7358

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

Yard Sale – *Baptist Church, Avonport* 9am-1pm • Rain or Shine. **TIX:** no charge **INFO:** avonportbaptistchurch00@hotmail.com

Yard Sale – *RCAFA, 904 Central Ave., Greenwood* 9am-1pm • \$10 RCAFA will be having a yard sale. Donations greatly appreciated. **INFO:** wolf.aucoin@hotmail.com

Walk the Walk for Autism – *Credit Union Centre, Kingston* 9:30am-1pm • Form a team, collect pledges, be a part of this great event! All funds raised support programs for children, youth, and adults with autism in our community. **TIX:** no charge **INFO:** 902-242-2019 / AnnapolisValley@autismns.ca / walkthewalkforautism.ca/kingston

Diamond Lake Watercolour Class – *Stony Bay Studio, Margaretsville* 10am-4pm • 1-day watercolour workshop suitable for advanced beginner to experienced. Learn to show autumn sunlight sparkling on lake ripples and mountains in the distance. Class Size limited to 8. **TIX:** \$60 + hst **INFO:** 902-824-1926 / aprille.janes@gmail.com

Solstice Market – *Newport Landing Waterfront Park, Avondale* 10am-4pm. Also Sunday, June 23 • Part of the Full Circle Festival, the Solstice Market features a variety of NS makers and food vendors. Pancake breakfast fundraiser and public concert at the lighthouse. **TIX:** no charge **INFO:** 902-757-1718 / infoavonriver@gmail.com

National Dog Party Day Celebration – *Feeds 'n' Needs, Port Williams* 11am-3pm • The Feeds'n Needs Port Williams Store hopes to bring all dog and animal lovers together for some start of summer fun and to celebrate our pets. We have partnered up with Kings SPCA and are hoping to collect donations and proceeds to help out animals in need in our region. Lots of vendors, from groomers to pet bandanas! **TIX:** no charge **INFO:** emily.ernest@trouwnutrition.com

Fun Day and Yard Sale – *Baptist Church, Billtown* 11am-4pm • "Family Fun Day" to celebrate the end of another school year, and to welcome in the summer. Yard Sale, BBQ, Free Carnival Games, Animals, Cotton Candy, Prizes and more. **TIX:** no charge **INFO:** billtownbaptist.com / 902-678-2496

Ox Pull Fundraiser – *Hants County Exhibition, Windsor* 12pm • Ox-pull/ fundraiser with proceeds for 2 year old Charlie Redden in her battle with cancer. Weigh-ins for the teams: 9:30-11:30am. Pulls begin near noon. **TIX:** free will offering **INFO:** 902-497-5738 / robwilbur5@gmail.com

Public Presentation: Myrtle White – *West Hants Historical Society Museum, 281 King Street Windsor, 2pm* • Myrtle White daughter of Cyril Parks will be sharing stories of the Engineer and Film Maker from Noel. Mr. Parks filmed many places throughout Hants County and produced the Film "Hants County Beautiful" **TIX:** free admission, donations welcome **INFO:** 902-798-4706 / whhs@ns.aliantzinc.ca

Community Camp Out – *Oakdene Park, Kentville* 2pm • Free activities and workshops for all ages, from setting up the perfect tarp shelter, to building a campfire, fireside music to morning yoga. We will have staff and volunteers on-site to help you learn about and enjoy the camping experience. Registration is required. Gear is available to book at registration if you need a tent, sleeping pad, or sleeping bag for this event. **TIX:** no charge **INFO:** 902-679-2539 / recreation@kentville.ca

International Potluck – *Lions Hall, Coldbrook* 5:30pm • International Potluck Dinner and welcome newcomers to our area. The only cost to you is to bring a dish of your favorite food to share. **TIX:** no charge **INFO:** 902-679-7592 / vpetrie@peopleworx.ca

Gospel Group: Make Mine Country – *Aylesford United Church, Aylesford* 7-9pm • Light refreshments. **TIX:** no charge **INFO:** tsskinner@eastlink.ca

The Matt Murley 4 – *Winegrunt Wine Bar, Windsor* 7-10pm • Some of the coolest music around! **TIX:** no charge **INFO:** 902-472-2863 / info@winegrunt.com

Kitchen Party with Chris Robison – *ArtCan Gallery & Cafe, Canning* 7-10pm • Featuring Canning's own Chris Robison, a great and unique songwriter with a lot of wit and charm. **TIX:** \$10 at the door, kids are free **INFO:** kimbarlow77@gmail.com

Addison Locke – *Christian Reform Church, Kentville* 7-9:30pm • A lovely evening of music w/ singer songwriter Addison Locke. Opening acts: Ruth Manning and Ryan Roberts. Proceeds for Open Arms Resource Center and Inn From The Cold Shelter Program. **TIX:** \$12 advanced, \$10 students/seniors, \$15 at the door. Contact for tickets. **INFO:** Open Arms, 902-679-1920 / Irene, 902-670-1421

Raine Hamilton and Abigail Lapell – *Evergreen Theatre, Margaretsville* 8pm • Double Bill! Raine's ethereal voice and lyrics are at the forefront of powerful and relatable tunes, written both in English and in French. Abigail Lapell is a Toronto folk noir songwriter drawing from roots, indie and punk rock traditions. **TIX:** \$30 general, \$25 military, \$15 student **INFO:** evergreentheatre.ca

SUNDAY, JUNE 23

Walk for Dog Guides – *Lions Club, Wolfville* 9:30-11:30am • Wolfville residents have the opportunity to help Canadians with medical or physical disabilities obtain Dog Guides at cost by participating in the Pet Valu Walk for Dog Guides this summer. **TIX:** no charge **INFO:** wolfvillelionsclub@hotmail.com

Holistic Event – *Morristown Community Centre, 10 Prospect Rd., Berwick* 10am-3pm • Hosted by Enlighten Holistic Events Join us for a day of enlightenment!. 20+ vendors, 50/50 draw, ticket auction. **TIX:** \$1 admission, children 12 and under are free **INFO:** shanda_nielle@icloud.com

Hammer In – *Macdonald Museum, Middleton* 12-4pm • Watch artisans demonstrate their forging skills. Torbrook Mines display inside the Museum. Cash BBQ and cold drinks. **TIX:** no charge **INFO:** 902-825-6116 / contact@macdonaldmuseum.ca

To the Moon and Back – *ARTSPLACE Gallery, Annapolis Royal* 1-3pm • A special project created by the Annapolis Region Community Arts Council (ARCAC) to commemorate the 50th anniversary of the Apollo 11 landing on the moon. **TIX:** no charge **INFO:** 902-532-7069 / arcac@ns.aliantzinc.ca

Plein Air Art – *The Lobster Pound, Halls Harbour* 1-4:30pm • The Plein Air Artists Annapolis Valley group paint on-location throughout the Annapolis Valley. **TIX:** no charge **INFO:** 902-701-8106 / edwardwedler@gmail.com

Saeed Celebrates Harp and Soul – *Sea-Esta, Canning (Delhaven)* 2-4:30pm • Saeed Foroughi and the Music of "Turlough O'Carolan" **TIX:** \$20 **INFO:** 902-692-1662 / soundconnectiontherapy@gmail.com

Fundy Cinema screens UNGA ASTRID (BECOMING ASTRID) – *Al Whittle Theatre, 7pm* • Danish director Pernille Fischer Christensen's biographical drama relates how a young Astrid Lindgren broke free from the expectations of her time and religious upbringing to become one of the most beloved children's authors of all time. **TIX:** \$10 **INFO:** 902-542-1050

Enlighten Holistic Expo – *Community Hall, Morristown, Berwick* 10-3pm • Come out for a day of enlightenment at our Enlightened Holistic Expo at the Morristown Community Centre on June 23 2019 10-3. We have a lot of great vendors as well as a 50/50 draw and a ticket auction! \$1 admission children 12 and under are free! **TIX:** \$1 admission children 12 and under are free! **INFO:** shanda_nielle@icloud.com

WEDNESDAY, JUNE 26

Bach and Vivaldi – *St. George & St. Andrew United Church, Annapolis Royal* 7-9pm • Musique Royale presents harpsichordist Hank Knox and violinist Mark Fewer in concert. **TIX:** \$20 in advance, \$25 at the door, \$10 students at the door **INFO:** 902-665-4520 / musiqueroyale.com

THURSDAY, JUNE 27

Plein Air Art – *Burnbrae Farm & Paradise Inn, Paradise* 10am-1:30pm • The Plein Air Artists Annapolis Valley group meets to paint on-location throughout the Annapolis Valley. **TIX:** no charge **INFO:** 902-701-8106 / edwardwedler@gmail.com

Firefly Sessions, Daytime Wellness – *Harriet Irving Botanical Gardens, Wolfville* 12-1pm • Get outside, meet around the bonfire, and connect with others and the natural world. Daytime Firefly Sessions will explore a new avenue of wellness each week. **TIX:** no charge **INFO:** 902-585-1916 / botanicalgardens@acadiau.ca

Strawberry Supper – *St. Andrew's Church, Hantsport, 59 Main St., 4:30-6pm* • **TIX:** \$14, Take Out Available: **INFO:** 902-684-9529

Vinyl Sticker Workshop w/ Izzy Francolini – *The Box of Delights Bookshop, Wolfville* 6pm • Participants will create their own designs and, through cutting and collage, recreate them in adhesive vinyl. All skill levels. Supplies provided. **TIX:** donation **INFO:** 902-542-9511 / boxofdelightsbooks@gmail.com

Bach and Vivaldi – *St. John's Anglican Church, Port Williams* 7-9pm • Musique Royale presents harpsichordist Hank Knox and violinist Mark Fewer in concert. **TIX:** \$20 in advance, \$25 at the door, \$10 students at the door **INFO:** 902-665-4520 / musiqueroyale.com

LIVE THEATRE

Valley Ghost Walks – *Clock Park, Wolfville, June 13, 7:30pm / Main Street Station, Kentville, June 20, 7:30pm / Clock Park, Wolfville, June 27, 7:30pm* • Join Jerome the Gravekeeper as he introduces you to his ghostly friends in these family-friendly historical productions! **TIX:** \$20 adults, \$16 students/seniors (includes HST & fees). Available via Ticketpro.ca & cash-only before walk. **INFO:** 902-692-8546 / valleyghostwalks.com / Facebook: Valley Ghost Walks

"The British are Coming" Cabaret – *Berwick United Church, 240 Commercial St., Berwick, June 14, 15, 6:45pm* • Written and directed by Pam Lutz. **TIX:** Pre-sold tickets only! (Call 902-538-9594) **INFO:** lrwb1968@ns.sympatico.ca

King's Shorts - Festival of 10-Minute Plays – *Kings Theatre, Annapolis Royal, June 14, 15, 7:30pm, June 16, 2pm* • Join us for the 13th Annual Festival of Ten-Minute Plays! Always a sold-out favourite, get your tickets early for the best seats in the house. Reserved seating. Doors open 45 minutes before the show. **TIX:** Advance: \$15, Door: \$17. Tickets online, by phone, at the Theatre, and at the door. **INFO:** 902-532-7704 / mk@kingstheatre.ca

The Odd Couple – *CentreStage Theatre, Kentville, June 14, 15, 21, 22, 7:30pm, June 16, 2pm* • The timeless classic by Neil Simon. **TIX:** \$15 general, \$12 students/seniors, \$5 children 12 and under. Cash or cheque only. Reservations recommended. **INFO:** 902-678-8040 / centrestage@centrestagetheatre.ca

Coriolanus by William Shakespeare – *Al Whittle Theatre, Wolfville, June 21, 7pm* • The rise and fall of a legendary general who must face off against the angry Roman mob, brought into the present by Canada's famously experimental director, Robert Lepage. **TIX:** \$15 at the door **INFO:** ntlive@justuscoffee.com

Broken Leg Theatre - Over the Moon – *Al Whittle Theatre, Wolfville, June 22, 7pm* • Amazing theatre, music, comedy, and dance! A fabulously fun family-friendly frolic! **TIX:** \$10 by email or at the door. **INFO:** donnaholmes712@gmail.com

Who I Want to Be – *CentreStage Theatre, Kentville, June 28, 29, 7:30pm, June 29, 2pm* • A new one-woman dramatic comedy written and performed by Colleen Naomi Hagen. Age 15+. **TIX:** Seniors \$12, Adults \$15. Call for reservations. **INFO:** 902-678-8040

EXHIBITS

Jeff Carter – *Charles Macdonald Concrete House, 19 Saxon St., Centreville. Through July 21* • Scots Bay artist, Jeff Carter, writes, paints, and creates mosaics. Hours: Tues-Sun, 10am-5pm. **INFO:** 902-678-3177 / info@concretehouse.ca

The Long Spring – *Hardware Gallery, 36 Cornwallis St., Kentville. June 14-July 10* • Paintings by Wayne Boucher. In the artist's words: "My work deals with the luminosity of light and the radiance of colour in counterpoint with elemental schemata that transcends surface and meaning." Hours: Tues-Fri, 11am-5pm, Sat 11am-2pm. **TIX:** no charge **INFO:** info@hardwaregallery.ca

Still/life with Ian McKinnon – *ARTSPLACE Gallery, Annapolis Royal. Through June 16* • Join us for the opening of still/life, an exhibition of drawings by Halifax-based artist, Ian McKinnon as well as Elemental, Jeannie Allen, and Making our Mark by members of Elephant Grass Print Collective. **TIX:** no charge **INFO:** 902-532-7069 / arcac@ns.aliantzinc.ca

Affordable Originals Art Show – *Jack's Gallery, Wolfville (Just Us!), Through June 16* • Featuring the work of 12 artists with more than 20 paintings for sale. Featured artists include: Pat Brown, Anne Clattenburg, Bette Cussons, Gail Davies, Gail Isenor, Jean Leung, Pat Maclean, Carolyn Mallory, Suzanne Patry, Barbara Robertson, Joan Taylor, and Ellen Trefry. **INFO:** jean_leung@hotmail.com

"Expressions of Nature: Quilts by the Town & Country Quilters' Guild" – *Kings County Museum, 37 Cornwallis St., Kentville. Through August* • Works by the Town & Country Quilters' Guild, which reflect themes of nature including florals and the bright bursting colour range of an Annapolis Valley spring and summer. **INFO:** kingscountymuseum.ca / facebook.com/kingscountymuseum

Peter Martocchio – *Memorial Library, Wolfville. Through June* • Come see the work of Peter Martocchio, the featured artist for June @ the library. **INFO:** 902-542-5760

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.

WHAT'S HAPPENING

JUNE 13 – JUNE 27, 2019

@ THE LIBRARY

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

THURSDAY, JUNE 13

The Hangout – Library, Kentville 6–7:30pm. Also June 20 & 27 • Hang out w/ friends, play x-box games, board games, enjoy snacks. Every week. Ages 12–17. **INFO:** 902-679-2544

FRIDAY, JUNE 14

Fibre Ops – Library, Windsor 10am–12pm. Also June 21 • For knitters, hookers, crocheters, weavers and spinners. Bring your own project. **INFO:** 902-798-5424

Movin' and Groovin' – Library, Kentville 10:30–11:30am • Music and movement w/ Lindsay from Between the Mountains Music Therapy. Ages 0–5 w/ caretaker. Please register. **INFO:** 902-679-2544

After-school LEGO Robotics – Rosa M. Harvey Middleton & Area Library, Middleton 3:30–5pm • Work in teams to build your robot and then do some programming, if time allows. No experience required. For ages 10+. Pre registration is required. **INFO:** 902-825-4835

SUNDAY, JUNE 16

Nova Swing Band – Memorial Library, Wolfville 2–3pm • Sixteen local musicians celebrating the big band era will be playing the time-honoured standards of the golden age of music. Weather permitting, the performance will be outside on our patio! **INFO:** 902-542-5760

TUESDAY, JUNE 18

Grandparent Group – Berwick and District Library, Berwick 10am–12pm • If you are a grandparent 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

After-school Kids' Tech – Dr. Frank W. Morse Memorial Library, Lawrencetown 3–4pm • This week: Makey, Makey kits, Squishy Circuits and a Spin Bot. Ages 7–12. Pre registration is required. **INFO:** 902-584-3044

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 w/ an adult). **INFO:** 902-684-0103

Dot Art – Library, Kentville 6:30–8pm • Learn about colour theory, the meditative benefits of dotting, and make your own Dot Mandala art to take home. All materials provided, no experience needed. For adults, ages 18+. Please register. **INFO:** 902-679-2544

WEDNESDAY, JUNE 19

Coffee Klatch – Isabel & Roy Jodrey Memorial Library, Hantsport 10:30–11:30am. Also June 26 • A casual social gathering for coffee and conversation. Sponsored by the Friends of the Hantsport Public Library **INFO:** 902-684-0103

Tiny Tales – Library, Kentville 11–11:30am. Also June 26 • Enjoy rhymes, songs and books with other children and parents or caretakers. Best for ages 2–5. **INFO:** 902-679-2544

After-school Kids' Tech – Rosa M. Harvey Middleton & Area Library, Middleton 3:30–4:30pm • This week's: Makey, Makey kits, Squishy Circuits and a Spin Bot. For ages 7–12, Pre-registration is required. **INFO:** 902-825-4835

Avon Region Photography Club – Library, Windsor 6–8pm • Discuss, share and learn about photography techniques and processes. **INFO:** 902-798-5424

AGM & Tiny Stories Writing Contest Finale – Isabel & Roy Jodrey Memorial Library, Hantsport 7–8pm • Join us for the presentation and readings of the 2019 FHPL's Tiny Stories Writing Contest winners! Afterwards stay for the Friends of the Hantsport Public Library's AGM. **INFO:** 902-684-0103 / thefhpl@gmail.com

THURSDAY, JUNE 20

How to Manage Stress Naturally – Library, Windsor 12–1pm • Lunch & Learn: "How to Manage Stress Naturally" w/ Dr. Adrienne Wood, Naturopath. Registration is required. **INFO:** 902-798-5424

Third Thursday Social – Library, Windsor 2–4pm • Easy listening entertainment provided by local musicians while you relax. Coffee/tea & light refreshments. **INFO:** 902-798-5424

Butterfly Days – Rosa M. Harvey Middleton & Area Library, Middleton 3–4pm • Come to our welcome summer party for stories, dancing and a craft. Ages 5–11 years. **INFO:** 902-825-4835

FRIDAY, JUNE 21

Kidz Book Club: Meet the Author – Berwick and District Library, Berwick 6:30–7:30pm • Meet author Wade Albert White. Come dressed as your favourite adventurer. The Adventurer's Guide to Treasure (and how to steal it), The Adventurer's Guide to Dragons (and why they keep biting me), The Adventurer's Guide to Successful Escapes. **INFO:** 902-538-8060

SATURDAY, JUNE 22

Summer Reading Kick-off – Library, Kingston 10am–1pm • Summer Reading Club for children/teens ages 0–16. Sign up at the library and have some cotton candy too. **INFO:** 902-765-3631

The Chicken Coop Storytime – Isabel & Roy Jodrey Memorial Library, Hantsport 10:30am–12pm • Louise, the Adventures of a Chicken by Kate Dicamillo! Hear the story, make a chicken craft, and be ready to strut your stuff in the "Chicken Dance"! For ages 6–8. Please register. **INFO:** 902-684-0103

Basic Bike Maintenance – Memorial Library, Wolfville 10:30–11:30am • Colin Banks from Banks Bikes will teach basic bike maintenance skills. All ages welcome. Rain or shine! **INFO:** 902-542-5760

TUESDAY, JUNE 25

After-school Kids' Tech – Dr. Frank W. Morse Memorial Library, Lawrencetown 3–4pm • This week: LEGO Challenge: each participant will have a variety of LEGO in a brown bag. Can you use all the pieces? Ages 7–12. Pre registration is required. **INFO:** 902-584-3044

WEDNESDAY, JUNE 26

After-school Kids' Tech – Rosa M. Harvey Middleton & Area Library, Middleton 3:30–4:30pm • This week's: LEGO Challenge: each participant will have a variety of LEGO in a brown bag. Can you use all the pieces? For ages 7–12, Pre-registration is required. **INFO:** 902-825-4835

THURSDAY, JUNE 27

Spring Art Series – Library, Kingston 6:30–8pm • 'Faux Suede' painting on canvas. An adult art program presented by '7Arts'. Registration is required. **INFO:** 902-765-3631

THE DOME CHRONICLES

Gary Leeson



In 1972, a boxcar from Toronto containing a menagerie of farm animals and an eager young couple pulled into the station platform in Kingston, Nova Scotia. They were bound for a deserted hundred-acre farm on the South Mountain, determined to preserve the foundations of farmsteads past while constructing a geodesic dome. They were pioneers of the future, armed with respect for tradition and an irrepensible sense of humour. They didn't call themselves farmers. They were back-to-the-landers. Farming was industry and their calling was sustainability. Over the next forty years, through flood and fire, triumph and catastrophe, they persevered, unwittingly sowing the seeds for the modern small-farm movement.

Percy's Pickup

Eric George and his wife, Rosena, live in Greenwood in a house conveniently located beside Eric's workshop. Eric is a jack of all trades and has been the go-to guy for any problem mechanical for as long as I can remember. Welding and metal fabrication have been his main claim to fame over the years but it doesn't end there. The saying goes: "If Eric can't fix it, it can't be fixed."

Over the years I have shown up at his shop with a host of problems and have always come away with something repaired, altered, or at least explained. Recently I drove into his yard and confronted him with a problem that several so-called high-tech business fellows were unable to help me with. After a quick assessment, Eric took the tiny component that was part of my disabled backhoe hydraulic system and had it in a bench vise performing his magic. When he finished refurbishing the damaged part, something accomplished in a matter of minutes, he moved over to the other side of the shop where an old pickup truck was parked.

Placing his hand on the dusty hood, he turned to me and said, "Do you know whose truck this was?"

I did not, so he proceeded to enlighten me.

"This truck was purchased brand new by Percy Graves in 1948."

I had known Percy Graves. He was a clever, well-liked old guy who had lived not far from our place. A beautiful well cared for birch grove that greeted you when you arrived at his neat little farm spoke to his sensitivity, and since he was known for his sense of humour, I'm sure he wouldn't have minded me paraphrasing the story that Eric shared with me that day.

Eric went on to tell me, "When the air base at Greenwood was built, things in the Valley began to change." All around him, Percy Graves was seeing his neighbours forsaking their oxen and horses for tractors and motor vehicles. Percy was one of the last holdouts, but by 1948 he got tired of his neighbours zooming by his horse and buggy in their fancy cars and trucks and decided to leap into the twentieth century and buy himself a new pickup.

Somehow he got down to Middleton to buy his shiny new 1948 International KB1 pickup from the Reagh Brothers dealership. Maybe his horse and buggy served as a trade-in. In any event Percy found himself in faraway Middleton in possession of a vehicle that he had no idea how to drive.

The salesman at the dealership explained how to start the rig and how the clutch and gearshift worked. He then pointed in the direction of Kingston further down the Valley and waved goodbye as he sent Percy sputtering off. Word has it that he passed through Kingston hell bent and nonstop and finally

came to a halt several miles down the road in Aylesford. It's known that he gassed up in Aylesford before attempting to make it up the mountain and over to Punch Hill for the final ascent to his property. It was on that final ascent that disaster struck. The necessity of gearing up or down was not a concept that Percy had yet to come terms with. Halfway up the steep hill the truck lost power and started rolling backwards. Mistaking the brake pedal for the clutch just enhanced his rapid decent.

It's not known how helpful neighbours got the truck out of the deep ditch where it had come to a halt at the base of the hill. It would have been painfully ironic if a team of horses or oxen had been necessary to extract it. It seems that at this point Percy got some more rudimentary instructions from someone who happened by and was familiar with the operation of his newfangled machine because once again Percy got behind the wheel and roared his way back up Punch Hill toward the entrance to his farm. The sharp turn toward his home was the first complicated manoeuvre Percy had tried and he was so excited he forgot to release the steering wheel to straighten out again and unfortunately the truck continued in its arch until it crashed to a bone shaking halt against a stone wall. The new truck was badly damaged front and back but as Percy might have put it, "It didn't hurt the runnin' of her none."

Percy eventually mastered the operation of his truck and used it, and other motor vehicles, for many years. He even became a snowmobile enthusiast in his later years.

The old truck had passed through several hands before Eric rescued its remains in 1972, when what was left of it sat rusting on a refuse pile up on the mountain. There was no motor and no sign of the truck's box. Later Eric found a motor he could rebuild and was making plans to fabricate a new box when he got word that there might be a suitable damaged replacement in a dump some distance away. On arrival at the site he found the box he'd heard about shoved into a pile of scrap waiting to be shipped off for salvage. When he brushed away the dirt and grease from the license plate on its bumper, he was astounded. It matched the plate on the front of the old truck. He had found the original box!

It took years for Eric to fully restore the truck to its former glory, even correcting the old damage Percy had inflicted on it twenty-four years earlier but the result was worth the effort. I'm sure that if old Percy had looked down from a place much higher than his old mountain home he would have been smiling as he watched Eric and Rosena travelling the roads and competing in antique vehicle shows with his once hard-won proud possession.

Photos: Percy Graves; The truck restored by Eric George in 1975



SUMMER KICK-OFF PARTY

A fundraiser for the Wolfville School Playground and an Accessible Van for Zachary Kalpakchiev

HORTON RIDGE MALT HOUSE

FRIDAY JUNE 21, 7~11 PM

\$20 ticket includes entry in our Canada Day raffle. Win chicken from Eden Valley, Fireworks, Pies from Evangeline Inn, local craft beer, and more!

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WHAT'S GROWING AT THE HARRIET IRVING BOTANICAL GARDENS – OUTDOOR SANCTUARY

Melanie Priesnitz, Conservation Horticulturist



Getting outside is not hard to do. You need no special equipment nor fancy clothes. You need only the desire and determination to make it so. As I sit at my desk writing these words to inspire others to get outside, a solitary bee is madly buzzing around me. He's flying directly into my office window with monomaniacal determination as he looks through the glass to where he wants to be. As a former office worker, I often felt much like this little bee, like I needed to get outside as if my life depended on it. My mental and physical health have improved immensely since I decided 20 years ago to quit my office job and spend my days digging in the earth. If I spend too long inside now, I start to feel again like my friend the ensnared bee, like I need desperately to break free.

Spending time in nature is often thought of as an escape, and it can certainly be. It's easy to lose track of your troubles and simply listen to the water as you follow a stream. Or ride your bike hard up a hill and think of nothing else other than getting to the top. There are so many ways to get outside and experience all that the natural world has to offer. Making it a priority to get outside, whether it's in your work or leisure time, is a simple and powerful way to improve your quality of life.

The job that brought me outside two decades ago is the one that I am in today as a gardener at the Botanical Gardens at Acadia. The six acres that I help tend are special and unique

and are a great resource for encouraging others to enjoy the world beyond walls and doors. The Gardens were designed to be accessible to all. We have gravel pathways and patios that can be navigated by strollers and wheelchairs. Our small oasis is right on campus in the middle of town, so you don't need a car to connect with the natural world here.

If you take the time to walk our trails you can wander through nine different habitats of the Acadian Forest Region. We have representations of coniferous, deciduous, and mixed forests, sandbarrens, a coastal headland, and a bog. You can stop and watch ducks land on our marsh, search for our resident turtle, listen to the wood frogs croak and to the songs of a myriad of birds. These mini ecosystems are filled with the appropriate soils and native plants for each of the habitats. During construction we brought in rotten logs, rocks covered in moss, and old stumps to feed the forest, create habitat for wildlife, and as much as possible, create the feeling of being in a natural system.

Many visitors who come through our gates today don't realize that twenty years ago there were houses on the property that we relocated so we could plant trees. You can now walk through our pathways and feel as though you're walking in the woods. One of my first jobs when I started here was to help line the marsh and stream with clay. A little later that season we added two pumps to circulate the



water and the very next summer two painted turtles started to call the place home. Each year when I hear the spring peepers calling at dusk in the pond that I helped to create, I feel deep gratitude that our small six-acre garden is home to so many living creatures and a sanctuary for many others.

You can't hear the frogs sing or smell the forest after a fresh rain if you sit at your desk all day, so I encourage you, no matter how busy life may seem, to take a few minutes out of each day to get outside and soak up some of the nourishment so easily available in the great outdoors. The Harriet Irving Botanical Gardens are open daily and free to the public. We see more tourists from afar than locals, and I hope one day that may change. I invite you to use the Gardens as your outdoor sanctuary, an easy escape if you're working at a desk nearby.

Turtle photo credit: Emily Wilson, Summer Gardener.



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CANADIAN TIRE JUMPSTART CHARITIES AWARDS S.M.I.L.E PROGRAM WITH \$500,000 GRANT

Submitted

In celebration of National AccessAbility Week, Canadian Tire Jumpstart Charities is proud to announce the S.M.I.L.E (Sensory Motor Instructional Leadership Experience) Program as a 2019 Jumpstart Accessibility Grant recipient. A national charity, Jumpstart helps kids overcome financial and accessibility barriers to sport and recreation in an effort to provide inclusive play for kids of all abilities.

S.M.I.L.E is an innovative, volunteer-driven adapted physical activity program delivered to children, youth, and adults with developmental, cognitive, physical, and/or sensory disabilities. The goal of S.M.I.L.E is to improve participants' total development and promote lifelong physical activity participation through physical literacy.

"Being able to enhance accessibility to the S.M.I.L.E. program at Acadia University will make a meaningful and lasting impact on our participants, student volunteers, and the surrounding community," said Dr. Roxanne Seaman, Director, S.M.I.L.E. Program. "The Accessibility Grant from Canadian Tire Jumpstart Charities is an investment in inclusion. We are incredibly grateful for that support."

The program will receive \$500,000 over two years to enhance their program quality and capacity through the expansion of their Snoezelen Room: a multi-sensory environment that helps reduce agitation and anxiety and engage users by stimulating reactions and communication. The funds will also support the installation of an accessible washroom, elevator, and wheelchair ramps.

The proposed infrastructure innovation enhancements will serve kids of all abilities, especially those with cognitive and developmental disabilities. A program that is free for all users, it attracts participants from across the province of Nova Scotia.

"We are pleased to award the S.M.I.L.E program with a Jumpstart Accessibility Grant," said Scott Fraser, President, Canadian Tire Jumpstart Charities. "Like Jumpstart, S.M.I.L.E is committed to removing the financial and accessibility barriers to physical activity, and we are proud that together, we can help more kids in Nova Scotia experience the benefits of this unique program."



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"By failing to prepare, you are preparing to fail" (Benjamin Franklin)



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