

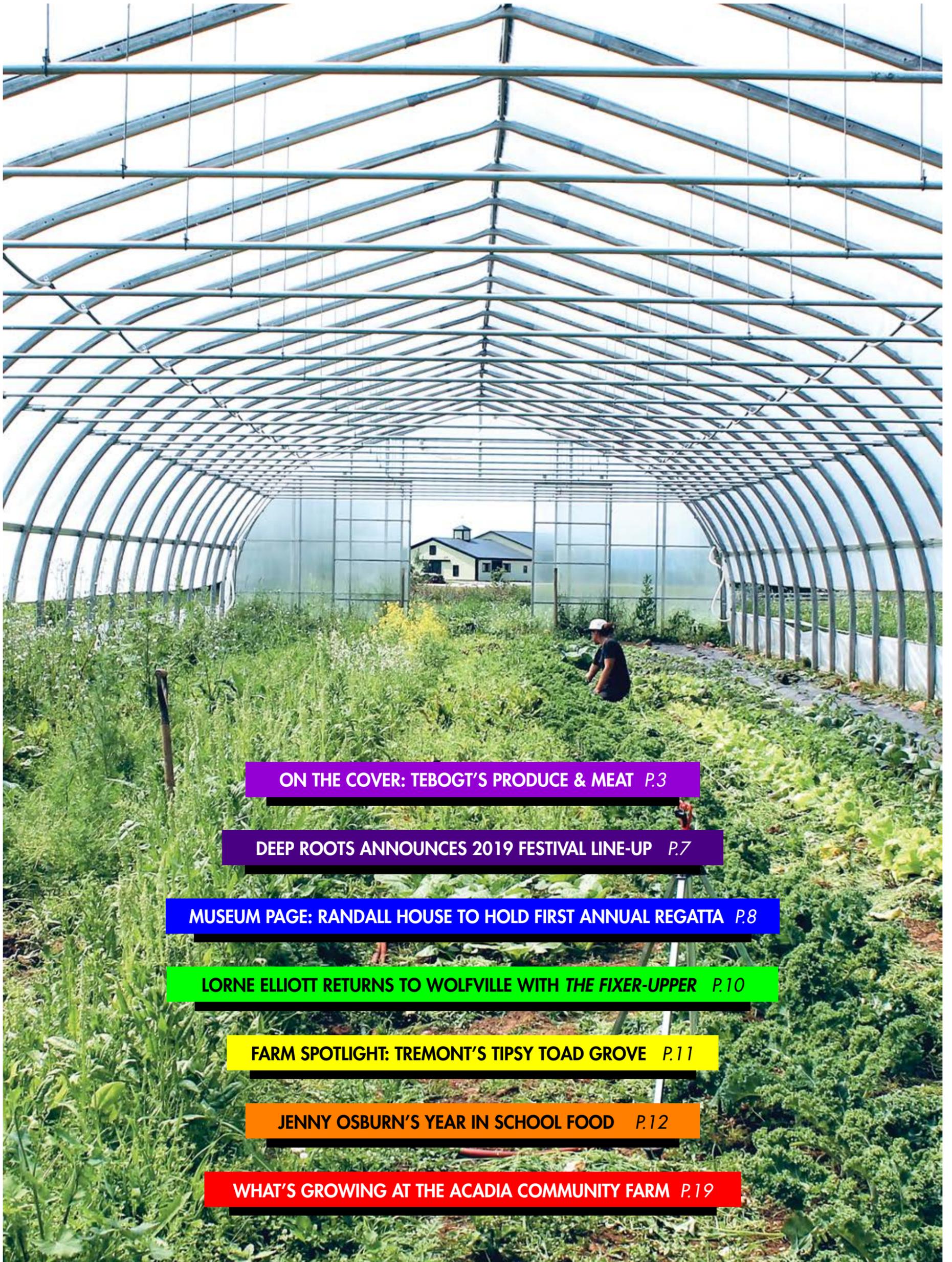
THE GRAPEVINE

ARTS
CULTURE
COMMUNITY

July 11 - 24, 2019

Issue No. 16.12

5500 copies



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BBQ communautaire, musique, danses, contes et dialogue



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WHO'S WHO: BRAD FARQUHAR – MAN WITHOUT LIMITS

Mike Butler

Brad Farquhar is an inspiration! There's just no other word that comes to my mind after meeting and chatting with him. There were moments during our conversation where I couldn't blink and my mouth just hung open I was so in awe of his story and his accomplishments. Brad has gone above and beyond both physically and mentally and he's showing no signs of stopping. Take a minute and be inspired. Let me introduce you to the one and only Brad Farquhar!

Born and raised in Brooklyn Nova Scotia, Brad had a great childhood building treehouses and playing with his brother and sister. While attending Saint Mary's University he got recruited to move to California for a summer job selling alarm systems door to door. He was paid 100% commission and this experience proved to be more valuable than his SMU degree. After graduating from university he decided to move to Arizona, following a passion to help the environment by starting a residential solar panel business where they would help homeowners make the switch over to renewable energy.

"My business partner and I grew the business over five years across the US and got bought out by outside investors in 2015," Brad says. "With time on my hands, I moved to San Francisco to learn computer programming and get involved in the space industry. With a new skill set in hand and lots of life adventures I felt it time to move back to Nova Scotia after living in the US for 10 years. And I've been very happy to be living back in NS since May of 2018."

But the story doesn't just stop there everyone! Brad, upon his NS return, started researching internet providers. When discovering lots of high prices he decided to figure out how to get internet costs down to a reasonable price for Nova Scotians. Seven months later, after recruiting a world class team, learning a ton and buying computers the size of refrigerators, Brad is launching Purple Cow Internet (purplecowinternet.com) to compete with other providers. "We offer fibre internet for almost half the price of others. We are able to reduce the price by having all our employees work remotely, automating everything, and being happy with a smaller margin. Our goal with the company is not just to sell internet, but to give back to the communities that we work in, so we have a program called, "Buy Internet, Give Internet:" for every twenty or so customers we bring on we hook up a low income household that has a family. We look at internet as a learning tool, and if a young person growing up in NS doesn't have access to internet then they will fall behind."

Brad, smart and energetic and very giving to others, never shies away from pushing his body and mind to the limit: "This love of pushing by body past the point of pain started after I agreed to run a marathon with a buddy and then finding out the marathon was only four days away. Going through that pain running 42 kilometres and not giving up taught me a valuable lesson. Most people



will give up on something before ever trying it. The mentality of "at least take a crack at it" has not only helped me in my professional life but pushed me in my personal life as well. Over the next nine years I raced 250 miles across the Sahara Desert, climbed the highest mountain in North America (Denali), earned my commercial pilot license, swam across the English Channel, studied at two different schools, including International Space University in Australia, and most recently raced a team of 14 dogs across Alaska in the Iditarod."

Completing the Iditarod has been one of the most fruitful experiences in Brad's life. He's had the privilege of meeting incredible people, learning many new skills, and loves sharing his experience with the world. Being out in the middle of Alaska, racing with his team of dogs, took his mind into dark places and ultimately broke him. He dug deep, found the courage and with the support of friends and family, beat the odds.

Following the completion of the Iditarod, Brad has since presented at over 30 schools to 10,000 kids across Nova Scotia, sharing the message of how important it is to set your goals high. And when Brad gets the question, "What's next?" He answers with, "My ultimate goal, what I'm working towards everyday is to go to Space. Normally people give me a reaction when I say Space and I make a point to say that anytime you tell someone your goal make sure you get the same reaction. If you don't, you're not setting your goals high enough. We have one life, set your goals high and run as fast as you can towards them."

As I sit here writing this, realizing I rarely even complete a grocery list, Brad's accomplishments and his drive fill me with so much inspiration to reach for the top. I hope others reading this get a hint of that inspiration as well.



PAPER WARRIORS

On Friday morn at Irving we arrive
To the round table and to stake our place.
We are not Arthur's Knights, but we do strive
To write, and to improve with style and grace;

With stories wide in mode and subject too.
Of inner conflict, memoirs, feats of might;
Of magic cloaks, of dance and life askew.
Pen times of sombre, mirth and topics light.

For jocularly we all require;
As there are songs of sadness through our years.
We share, we understand and we aspire
In writing, through our laughter and our tears.

Our fellow writers listen to our prose,
Gives their views, tangible discussion flows.

-GA Salmon



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ON THE COVER

teBogt's Produce & Meat is run by Emily teBogt. teBogt started her business at the age of 18 in 2011. She grows a few acres of vegetables and maintains a small flock of sheep, laying hens, and a pig herd on her family's dairy and poultry farm in Grand Pré.



teBogt grows everything she sells. Vegetables are grown without the use of chemical herbicides, insecticides, or fertilizer. She uses composted livestock manure, non-gmo seeds, plastic mulch, greenhouses, tractor power, crop rotation and biological pest control, and says teBogt, "lots of human power." Her laying hens live in the barn in a free run/cage free setting, the pigs are also housed in a barn, in large pens with lots of straw bedding. Most of the piglets she sells are sold to other farmers once they are weaned. The sheep flock is 100% grass-fed and raised out on pasture

during the summer and in the barn during the winter months.

For more information on teBogt's Produce & Meat, visit: tebogts.harvesthand.com or better yet, visit Emily at the Wolfville Farmer's Market. You can also order teBogt's Produce & Meat through wfm2go.ca



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TICKET GIVEAWAY

CHANCE TO WIN 2 TICKETS TO:
Haunted Ghost Walk,
Riverbank Cemetery, Hantsport, Thu, Aug 1, 7:30pm.
Draw date: July 27.
Enter all draws: valleyevents.ca/win

ValleyEvents.ca

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Margaret Drummond's WORD OF THE ISSUE:

Scow (noun):

A wide-beamed, flat-bottomed sailboat with broad sloping ends.

And I am I who never understood his question, though he let me climb to take a seat aboard the wooden scow he'd been building in the shade of thirty-odd years. How I ever rowed it from his yard into my life remains a mystery. The work is hard because the eyeball's heavy, riding in the bow.

(Excerpt from "Transcendentalism" by Lucia Perillo)

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THE GRAPEVINE

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WHERE TO FIND US

WINDSOR: Fry Daddy's, Lisa's Cafe, T.A.N. Coffee, Mosaic Market

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,

Reid's Meats & Kwik-Way, XTR Kwik-Way

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

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PORT WILLIAMS: Fox Hill Cheese House, Planters Ridge, Sea Level Brewery, The Noodle Guy

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

NEW MINAS: Boston Pizza, Captain Sub, Irving Big Stop, Jessy's Pizza, Long and McQuade, Milne Court Petro-Canada, Pita Pit, Swiss Chalet

KENTVILLE: Half Acre Café, Jason's Your Independent Grocer, T.A.N. Coffee, Valley Regional Hospital

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

BERWICK: Jonny's Cookhouse, Luigi's Pizza Palace, North Mountain Coffeehouse, Rising Sun Natural Foods, Union Street Café, Wilsons Pharmasave

AYLESFORD: Chisholm's PharmaChoice

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

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

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

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BERRIES & FRIENDS: WHAT'S GROWING AT U-PICKS AROUND THE VALLEY

July 2, 2019

STRAWBERRIES:

Most strawberries are \$1-2/quart. Bring your own boxes or buy them on-site. Expected end of season is late July. Hours are often dependent on field conditions.

Bob Ansems Upick

1949 Lakewood Rd Steam Mill, open 8am-8pm
 902-679-0757
 bobansemsupick.com

Evan's Family Farm Market

13842 Hwy 1 Wilmot, open 8am-5pm
 902-825-3284 or facebook

Kennie's Strawberry Farm

1164 Upper Church St Kentville, open at 8am
 902-680-1013
 kenniesfarm.com

Morse's Farm (Anthony Morse)

114 Main St Berwick, open Monday-Friday 8am-7pm,
 Saturday 8am-6pm, and Sunday 10am-6pm
 902-538-8446 or facebook

Oakview Farm and Greenhouse

7 Longspell Branch Rd Kingsport, open 9am-6pm
 902-582-7454 or facebook
 Chemical-free. Strawberries \$3.25-\$3.50/quart

Stirling's Farm Market

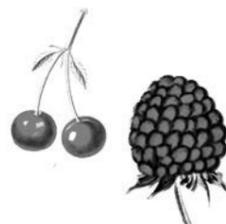
10328 Hwy 1 Greenwich, open 9am-6pm
 902-542-2789 or facebook

CHERRIES, RASPBERRIES, GOOSEBERRIES:

\$4-5/pint, bring your own boxes or buy them on-site. Expected season start is mid to late July.

Elderkin's Farm Market

10362 Hwy 1 Greenwich, open 8am-9pm, Sundays 9am-9pm
 902-542-7198



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FREE GARAGE GIVEAWAY

53 BISHOP AVE, WOLFVILLE
 SAT, JULY 13 1-4 pm

Hello Valley Community!

We're clearing out our garage and attic. It's the usual collection of stuff artsy/professional people accumulate but ultimately must give up when downsizing. Not just junk! Photo gear, interesting book collection, adult clothing, gardening tools, household items. We invite the community to stop by and say hello, find something useful and help us recycle unwanted items.

VALLEY GHOST WALKS season 12

family friendly historical productions!

HALLS HARBOUR - Fundy View Ctr.
 Fri. July 12 - 8:00pm

KENTVILLE - at Main St. Station
 Thurs. July 18 - 7:30pm

WOLFVILLE ANGLICAN CHURCH
 Thurs. July 25 - 7:30pm

GRAND PRÉ WINERY - Sat. July 20, 7:30pm (s25 w/wine, s20 without wine)

Adults \$20, Students/Seniors \$16 @ TICKETPRO
 s60 4-packs in advance only. Includes fees & HST - cash only before walks
 902-692-8546 | jerome@valleyghostwalks.com | ValleyGhostWalks.com

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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:

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

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

Plant Walk: Recalling our Herbal Wisdom. Free Workshop: Rural Roots Market, New Ross July 14, 2-4pm. W/Jeanette Poirier, semi-retired herbal practitioner. Many of us can recall old plant remedies we were taught or heard our elders talking about. This is where we begin, by recalling and remembering. Together we will make something to eat or drink from one or more of these wonderful wild plants that grow around us. What it will be depends on what is at its best at the time of the workshop. **FE:** no charge, but please register. **INFO:** info@ruralrootsmarket.ca / 902-599-1207

Diffusing with Essential Oils w/ Carol Millett: Sunday, July 14, 9-10am @ Ross Farm Museum, New Ross. Tips on essential oils to freshen bathrooms, kitchens or mud rooms using a diffuser or spray. Participants go home with a 30 ml bottle of room spray. Call or visit our website to register. **FE:** \$10 a bottle. **INFO:** 902-599-1207 / ruralrootsmarket.ca

Peonies Watercolour Class: Stony Bay Studio, Margaretsville 10am-4pm • A 2-day watercolour workshop suitable for intermediate to experienced painters. Learn to use a reference photo, break down complex subjects into simple parts, use value to create light and shadow and effective backgrounds. Class Size is limited to 8. **TIX:** \$120 plus hst **INFO:** 902-824-1926 / aprillejanes@gmail.com

Botanical Card Making: Sunday, July 21, 9-10am @ Ross Farm Museum, New Ross. Use natural botanicals and transfer their pattern onto the card stock to create a beautiful natural impression on the card. Call or visit our website to register. **FE:** \$5 for 2 cards **INFO:** 902-599-1207 / ruralrootsmarket.ca

Shibori Silk in the Garden: July 25, 9:30am-1:30pm @ Tangled Garden, Grand Pre. Shibori is a centuries old Japanese manual resist dyeing technique. Create a one of a kind design on a silk scarf. Please register. **TIX:** \$110 **INFO:** woolywaywoolens@gmail.com

Landscape Art Workshop: Summer Gallery, 339 Hwy 1 Mount Denson, July 27, 9:30am-7pm. Outdoor/indoor sketching sessions w/Elizabeth Sircom morning and afternoon, and a midday interactive slide show on the theme of Landscapes in Art. **FE:** All levels, \$100 **INFO:** 902-684-3856 / libsir@laposte.net

Romancing the Writer: Sat, Aug 24, 10am-3pm @ Prescott House, Starr's Point. Donna Alward and Michelle Helliwell, both published authors, will share their experiences and expertise in the art of writing. This workshop is great for anyone wanting to get inspired, hone their skills and discuss the tools of the trade with their peers. Space is limited so please pre-register. **FE:** \$25. Lunch is provided. **INFO:** 902-542-3984 / margrete.kristiansen@novascotia.ca

CAMPS:

Christmas in July DVBS: July 22-26, 8:45am-12pm @ Christian Fellowship Centre, Wilmot. Ages 5 to 12 years. Older children can volunteer to be helpers. Songs, dance, snack time, story time, crafts and games. Please pre-register. **TIX:** no charge **INFO:** 902-765-2386 / bfboddy@gmail.com

Summer Arts Camps: Ross Creek Centre for the Arts, Canning. We provide an amazing art day taught by professional artists and a great camp experience for kids on our 178 acres of field and forest, led by our fabulous counsellors. **FE:** \$295-\$525 + HST **INFO:** 902-582-3842 / pr@artscentre.ca / artscentre.ca/campregistration.html

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 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.

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

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

Traditional Chinese Medicine: Combining Acupuncture and Chinese Herbology to enhance your wellness. 17 years experience! Specializing in Anxiety and Depression, Insomnia, Menstrual and Menopausal issues, Digestive health, Ear Acupuncture for Addictions. **INFO:** Jane Marshall D.T.C.M., D.Ac located at 112 Front St, Suite 209, Wolfville. 902-404-3374 janemarshallacupuncture.ca

EMPLOYMENT:

Kitchen Chef: Gaspereau Valley Elementary Home and School Committee is looking for a kitchen chef, starting September 2019. This is a contracted/hourly pay self-employment position. The chef is responsible for the Breakfast Program, Lunch Menu (served at 2 time slots) as well as snack items at break times. Please email resume and references. **INFO:** gvesfoodandnutrition@gmail.com

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:** Maud Herbert, maudlunalove@yahoo.ca / 902-679-6677

GENERAL:

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

60th Anniversary Kingston Steer BBQ & Village Fair July 11-14: Think you're strong and tough? Want to make \$500? Come to the Kingston Fair. Enter our mechanical bull contest. Someone will win \$500 for staying on the bull for eight seconds. Could it be You? **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

Adult Learning Program (ALP) Info Session: Aug 14, 11am-2pm @ NSCC Kingstec, Kentville. Drop by to find out about completing your adult high school graduation diploma if you are over the age of 19 and out of school for at least one year. **INFO:** 902-679-7446

EAT TO THE BEAT

(Schedule subject to change)

THURSDAYS: 11, 18, 25

Edible Art Café (New Minas): Marshall Lake (11th), Inigo Cuartero (18th, 25th) 12pm

Lunn's Mill Beer Co. (Lawrencetown): Jenny Biddle Live (11th) 6pm

Troy Restaurant (Wolfville): Steve Lee Duo (11th, 18th, 25th) 6:30pm

Spitfire Arms Alehouse (Windsor): Open Jam Session (11th, 18th, 25th), Adam Cameron (11th), John James (18th), Kevin Myers (25th) 7pm

Oaken Barrel Pub (Greenwood): Trivia Night (11th, 18th, 25th) 7pm

Grand Pre Winery (Grand Pre): The Jill Hisscock Group (11th), The Sundries (18th), Shera Soloman (25th) 7pm

Maritime Express Cider Co. (Kentville): Frederic Mujica (18th) 7:30pm

Dooly's (New Minas): Open Mic (11th, 18th, 25th) 8:30pm

Paddy's Pub (Kentville): The Hupman Brothers (11th, 18th, 25th) 9pm

Paddy's Pub (Wolfville): Trivia Night (11th, 18th, 25th) 9pm

The Anvil (Wolfville): Top 40 DJ (11th, 18th, 25th) 10pm

FRIDAYS: 12, 19

Edible Art Café (New Minas): Marshall Lake (12th), Inigo Cuartero (19th) 12pm

King's Arms Pub by Lew Murphy's (Kentville): Matt Millett (12th), Jon Duggan (19th) 5:30pm

Blomidon Inn (Wolfville): Jazz Mannequins (12th, 19th) 6:30pm

Tommy Guns (Windsor): Karaoke Night (12th, 19th) 8pm

Spitfire Arms Alehouse (Windsor): Joe Murphy (12th), Todd & Sean (19th) 8pm

Schoolhouse Brewery (Windsor): The Miths (12th) 8pm

Dooly's (Greenwood): Karaoke (12th, 19th) 8:30pm

The Anvil (Wolfville): Top 40 DJ (12th, 19th) 10pm

West Side Charlie's (New Minas): JSRB Productions (12th), DJ Billy T (19th) 10pm

SATURDAYS: 13, 20

Edible Art Café (New Minas): Steve Lee (13th), Arrian & The Q (20th) 12pm

The Port Pub (Port Williams): David Filyer Duo (13th, 20th) 12:30pm

Horton Ridge Malt House (Grand Pre): Space Paddy Bog People (13th, 20th) 3pm

La Torta Woodfired Pizzeria (Wolfville): Steve Lee Duo (13th, 20th) 6pm

Spitfire Arms Alehouse (Windsor): Rob Brown Trio (13th), Beer Nutz (20th) 7pm

Lunn's Mill Beer Co. (Lawrencetown): Summer Crush (13th)

Schoolhouse Brewery (Windsor): Tony Wood & Josh Noiles (13th), Jon Cyr (20th) 8pm

Union Street Café (Berwick): Mo Kenny, \$25 (20th)

Kings Arms Pub by Lew Murphy's (Kentville): Broke

with Money (13th), TBA (20th) 8:30pm

West Side Charlie's (New Minas): DJ Billy T (13th, 20th) 10pm

SUNDAYS: 14, 21

Horton Ridge Malt & Grain (Hortonville): NUA, \$10 (14th) 7pm

Paddy's Pub (Wolfville): Irish Session (14th, 21st) 8pm

MONDAYS: 15, 22

Edible Art Café (New Minas): Ron Edmunds & Rod Cann (15th, 22nd) 12pm

Paddy's Pub (Wolfville): Open Mic (15th, 22nd) 9pm

TUESDAYS: 16, 23

Edible Art Café (New Minas): Ron Edmunds & Rod Cann (16th, 23rd) 12pm

TAN Coffee (Wolfville): Tuesdays @ TAN (16th, 23rd) 7pm

The Port Pub (Port Williams): David Filyer Trio & Open Mic (16th, 23rd) 7pm

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

WEDNESDAYS: 17, 24

Edible Art Café (New Minas): Mark Riley & Graham Howes (17th), Chad McCoy (24th) 12pm

West Side Charlie's (New Minas): Billy T's Karaoke (17th, 24th) 9pm

ANNAPOLIS VALLEY FARM LAND TRUST PRESENTS 100 MILE FARM FOOD FESTIVAL

Featuring local food, local music, vendors, competitions, and a petting zoo, the 100 Mile Farm Food Festival promises a great day of fun for the whole family.

The festival will take place on Sunday August 4 at the Northville Farm Heritage Centre in Centreville and is organized by the Annapolis Valley Farm Land Trust, an organization devoted to the preservation of farmland for future generations of farmers.

Musical guests Two in the Morning, Bob Deveau, The Dearlies, and Yesterday's Wine will perform, and the Northville Farm Heritage Centre and 4H members will host a livestock petting zoo. There will be free wagon



rides, a First Nations basket-weaving demonstration, and visitors can tour the museum and blacksmith studio. A hay lifting competition will feature prizes for adults and kids. Food vendors will include ice cream and gelato and a Meadowbrook Meat Market barbeque, as well as many other options.

100 Mile Farm Food Festival
Sunday, August 4, 11am - 4pm
Northville Farm Heritage Centre,
1158 Steadman Road,
Centreville
Admission: \$5 person,
Under 5 Free, Families \$10



WOW



3 COURSE FOR \$36^{.95}
WITH THIS COUPON EXPIRY JULY 25TH, 2019
494 KING STREET, WINDSOR, NS (902) 472-3300
MON-TUE: 4:00PM - 9:00PM WED-SUN: 11:30AM - 9:00PM

LOOK
HERE

Rob Breznsky's
FREE WILL ASTROLOGY

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ARIES (March 21-April 19): You're in the Land of Green Magic. That's potentially very good news, but you must also be cautious. Why? Because in the Land of Green Magic, the seeds of extraneous follies and the seeds of important necessities both grow extra fast. Unless you are a careful weeder, useless stuff will spring up and occupy too much space. So be firm in rooting out the blooms that won't do you any good. Be aggressive in nurturing only the very best and brightest.

TAURUS (April 20-May 20): Eight years ago, researchers in Kerala, India went to the Padmanabhaswamy Temple and climbed down into centuries-old vaults deep beneath the main floor. They found a disorganized mess of treasure in the form of gold and precious gems. There were hundreds of chairs made from gold, baskets full of gold coins from the ancient Roman Empire, and a four-foot-high solid statue of a god, among multitudinous other valuables. I like bringing these images to your attention, Taurus, because I have a theory that if you keep them in your awareness, you'll be more alert than usual to undiscovered riches in your own life and in your own psyche. I suspect you are closer than ever before to unearthing those riches.

GEMINI (May 21-June 20): Children need to learn certain aptitudes at certain times. If they don't, they may not be able to master those aptitudes later in life. For example, if infants don't get the experience of being protected and cared for by adults, it will be hard for them to develop that capacity as toddlers. This is a good metaphor for a developmental phase that you Geminis are going through. In my astrological opinion, 2019 and 2020 are critical years for you to become more skilled at the arts of togetherness and collaboration; to upgrade your abilities so as to get the most out of your intimate relationships. How are you doing with this work so far?

CANCER (June 21-July 22): Vantablack is a material made of carbon nanotubes. According to the Guinness Book of World Records, it is the darkest stuff on the planet. No black is blacker than Vantablack. It reflects a mere 0.036% of the light that shines upon it. Because of its unusual quality, it's ideal for use in the manufacture of certain sensors, cameras, and scientific instruments. Unfortunately, an artist named Anish Kapoor owns exclusive rights to use it in the art world. No other artists are allowed to incorporate Vantablack into their creations. I trust you will NOT follow Kapoor's selfish example in the coming weeks. In my astrological opinion, it's crucial that you share your prime gifts, your special skills, and your unique blessings with the whole world. Do not hoard!

LEO (July 23-Aug. 22): Hi, my name is Rob Breznsky, and I confess that I am addicted to breathing air, eating food, drinking water, indulging in sleep, and getting high on organic, free-trade, slavery-free dark chocolate. I also confess that I am powerless over these addictions. Now I invite you to be inspired by my silly example and undertake a playful but serious effort to face up to your own fixations. The astrological omens suggest it's a perfect moment to do so. What are you addicted to? What habits are you entranced by? What conditioned responses are you enslaved to? What traps have you agreed to be snared by? The time is right to identify these compulsions, then make an audacious break for freedom.

VIRGO (Aug. 23-Sept. 22): When cherries are nearing the end of their ripening process, they are especially vulnerable. If rain falls on them during those last few weeks, they can rot or split, rendering them unmarketable. So cherry-growers hire helicopter pilots to hover over their trees right after it rains, using the downdraft from the blades to dry the valuable little fruits. It may seem like overkill, but it's the method that works best. I advise you to be on the lookout for similar protective measures during the climactic phase of your personal ripening process. Your motto should be to take care of your valuables by any means necessary.

LIBRA (Sept. 23-Oct. 22): Please don't try to relax. Don't shy away from challenges. Don't apologize for your holy quest or tone down your ambition or stop pushing to get better. Not now, anyway, Libra. Just the opposite, in fact. I urge you to pump up the volume on your desires. Be even bigger and bolder and braver. Take maximum advantage of the opportunities that are arising, and cash in on the benevolent conspiracies that are swirling in your vicinity. Now is one of those exceptional moments when tough competition is actually healthy for you, when the pressure to outdo your previous efforts can be tonic and inspiring.

SCORPIO (Oct. 23-Nov. 21): I can't decide whether to compare your imminent future to a platypus, kaleidoscope, patchwork quilt, or Swiss army knife. From what I can tell, your adventures could bring you random jumbles or melodic mélanges—or a blend of both. So I'm expecting provocative teases, pure flukes, and multiple options. There'll be crazy wisdom, alluring messes, and unclassifiable opportunities. To ensure that your life is more of an intriguing riddle than a confusing maze, I suggest that you stay closely attuned to what you're really feeling and thinking, and communicate that information with tactful precision.

SAGITTARIUS (Nov. 22-Dec. 21): Every year, thousands of people all over the world go to hospital emergency rooms seeking relief from kidney stones. Many of the treatments are invasive and painful. But in recent years, a benign alternative has emerged. A peer-reviewed article in a scientific journal presented evidence that many patients spontaneously pass their kidney stones simply by riding on roller coasters. I doubt that you'll have a literal problem like kidney stones in the coming weeks, Sagittarius. But I do suspect that any psychological difficulties you encounter can be solved by embarking on thrilling adventures akin to riding on roller coasters.

CAPRICORN (Dec. 22-Jan. 19): In his book *The Histories*, ancient Greek historian Herodotus told the story of a six-year war between the armies of the Medes and the Lydians in an area that today corresponds to Turkey. The conflict ended suddenly on a day when a solar eclipse occurred. Everyone on the battlefield got spooked as the light unexpectedly dimmed, and commanders sought an immediate cease to the hostilities. In the spirit of cosmic portents precipitating practical truces, I suggest you respond to the upcoming lunar eclipse on July 16-17 with overtures of peace and healing and amnesty. It'll be a good time to reach out to any worthwhile person or group from whom you have been alienated.

AQUARIUS (Jan. 20-Feb. 18): My astrological colleague Guru Gwen believes that right now Aquarians should get scolded and penalized unless they agree to add more rigor and discipline to their rhythms. On the other hand, my astrological colleague Maestro Madelyn feels that Aquarians need to have their backs massaged, their hands held, and their problems listened to with grace and empathy. I suppose that both Gwen and Madelyn want to accomplish the same thing, which is to get you back on track. But personally, I'm more in favor of Madelyn's approach than Gwen's.

PISCES (Feb. 19-March 20): As a self-taught rebel poet with few formal credentials, I may not have much credibility when I urge you to get yourself better licensed and certified and sanctioned. But according to my analysis of the astrological omens, the coming months will be a favorable time for you to make plans to get the education or training you're lacking; to find out what it would mean to become more professional; and then become more professional; to begin pursuing the credentials that will earn you more power to fulfill your dreams.

Homework: What symbol best represents your deepest desire? Testify by going to FreeWillAstrology.com and clicking on "Email Rob."



WOLFFVILLE FARMERS' MARKET FOOD BUCKS PROJECT NOW PROVINCE-WIDE

Thanks to a tremendous history of local support, this July the Wolfville Farmers' Market will launch its Food Bucks program for the fourth consecutive year. The program's success in past years has attracted the interest of many other market communities. With leadership from Farmers' Markets of Nova Scotia and funding provided by Communities, Culture and Heritage Nova Scotia, the program will now be offered at five farmers' markets across the province.

"Food Bucks" was a program originally researched and conceived by Acadia student Jessica Wall, who was personally involved in launching the first program in Nova Scotia at the Wolfville Farmers' Market. In early years, the program was funded solely by local organizations and individuals who wanted to help community members experiencing food insecurity and social isolation. Significant support came from the Wolfville Community Fund, the Women of Wolfville theatre group, the Annapolis Valley Cider Company, and numerous market patrons. Local funders continue to make significant contributions to this year's program. "What I love most about this program," says Kelly Marie Redcliffe, the Wolfville Farmers' Market manager, "is that it is a connector, bringing together people who care about each other in a place where we celebrate local food, producers, and community. We are able to bring resources to those in need without any stigma, rather with a joy of caring and community spirit that is what our market is all about."

The five farmers' markets participating in this pilot study are the Lunenburg Farmers' Market, Windsor's Avon Community Farmers' Market, the Wolfville Farmers' Market, the Truro Farmers' Market, and the New Glasgow Farmers' Market. "This is a fantastic opportunity to explore just how big of an impact a farmers' market can have for its community," says Justin Cantafio, executive director of Farmers' Markets of Nova Scotia (FMNS) Cooperative. "Farmers' markets are so much more than a once-a-week shopping destination. They're social, cultural, and economic hubs and anchors in their communities." Each market will work with partner charitable organizations to issue "food bucks," an anonymous alternative currency that can be redeemed at any vendor stall at participating markets. Partner charities help identify participants who can benefit most from the program. The Wolfville Area Food Bank has been instrumental in playing this role locally.

As recently as 2014, over 15% of Nova Scotians experienced food insecurity, including 22% of children, and food bank use has been steadily increasing in Nova Scotia. A 2015 study found that Nova Scotia's food insecurity rates were the highest in all of Canada, and seniors are particularly vulnerable to food insecurity, with 19.7% of Nova Scotian women over 65, and 14.7% of Nova Scotian men over 65, living in low-income households.



MARIE'S REPORT: WOLFFVILLE AND AREA NEWCOMERS CLUB BOOK GROUP

Marie Mossman

How can you make a new friend? The first step is to meet new people, and The Wolfville and Area Newcomers Club makes that easy. Newcomers welcomes all, whether new to the area or not. Its interest groups ensure you can mix with people who enjoy an activity that you like. The Newcomers book group is a particular favourite:

A bikini hung unused by the swimming pool in June as the group of voracious readers concentrated on the hottest titles they would read during 2019 and 2020. This group has met successfully for at least ten years. Members chose no book for December 2019 because other activities demand attention near Christmas, and they reserved June 2020 for choosing future titles.

When I was a new member, I could only contribute whether I liked a book or not, but over time learned to analyze different aspects, such as the richness of characters, the writing style, and the complexity of plot. Since I believe what we put into our heads stays there, I won't read scary, upsetting books, and that can limit my participation in some meetings. One aspect of the group that I really like is how tolerant members are of different

opinions. Members often say the group has introduced them to books and authors they would not have discovered otherwise, and which have given them great pleasure or taught them valuable information. For these reasons, I would like us to attract a greater diversity of people. We'd learn even more than we have, and meet additional interesting persons.

We will meet in July this year to discuss *Stranger* by David Bergen and in August for *Why Men Lie* by Linden MacIntyre. The first book chosen for the new season beginning in September is *The Legend of Gladee's Canteen* by local author David Mossman, which tells the tale of an extraordinary rural Nova Scotian enterprise which was based on traditional rural values.

Want to learn the other books members agreed to read and discuss in 2019-2020? Come as a guest to a book group meeting. For more information, contact us through wolfvillenewcomers.org.



WOMEN OF EXCELLENCE 2019

Laura Churchill Duke

The Valley recently gathered to celebrate women of excellence: community volunteers, mentors, businesswomen, and pioneers were all recognized at the inaugural Women of Excellence awards sponsored by the Annapolis Valley Chamber of Commerce.

"It truly was a beautiful evening celebrating excellence in women and all the great things that are happening right here in our community," says nominee Liz Huntley.

A panel of judges took 68 applications and, with great difficulty, selected 25 women in five categories. The 2019 Women of Excellence included:

Pioneer of Excellence - Shelley Fleckenstein, CBI Health

Community Leader for Betterment - Jane Nicholson, Annapolis Investments in Rural Opportunity

Businesswoman of Excellence - Margie Lamb, Meadowbrook Meat Market

Home-based Business of Excellence - Jill Forse, Jill Forse Traditional Chinese Medicine

Mentor of Excellence - Patty Rose, CBI Health

The event, held at the Old Orchard Inn, was a celebration from the moment guests were greeted by Atlantic Cirque's fire eaters, and walked the red carpet into the venue.

"The fine details, entertainment, food, decorations, red carpet, and everything was just beautiful!" says Huntley. "Everyone was made to feel so special."

Plans are already underway for 2020 event, building and improving upon this year's successful ceremony.



DEEP ROOTS RELEASES 2019 FESTIVAL LINE-UP

Submitted

The Deep Roots Music Festival (September 26-29, 2019) is preparing for its 16th edition with a focus on the role that music plays in mental health and well-being.

On opening night, celebrated Maritime singer-songwriter Catherine MacLellan will set the tone with a screening of her National Film Board documentary *The Song and the Sorrow*, directed by Millefiore Clarkes, with a duo performance following. The film captures Catherine's personal struggle to reconcile a family tragedy, confront the hurtful mystery of her absent father, Gene MacLellan, and embrace his musical legacy, as well as break the silence surrounding mental illness.

Elsie Morden is presenting an exclusive "Music and Well-Being" presentation in five Annapolis Valley schools. Elsie was recently the recipient of the Mental Health Foundation of Nova Scotia Outstanding Individual Award and hopes to continue to help and inspire as many people as possible with her message of empathy and empowerment. The Saturday morning harmony singing workshop and the Sunday morning food bank fundraiser Rise Up Singing concert both honour music as healing. On Saturday, music therapy graduates Sarah McInnis and Rebecca Fairless, joined by two current Acadia students from that program, will lead us in song and explain what benefits music and singing can bring. Sunday morning you can hear five songwriters tackle "Music as Medicine, Songs that Heal," where there's sure to be powerful moments and great insight from those who spend their time inside songs. Come sing along!

The Deep Roots main stage performers are predominately women this year. Music Nova Scotia's 2018 Entertainer of the Year, Makayla Lynn will perform, along with Rachel Beck, featuring The Atlantic String Machine from PEI. Coco Love Alcorn, no stranger to the Deep Roots audience, returns with a brand-new album, and Madison Violet, the world-travelling dynamic duo, will mark their first Deep Roots festival appearance.

Rising star and musical powerhouse, Reeny Smith will also join us in Wolfville for the first time. We are thrilled that Terra Spencer is returning, as well as Erin Costelo, this year's Artist@Acadia, on the heels of her exceptional and highly praised new album, *Sweet Marie*. There will be a screening of the Amelia Curran directed documentary, *Sweet Marie: In Studio* with Erin Costelo on Friday afternoon at KC Irving Auditorium.

The uniquely talented singer-songwriter and instrumentalist Gabriel Minnikin, Icelandic-Canadian storyteller Lindy Vopnfjörð, and Scottish-born Canadian carpenter-turned-songwriter David Francey will also perform on the Festival Theatre main stage. Melgita't Women will offer a smudge

ceremony and drumming, and open Friday night's concert with their rendition of "The Honour Song of the Mi'kmaq." The festival will also spotlight teenage sensation Emma Stevens, whose Mi'kmaq rendition of Paul McCartney's "Blackbird" caught the legend's attention this year. Also featured is established Mi'kmaq artist Alan Syliboy who will play multi-media sets at the Kings County Museum in Kentville, and Festival Theatre in Wolfville. In a Saturday afternoon workshop titled "Idle No More: Truth and Reconciliation," Syliboy will do a live painting while Mika Francis and Emma Stevens sing and drum.

Deep Roots will present two late night parties at the Wolfville Farmers' Market: The Deep Roots Hootenanny with The Sundries and The Hypochondriacs on Friday, and a full on Barn Burner Saturday with Reeny Smith and Carson Downey Band. These licensed parties start after the main stage shows and are only a short walk from the Festival Theatre.

If you like food with your music, on Thursday at the new Church Brewery Deep Roots will have performances by Annapolis Valley elder statesman Steve Lee and his trio, and a set by a fresh face on the Maritime jazz scene, Sam Wilson. The Festival will mark Sam's last appearance before embarking on a Banff Centre residency.

On Saturday at 3:30pm, come for a picnic and concert with The Atlantic String Machine at the enchanting Tangled Garden in Grand Pré. Enjoy the Festival Tent on Saturday morning with your kids for some crafts. Prepare for The Fresh Beats Rhythm Parade (12pm) with hat, mask and instrument making, drumming, and dressing up with Wee Giant puppets followed by a puppet performance, "Magic on a String" by The Maritime Marionettes, and a family music show with Donna & Andy! There will be free music all morning at Wolfville Farmers' Market and a special Washboard Workshop will take place there after the Market vendors leave, when The Vaudevillian will transport us to the 1930s along with 50 washboards.

A Festival Pass gets you in to all ticketed shows except the parties: one price for the main stage shows, afternoon collaborations, picnic and museum, as well as access to the Festival Club as 'home base' for the weekend. Passes are available for 3 or 4 days (includes the Thursday night film screening and concert). The main stage shows usually sell out, so be sure to get your tickets soon. Stay tuned for the full festival schedule and further details about the 2019 Deep Roots Music Festival. Tickets are available through deeprootsmusic.ca and at any TicketPro outlet.



THIRD ANNUAL VALLEY BREAST CANCER FUNDRAISER

Donna Paisley

My name is Donna Paisley, and I am hosting the 3rd Annual Valley Breast Cancer Fundraiser. This year's event will be in support of the Cancer Patient Navigator Fund. The Cancer Patient Navigator Fund at the Valley Regional Hospital in Kentville is designed to assist patients going through cancer treatment, whereby 100% of the funds donated assist patients with the crushing costs of cancer, treatment travel, medications, medical equipment, prosthetics, and more.

My dear friend, and celebrity, Rhayne Thomas is coming from Las Vegas to perform at this year's event. Rhayne has volunteered in the cancer arena since 1976, is a survivor herself, and continues to raise breast cancer awareness across North America. Rhayne is a vocalist, author, inspirational humourist, "The Prune Whisperer," and walked the runway during New York Fashion Week in 2018, and performed in 2019, in support of Project Cancerland (projectcancerland.org) and Anaono.com. My paintings will also be auctioned off during the party. Last year 5 of my paintings

were auctioned off during New York Fashion Week in support of Project Cancerland in the US. Here is my Facebook page that shows some of the most recent paintings. [facebook.com/inthevalleyfundraiser/](https://www.facebook.com/inthevalleyfundraiser/)

This is my 3rd year doing these events, the first year was at the Grand Pré National Historic Site, and last year we did two events, one at Barrelling Tide and the next day at the Noodle Guy both in Port Williams. This year, the Valley Breast Cancer Fundraiser will happen on August 1 at the Wolfville Lions Club in support of the Cancer Patient Navigator Fund for Kings County. Doors open at 6:30pm. The evening will include signature cocktails, hors d'oeuvres and sweets, a silent auction, a 50/50 draw, door prizes, and a cash bar.

For more details, visit the [MacKay Real Estate Facebook page](https://www.facebook.com/IntheValleyBreastCancerFundraiser), or [In the Valley Breast Cancer Fundraiser](https://www.facebook.com/IntheValleyBreastCancerFundraiser), or call me at 902 790 0070 for tickets or to donate.



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'.

ANNAPOLIS ROYAL 'OVER THE MOON' FOR APOLLO 50TH ANNIVERSARY



How do you celebrate the anniversary of the first human steps on the moon?

With Swiss cheese, Moon Pies, and artists from all over Nova Scotia of course! That's just a small taste of the fun that's planned as the town of Annapolis Royal gets ready for a month-long party *To The Moon and Back*, commemorating the 50th anniversary of the Apollo 11 landing.

"The Apollo 11 mission showed us up close something that had only been visible from far away. When the astronauts came back from their trip, this reality check—'not made of cheese'—sparked our imagination," said Ted Lind, ARCAC program chair. "Long before we landed there, we were fascinated with the possibility of distant space travel."

Young and old will have a chance to experience a simulated Apollo 11 journey firsthand in a virtual reality interactive documentary. Those old enough to remember the actual event are invited to add their story at the memory capsule as part of a collective history project.

Fourteen artists, province-wide, are sharing what the Moon means to them: "Artists responded with sculpture, painting, printmaking, collage and ceramics; it is very exciting to see how each person has interpreted their own experience" said gallery director Sophie Paskins

Official NASA memorabilia, the first sci-fi film from 1902, rayguns, and robots are all on display. An art talk, a night sky hike, and even a retro B-movie "drive-in style" are planned!

"We've invited folks to get the party started early and share selfies wearing paper masks of famous space personalities we've distributed all around town: from Neil Armstrong and Roberta Bondar, to Jane Jetson and William Shatner, take your pick! And yes, I promised I'd bring the Swiss cheese and Moon Pies" joked Lind.

Annapolis Town Crier Launches to Space then Robots Arrive Vowing Supremacy

Continuing on the success of three mission launches to the stratosphere, a group of students from Annapolis West Education Centre—known as Annapolis Royal Space Agency (ARSA)—are set to meet a greater challenge for the 50th anniversary of the Apollo 11 landing. Those first steps on the Moon encouraged ARSA to embark on their own history of firsts.

"Each probe is named in memory of educational assistant and colleague Charles (Chick) Caldwell who was an enthusiastic supporter of our projects" said teacher Derrick Smith. The launch of the Chick IV marks ARSA plans for their first manned launch. Town crier Peter Davies selflessly volunteered to be the inaugural passenger aboard a Chick Mission. "It's an incredible privilege to be the very first town crier in space" said Davies. When asked about the training regimen, he smiled and declined comment.

With a typical altitude of nearly 30,000m (30km), the Chick Mission's 360-degree camera provides a spectacular view of the probe's voyage. ARSA expects this year's probe to go even higher, and the attached APRS device will provide radio tracking in real time!

ARSA is also gearing-up for a challenge even NASA has never undertaken. Famous paintings have been sent to space, but never before has one been created OUT there! ARSA is set to become the first agency to create a painting as the probe returns to earth. When the wild odyssey concludes, this unique work of art, along with ARSA 360VR footage, with Davies aboard, will be on display as part of the month-long exhibition *To the Moon and Back* at ARTsPLACE.

To the Moon and Back runs until July 21. This program is supported through the Province of Nova Scotia and Visual Arts Nova Scotia.

ARTsPLACE is a public art gallery located at 396 St. George Street in Annapolis Royal that is operated by the Annapolis Region Community Arts Council (ARCAC), a registered non-profit, charitable, community organization dedicated to encouraging and promoting the arts.



The school/museum is the darker of the two large buildings and is in the back. The lighter building in front had been a school and was then town hall and jail.

MACDONALD MUSEUM: MACDONALD CONSOLIDATED SCHOOL 1903-1979

William Macdonald was born in Prince Edward Island in 1869 and became wealthy in the tobacco industry. Perhaps because of his rural upbringing he was keenly interested in agriculture and education's role in its development. Already heavily involved in educational endeavours, in 1898 he became associated with Dr. James Robertson, Dominion Commissioner of Agriculture and Dairying. They initiated an experiment intended to keep youth on the farms through the introduction of nature study and gardening into rural schools. Sir William felt that if youth could develop a feeling of closeness with the earth, they would be less likely to be lured away into the big cities. The success of this endeavour evolved into the formation of Macdonald Consolidated Schools in Nova Scotia, Prince Edward Island, New Brunswick, and Ontario. The schools offered gardening and nature study in addition to practical training and household

sciences. Macdonald Consolidated School in Middleton was the first of the schools, built in 1903, and still stands today as Macdonald Museum.

The Macdonald Museum, located in the former Macdonald Consolidated School building, is open Sept. 1 – May 21, Monday to Friday: 9:30 am – 4:30 pm.

The Macdonald Museum Market continues on Thursdays from 4pm - 7pm throughout the summer, and features live music, hot food for supper, farm produce, fresh eggs, and delicious baked goods, as well as many crafters for all your gift and decor needs. New vendors welcome.

Call 902-825-6116 for more information.



"EXPRESSIONS OF NATURE: Quilts by the Town & Country Quilters' Guild:" Now Showing at the Kings County Museum

Bria Stokesbury

Since the establishment of the Guild in 2002, the fifty members of the Town & Country Quilters' Guild have welcomed quilters of all ages and all skill sets. Monthly meetings provide the opportunity to learn new techniques, gain inspiration, and strengthen friendships through the shared love of quilting. The group holds workshops, brings in guest speakers, takes part in retreats and community outreach projects, and displays members' work in exhibits such as this one.

This summer the museum has planted a pollinator garden on the grounds of the site. In keeping with this idea, the Town & Country Quilters' Guild has contributed works which reflect themes of nature including florals and the bright bursting colour range of an Annapolis Valley spring and summer. Our exhibit guide provides detailed information on the items in the exhibit. Enjoy your visit and we hope that it inspires you to begin your own sewing journey of discovery!





WEDDINGS
AT
ACACIA
GROVE
A BRIEF HISTORY

OPENING EXHIBIT

07.21.2019



Prescott House
museum
A PART OF THE NOVA SCOTIA MUSEUM

Randall House Regatta



Everyone is invited. Purchase your boat kit in advance at the Randall House Museum, the Box of Delights Bookshop, or the Kings County Museum

13 July, 2019 | 11AM-3PM | Willow Park, Wolfville

BBQ and treats available for purchase. Decorate a boat in advance or at the park!
Face-painting and outdoor games will be available.



PRESCOTT HOUSE MUSEUM BUSY BUGS

Age 5 and up
Wednesday, August 7, 1-3 PM
(Rain date: August 8, 1-3 PM)

Make a bee line to Prescott House to join Dr. Todd Smith of the Acadia University Science Department for a fun filled afternoon!

We will be examining ants, beetles, earwigs, bees and other creeping critters.

Cost \$8 Pre-register by August 2, 2019

For more details, visit our website at <https://prescotthouse.novascotia.ca>
You may also call us at 902.542.3984 or email margrete.kristiansen@novascotia.ca





ART AND SOUL

Anna Horsnell

Susan Spicer sees potential in the discarded. She imagines far beyond the rough edges and worn down surfaces. She envisions bright colours and intricate patterns. She has a gift for seeing the possibilities and making them real. Under the banner of “Susan’s Art and Soul,” she creates one-of-a-kind, hand-painted furnishings of all sorts to brighten your home or garden.

This is not a hobby. Spicer is constantly seeking out new pieces which she can repurpose, often finding items at the end of a driveway, a second-hand store, barn, or attic. A piece of furniture might need to be repaired first. Barn boards might be fashioned together to create a flat surface to paint. Through experience she is quick to visualize a theme, colour scheme, and design, and then the real work begins.

Spicer acknowledges she comes from an artistic and musical family. That helps. She has always been surrounded by creativity and it was inevitable perhaps that she would eventually find a way to express her own ideas. Initially she began painting country-themed wooden signs and shutters which quickly gained popularity. She explains, “I saw the benefit of creating pieces that were actually functional as well as decorative, and so I began looking for chairs and other pieces of furniture which I could transform and recycle.” Today her search knows no bounds. From old violin cases and doors to wooden shoes and guitars, her variety of painted surfaces is both surprising and fun.

From start to finish, Spicer might spend days or even months working on a particular piece. Her painting is intricate and methodical. What might look whimsical or spontaneous actually takes hours of painstaking work as she is often maneuvering odd angles and uneven surfaces. Designs are drawn out carefully, painted, distressed, and varnished. Her colour choices are bright and bold, but again, never by chance. She has a distinct style and knows what works to achieve the exact look she has in mind.

The themes she chooses are also carefully thought out and range from Celtic and nautical to song lyrics and floral. Another unique characteristic of Spicer’s work is her attention to detail and the extent to which she will embellish each piece. The back of a chair, the edge of a shelf, the inside of a drawer – nothing is too insignificant, and Spicer has become known for these surprising finishing touches. Even unpainted sections are carefully thought out and serve a purpose in her designs.

In the end, each and every piece from Susan’s Art and Soul is a unique, hand-painted original. Reactions are unanimous in describing the work as joyful, beautiful, and (often) heart-touching. That’s the reaction Spicer hopes for and that’s what encourages her to continue.

A selection from Susan’s Art and Soul is currently available at Fab Finds, 1987 Highway 359 (intersection of 221), Centreville. Visit her website at susansartandsoul.weebly.com.



ANNAPOLIS VALLEY EXHIBITION

The Annapolis Valley Exhibition is coming up August 12 to 17 and there’s still plenty of time to get involved & win some prizes (even if you live in town!).

Over 90 years strong, this week-long event held in Lawrencetown celebrates the Valley’s community, heritage, and the future of farming with prize winning vegetables, barns to stroll through, horse shows in the main ring, live music, and carnival rides.

But the best part is, you can take part! If you’re a quilter, a master of the sewing machine, a crafter, a leader, an artist, a photographer, a flower-arranger, a baker, or a maker of any manner of things — there’s likely a category for you to enter.

There are categories for adults and for kids too! There’s nothing like seeing a bright ribbon pinned beside the fruits of your labour (be it fruit, a craft made from recycled goods, or a pair of baby booties you’ve knitted with love). Entries are welcome from all!

For more information visit: annapolisvalleyexhibition.com



ON THE FARM IN THE ANNAPOLIS VALLEY



Kenny and Sarah of Two Birds One Stone Farm in Hall’s Harbour



The sweet potato harvest at Valley Harvest, a division of Charles Keddy Farms in Lakeville



Meghan Spares of Our Farm at Bazel’s Place in Avondale



The milk truck making its stop at the Morse farm in Harmony



Oulton’s Meats in Windsor



HARDWARE GALLERY PRESENTS:
Exploring Nova Scotia: A Photography Exhibit
 by The Kings County Photography Club
 Submitted

Exploring Nova Scotia: A Photography Exhibit by The Kings County Photography Club” runs from July 12 – 31. An opening reception with the photographers in attendance will be held at the gallery, 7:00pm - 9:00pm, Thursday, July 18. All are welcome.

The Kings County Photo Club is a Kentville-based amateur photo club that welcomes hobbyists of all skill levels, from novice to expert. Its members have shared photos from their travels across the world and published their work in a variety of local and provincial publications. The club has operated for over a decade and currently has almost 40 members from all walks of life.

In this show, the members are *Exploring Nova Scotia*: showcasing photographs they have taken right here in their own backyards. Exhibiting members include Ilze Andzans, Michelle Coleman, Randy Hill, Kevin Kornelson, Grant Lohnes, Justine MacDonald, Louise McDonald, Gabrielle Smith, Richard Stern, Don Urquhart, and Jessica Van Luxemborg.

“An important part of our mandate is to provide a space for the creative community to gain exposure,” says gallery director, Sasha Nelson. “This exhibit is a perfect example.”



LORNE ELLIOTT RETURNS TO WOLFFVILLE WITH THE FIXER-UPPER

Mike Butler

Lorne Elliott has been a very recognizable face in music and comedy theatre for so long even he can't remember (1974 according to the glorious Google). The Valley is in for a treat because Lorne is returning to Wolfville for a very special engagement and I had the pleasure of chatting with him about it.

Lorne Elliott is bringing his show, *The Fixer-Upper*, to the Al Whittle Theatre from July 18-20. *The Fixer-Upper* is a comedy about Bruno McIntyre, who wants to take charge of his own life, his aunt Tillie who does not think that is a very good idea, summer in the Maritimes, cottage renovation, and family manipulation. This play explores family relationships and communication between generations: what is expected from the older family members and how the younger ones think they can handle situations. The story unfolds with Lorne's unique and incredible humour and poignancy and audiences are in for something special.

Lorne says the idea for *The Fixer-Upper* arose from “staying in a less-than-ideal cottage in PEI, and wondering how it got that way, and also from family and friends and the endless and diverting difficulties that arise from those relationships.”

I've seen Lorne perform a few times and always left his show with my sides hurting and lots swimming around in my mind. His kinetic energy and stage presence are infectious. I asked him to tell me about some things that make *him* laugh, and what keeps his energy in such a positive place: “Well, sometimes, like everybody else, I'm not in a terrifically positive state,” he says, “but I guess that's normal. On stage that's part of your work, to stay positive, so you fake it till you make it. Also, it's hard not to feel positive when you are in front of a roomful of laughing people.”

The Fixer-Upper is coming to Nova Scotia for the first time and Lorne is over the moon to see how audiences react. And where else is it playing? “It'll be all over, with any luck,” Lorne says. “We're translating it into Quebec French in the fall, and I'm looking at a production in France and one in Australia, as well. Promotion is key and word of mouth too. And as helpful as social



media is, I'm betting that the more people are going to social media, the more they will need a reprieve from it with live theatre. Wear yourself from the screen! Go see some theatre.”

And because Lorne has such a passion for performance and creation, he shows no signs of stopping: “I have ten plays I am trying to get up and out there,” he says. “They're in various states of completion, and for now I can't think of a better way to live than doing comedy in the Maritimes in summer. Looking forward to seeing you at the Whittle!”

The Fixer-Upper plays July 18-20 at The Al Whittle Theatre, Main Street Wolfville, 7:30pm. Tickets \$25, available at the door.



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UPCOMING PERFORMERS

July 11 The Jill Hiscock Group	July 18 Sundries
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Music starts @ 7pm
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PRESCOTT HOUSE MUSEUM



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 (Rain date July 21, 2019)
<https://prescotthouse.novascotia.ca/>





A BRIEF HISTORY OF ARTCAN GALLERY AND CAFÉ

Ron Hayes

When my family first came to Nova Scotia I noticed there were very few places to exhibit art in the Valley, and nowhere to buy basic art supplies. I decided to create an art gallery and art supply shop. ArtCan was born out of this idea in 2001. After a couple of years we required a bigger space, so we purchased the old MacDonald Chisholm building by the park in Canning. While renovating this building we added a café and reopened in 2004.

There have been many adjustments over the years. The gallery was a studio for a while, where I painted and taught classes, and I was also hired to teach part-time at Acadia University. Another transition happened two years ago when we built an addition on the back of ArtCan. We now have a new studio with a view of the river and wheelchair access

providing a space where artists can come and take a class or rent a spot to paint.

Our daughter Michaela now creates the fine food for the Café. Her lunch menu is inspired by and utilizes produce grown in the area. We serve Full Steam Coffee along with sweet treats that are made fresh. ArtCan Café is open for the summer with a beautiful view of the river and park. The gallery, art store, and studio are open year round.

This summer we are hosting several Kitchen Parties with Kim Barlow. The music is live in our gallery and the café is open for drinks and desserts. ArtCan Gallery is also pleased to present *Myriad*, an exhibition of abstract paintings by 5 artists from Annapolis Royal opening August 1. I will be exhibiting my work at the

Halifax Public Archives opening August 7, and this show continues for the month.

The biggest challenge has been to manage all the different things that we offer. I try to balance my time between operating the business and creating my own art. My current series of paintings are inspired by the beautiful landscape which surrounds us and is made with much support of my family and friends and for this I am very grateful.

For more information please visit: artcan.com

Photos: Asparagus orange and fennel salad (photo: Michaela Hayes); painting by Ron Hayes



SMALL FARM SPOTLIGHT: TIPSY TOAD GROVE FARM

Tipsy Toad Grove is a small mixed farm in Tremont, Nova Scotia. They are regular vendors at both the Kentville and Wolfville Farmers' Markets.

The Grapevine: Tell us about yourself:

Sue Earle (SE): I run Tipsy Toad Grove Farm with help from my husband Troy Turple. Our farm is in Tremont (home of the Tremont World's Fair), near Greenwood. I've always been a bit of a foodie and in recent years I developed a real passion for sustainable food systems and food sovereignty. Everything we do on our farm takes into consideration environmental sustainability and making sure that our animals have the best life possible. We believe that the way forward is going to be many small farms that can feed neighbourhoods or communities rather than a few huge farms that try to feed the world.

GV: How did you begin farming?

SE: My interest in food systems pried me away from a very good university job in the fine arts. As my interest in food and food production took hold I felt a real need to contribute to healthy and sustainable models of producing and eating. It seemed like something I could do to make a difference, maybe not on a grandiose scale, but definitely in a way that was meaningful. We bought a farm and jumped in feet first, not really having any clue what we were doing, but determined to figure it out. We've made a lot of mistakes but every year things get a little easier, so it's all good.

GV: What are your main products?

SE: We are all over the map. We grow spray-free produce which we sell through a small CSA. We raise pastured pork, lamb, and poultry for our own consumption, as well as most of the hay that feeds those animals in the winter. We also have a herd of miniature Nubian dairy goats which we use for milk. Initially I dreamt of getting into dairy, but it doesn't seem financially feasible on a small scale, so I use the milk from my goats to produce soaps and body products which I sell at markets as Tipsy Toad Soaps. My art background led to the development of chemical sensitivities, so the soap business grew out of a need to find products that were natural and gentle enough for my own use.

GV: How has your business evolved since you began farming?

SE: I've never been one to put all my eggs in one basket. It took a long time to make the decision to leave a decent paycheque with benefits for the complete uncertainty of farming. I am always trying new things in an effort to figure out what will pay the bills and what's not going to work. I'm a big fan of value-added products. The past couple of years I've been selling "farm to fork" burritos at the Kentville and Wolfville Farmers' Markets and that sales avenue has been doing very well. I'm an avid foodie, and I thrive on the challenge of taking whatever is abundant in my field or available at market and turning it into food that people seem to love. I get a lot of satisfaction from introducing people to Tokyo bekana or pepicha and seeing them come back the following week for more. I've come to realize that education is as important as producing...no matter what you make or grow, the product won't succeed if you can't show people why they want it and how to use it.

GV: Tell us about the Kentville Farmers' Market. How long have you been selling there?

SE: I started at the Kentville Farmers' Market in 2014, just a few months after moving to the Annapolis Valley and buying the farm. Initially I was just selling soap and body products, but I've also sold produce, fresh salsa, and hot lunch items at the market. The Kentville Farmers' Market is not huge, but it's intimate, and I have a lot of regular customers there who I've come to know by name and by need. Kentville was my first farmers market and it will always feel like my launching pad and my family.

GV: What is your biggest challenge as a farmer?

SE: Balance. I am not happy unless I'm busy, and as a creative person I've always got a backlog of ideas and projects that I want to explore. I have a very hard time making opportunities for relaxation, play, and me-time. I'm constantly driven to complete a never-ending list of tasks: planting, trimming hooves, mucking pens, weeding, making soap, cooking, making hay, fencing. I'm exhausted all the time, but I can't stop. Finding balance is impossible when you're driven.



GV: What is the best part of farming?

SE: Challenges! I love problem-solving and I get absolutely bored stiff completing the same tasks day in and day out. Farming offers such a great opportunity to think, create, innovate, scheme, and invent. Just when you think everything is finally perfect, something else goes off the rails. Having to be constantly on your toes may not be everyone's cup of tea, but I thrive on it.

Find Tipsy Toad Grove Wednesdays 10am-2pm at the Kentville Farmers' Market and Saturdays 8:30am-1pm at the Wolfville Farmers' Market.



LOCAVORE

WILD EATS ADVENTURE: FORAGING THE FARM FOR WEEDS

Avery Peters

Farming and foraging are closely related: it just takes a different way of looking at what's growing around you. What some gardeners and farmers hope to eradicate, others see as something delicious.

One thing that I have learned since starting my own garden is that you get a lot more than you intend to grow. Many people call these unintended plants weeds, but I'm starting to think about many of these plants differently, especially since over the last year I have been hosting, planning, and helping out with Chef Nelson Penner's Wild Feast dinners.

Whenever I weed my garden, I probably spend too much time analyzing everything I pull out, wondering what plant it might be that went to seed, what vegetable it was I left last year that spread everywhere, or what creeping invasive it might be. Since working with Nelson, I've learned that many weeds are not just edible—because it's all fine and good to say you can eat a weed—but desirable. We've put many of these poor weeds down so low in our minds that we don't realize that they're actually delicious.

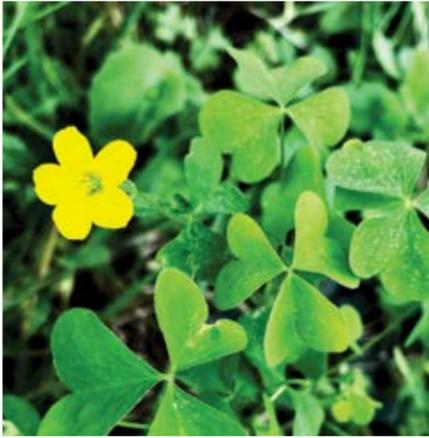
I have been to the Penner farm a few times now, but this past week, on special request, I went for a weed tour. Different plants inspire different dishes that Nelson makes, and while his business is called *Wild Feast*, and he specializes in foraging for mushrooms and preparing them in delicious dishes, he is equally inspired by what he cultivates on the farm.

I had seen many of these weeds show up at Wild Feast dinners, but I wanted to see them in action in the field and greenhouse.

I always get enjoyment out of telling guests at a Wild Feast dinner that their dishes have been garnished with weeds. Some of them are beautiful. A favourite of my children this this past spring has been forget-me-nots.

My son must be taking tips from me, because he can't walk too far without asking me: Can I eat this? So I've had to learn about and to identify a few more plants this year. Forget-me-nots don't taste like too much, but they do make a very sweet blue floral garnish for a drink, cocktail, or salad.

Lamb's quarters is the most common weed around the farm that is edible. It's mild and has a nice shape. It can be used like spinach in salads, soups, or pesto. It can be a tender garnish, but the large leaves do not get too tough. Look for this one around your own garden at home. It is really easy to uproot and it doesn't disturb other plants much when you pull it out. It likes fertile and moist soil. So if you have a healthy garden, you're bound to



find it. If there isn't grass present, it just takes over.

Weeds get a bad rap as being annoying and undesirable, and spending all the time around the farm everyday I am sure that even though Nelson uses many weeds to decorate his dishes, there is sure to be one that drives him crazy. Chickweed is that weed. It's prolific and grows fast, but it's

not too harmful as it doesn't have a herbicide effect like some weeds. Now that I'm getting a weed tour this is helping me identify some of the weeds in my own garden. Yes, chickweed has been driving me crazy as well, all entangled in my low bush blueberries. It's a little bit juicy and has little white flowers.

Finally, Nelson's favourite weed for garnishes is wood sorrel. We found it right where we parked our car in Nelson's driveway. My kids were all over it once they found out it was edible, and we were pleasantly surprised by its nice and tart flavour. Nelson often uses it as a garnish, but when I was trying to think of other ways to use it, I found a recipe for cucumber and wood sorrel granita by a chef from Denmark. I am also trying it in my

water kefir and I'm dreaming up cocktails too. I'm always looking for a nice tart flavour to add to my drinks. Nelson agrees that it's his favourite weed because of its flavour. It grows in gravelly, sandy, not-very-good soil. After visiting Nelson's farm I realized that it was indeed growing in parts of my garden and backyard. Look for it in yours! Its shape looks a bit like clover but has yellow flowers and the leaves have a bit more of a bright greenish yellow look.

I've heard a couple different strategies to reframe thinking about weeds. They are a part of our lives, after all. We can see them as something delicious, or useful to eat, or we can see our job of weeding and uprooting a plant as an opportunity to plant something else.

Here's my challenge to you (and myself): pick one weed to incorporate into your diet this summer. Learn a little about it. Sometimes the plants we don't intend to grow are just as delicious as those we plant ourselves.

If you want to chat with Nelson about weeds, you can find him at his Wild Feast booth at the Wolfville Farmers' Market every other week, he's also there making takeaway breakfast and lunch (he'll be there July 13). You can also get your tickets for one of his multi-course dinners at the Tattingstone Inn (August 10) or Planters Ridge (July 20) this summer.



RECIPE

Jenny Osburn | The Union Street Cafe Cookbook | jennyosburn.com

A YEAR OF SCHOOL FOOD

School's out and Annapolis Valley cafeterias have closed their doors for summer! Let me tell you, it has been QUITE A YEAR working in school food in the Annapolis Valley.

I've gotten to know some very kind and hard-working "lunch ladies," learned how to use the giant steam kettle at my old high school, and helped to feed lots of really excited kids (and staff!)

At Berwick School we've hosted plenty of interested visitors, many of whom have taken ideas back to their own schools and communities. Starting with inspiration from Valley school food visionaries like Kim Frank, Jeanne Myles, Amy Lake, Jennifer Killiam, and Amy Cook, salad bars and better menu items are popping up everywhere. Parents, teachers, and students alike are asking for change and administrators are listening and acting.

We've welcomed many wonderful Valley food producers to the school kitchen door, all of whom share our enthusiasm. Many have even made donations to help us with this transition.

We're also developing recipes and tools to make it easier (and reliably delicious) to bring locally-focused menu items and salad bars to more schools!

Perhaps most exciting for me is that we're ten weeks into our confidential pay-what-you-can program at Berwick School, so that everyone can access the same delicious meal without any stigma or shame. We hope that this can be a model for other schools to follow, and for our government to invest in.

We have a big vision and we're seeing it become reality, starting small and building momentum. We believe that fixing school food can help to break the cycle of poverty that

many Valley families experience. We know that serving local food at schools will improve the economy, meaning that more of our students will be able to live and thrive here. We believe that teaching kids how delicious REAL food is will improve our health outcomes, not in 20 years but starting right now. We've seen firsthand the transformation that can happen when school kitchens are seen not as an afterthought, but as an essential and integral source of nourishment and joy.

Service groups and organizations have signed on with their support of this work, including Mud Creek Rotary, Western Kings Health Society, Western Kings Community Health Board, Berwick & District Lions Club, and Friends of Agriculture.

Save the date and mark your calendars for our epic fundraising dinner on October 19 at the Berwick & District Lions Club: The Valley Harvest Feast for School Food. Chefs Jason Lynch, Chantelle Webb, Nelson Penner, and Heather Marriage will all be contributing, along with Chef Michael Smith!

Huge thanks to the cooks Barb Henshaw, Janey Rigby, Pam Coleman, Tammy Smith-Eisner, Susan Lutz, and many, many others for making massive transformations to



how you feed kids! It's been an incredible leap of faith and labour of love.

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



CARL'S INDEPENDENT IN WOLFVILLE WINS WBDC SPIRIT AWARD



60th annual KINGSTON

July 11-14, 2019 STEER BBQ

The Steer BBQ and Village Fair is 60 years strong and the celebrations are bigger than ever this year!

Peter Kirkpatrick, the Publicity Chair and VP of the Kingston Legion, says that volunteers have been hard at work building the busy schedule since January.

“The proceeds from this event are split equally between Kingston Legion and Lions who then return the money to the community through the various charities and events they hold throughout the community,” he says.

The festivities will kick off on Thursday, July 11 with the Royal Lepage & RBC BBQ for Autism at the Royal Lepage office on Central Avenue. Grab lunch and then make your way over to the Credit Union Centre on Westwood where there will be the opportunity to watch the Riptide Rollers and even give Roller Derby a try for yourself. There will also be Lacrosse demos and two games to watch.

Friday evening is fun for the whole family. The Credit Union Centre grounds will house a transform into a big party with a bounce kingdom, face painting, balloon creations, and even a petting zoo. Jaylene Samson, Tim Vallillee, Ruth Manning, and

the Prospectors will be on stage. The annual Sparky 5k Fun Run registration will open at 6:00pm with the race starting at 7:00pm at the corner of Elm and Westwood. The route will take runners through the village right to the Kingston Fire Department and back to the Steer BBQ grounds. An event for the whole family, runners of all ages, strollers, and dogs are welcome to join in this fun run in support of the Kingston Fire Department.

Friday night will finish off with the Pyro Finale, a spectacle celebrating the 60th anniversary of the Steer BBQ.

Saturday starts off with the Village Fair Full Breakfast at the Kingston Fire Hall on Sparky Street. An outdoor market will be set up at Centennial Park and the Grand Street Parade will happen at 10:45am, featuring Kingston's own Jennifer Crawford as the Honorary Parade Marshall, winner of the most recent MasterChef Canada.

“Jennifer will be in the parade and will wander throughout the grounds all afternoon,” says Kirkpatrick. “She particularly asked to be in the dunk tank.”

That dunk tank won't be the only option for you to test your skills. The grounds will open up again at 9:30am, with the bounce kingdom and other entertainment

beginning at noon, including a Paw Patrol Obstacle Course, Wrecking Ball, Mechanical Steer, Axe Throwing, Bingo, and of course the Kiddie Train. The grand opening and cake cutting will happen at 12:30pm and on stage, that afternoon will be Chairmen of the Blues and SWIG. There will also be performances by Atlantic Cirque, BMX demonstrations, and Domino Man's Toppling Times inside the Credit Union Centre. At 4:00pm the Mechanical Steer Bucking ride gets serious with a contest for the best rider worth \$500.

“The bull will be easy to hang onto throughout the day, It will only get tougher during the contest,” says Kirkpatrick. “My advice for the contest is simple: bring your entry money and bring your nerve...and maybe some crazy glue.”

The evening will stretch into the late hours with the 19+ Steer BBQ Dance featuring Matt Minglewood at the Kingston Legion.

The festivities don't stop there though. On Sunday, at 2:00pm a Gospel Concert will feature Sonlight, Shoulder to Shoulder, Brad Hewey, Roxeen and Dalrymple. Attendees are encouraged to bring a food donation.

Mark your calendars — this is a Steer BBQ not to be missed!



SCHEDULE OF EVENTS

THURSDAY, JULY 11

11-2 pm	Royal Lepage/RBC BBQ for Autism (Royal Lepage office on Central Ave)
<i>Inside Credit Union Centre on Westwood Street</i>	
3:30-5:30 pm	Roller Derby! Try it yourself then sit back and watch those Riptide Rollers play!
5:30 pm	Community Opening of 60th Anniversary Steer BBQ and Village Fair
5:30-6:30 pm	Attempt basic Lacrosse skills — then relax and watch two exciting games
6:30-7:30 pm	Valley Thunder Bantam Lacrosse vs NS Sirens Peewee Lacrosse
7:30-8:30 pm	Valley Thunder Midget and Intermediate inter squad game

FRIDAY, JULY 12

6 pm	Registration, Sparky 5k fun run (7pm start, Elm street)
6-9:30 pm	Bounce Kingdom, Face Painting, Tattoos, Tim Beanie Balloon Creations, Petting Zoo
6-9:30 pm	Axe Throwing (Elm Street near the basketball courts)
6-9 pm	ON STAGE! Jaylne Sampson, Tim Vallillee, Ruth Manning and the Prospectors
6-8:30 pm	Hamburgers, Hot Dogs, French Fries
6-8 pm	Halifax Virtual Reality Interactive Demo
6-9:30 pm	Beer Garden (near Elm Street, past the basketball courts)
7 pm	SPARKY FUN RUN RACE BEGINS (corner of Elm and Westwood)
10 pm	Pyro Finale!!! 60th Anniversary Special Celebration



SATURDAY, JULY 13

7:30-9:30 am	Village Fair Full Breakfast (Kingston Fire Hall, Sparky Street)
9:30am-4:30pm	Outdoor Market (Centennial Park)
10:45-11:45 am	Grand Street Parade through downtown Kingston Honorary Parade Marshall Jennifer Crawford, 2019 Master Chef Canada
12-6 pm	Craft and Home Based Business Fair (inside Credit Union Centre)
12-6 pm	Bounce Kingdom, Face Painting, Tattoos, Kiddie Cars, Paw Patrol Obstacle Course, Wrecking Ball, Mechanical Steer Bucking
12-6 pm	Beer Garden (near Elm Street, past the basketball courts)
12-6 pm	Cold Beef Plate, Burger Bits, Hamburgers, Hot Dogs, Fries, Poutine, Beverages, Strawberry Shortcake
12-6 pm	Axe Throwing (Elm Street near the basketball courts)
12:30 pm	Opening Ceremonies, Jennifer Crawford and others, Town Crier, Cut Cake (main stage)
1-3 pm	3 on 3 Basketball Tournament (basketball courts)
1-3 pm	Halifax Virtual Reality Interactive Demo (inside Credit Union)
1-4 pm	ON STAGE! Chairmen of the Blues, SWIG
1-5 pm	BINGO! (upstairs in the Credit Union Centre rink)
1-5 pm	Dunk Tank, Kiddie Train
1-1:30 pm	Domino Man's Toppling Times (inside the Credit Union Centre)
1:30-2:30 pm	Tim Beanie Balloon Creations
1:30-2:30 pm	Atlantic Cirque Performances (on the ball field)
2-4 pm	COOL RIDES BMX Demonstration (behind the Credit Union Centre)
3:30-4:30 pm	Atlantic Cirque Performances (on the ball field)
4-4:30 pm	Domino Man's Toppling Times (inside the Credit Union Centre)
4-5 pm	Mechanical Steer Bucking Contest, \$500 prize
9pm - 1am	19+ Steer BBQ Dance Featuring Matt Minglewood (Kingston Legion)

SUNDAY, JULY 14

2-5 pm	Gospel Concert featuring Sonlight, Shoulder to Shoulder, Brad Hewey, Roxeen and Dalrymple (please bring a foodbank donation)
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THURSDAY, JULY 11

Steer BBQ Family Fun Rink Day – Credit Union Centre, Kingston 3:30-8:30pm • Riptide Rollers Roller Derby & Valley Thunder Lacrosse! Come watch it and try it! **TIX:** no charge **INFO:** 902-765-2800

Blood Donor Clinic – Royal Canadian Legion, Windsor 4:30-8:30pm • Book your appointment at blood.ca. **TIX:** no charge **INFO:** 1-888-2-DONATE

Strawberry Supper – United Church, Kingston 4:30-6pm • Cold plate – ham, potato and pasta salads, cucumbers and rolls, strawberry shortcake with real whipped cream. **TIX:** \$12 adults, \$8 children 10 and under. **INFO:** 902-765-3621

Book Launch with Amy Spurway: Crow – The Box of Delights Bookshop, Wolfville 6pm • Witty, energetic and crackling with sharp Cape Breton humour, Crow is a story of big twists, big personalities, big drama, and even bigger heart. **TIX:** no charge **INFO:** 902-542-9511 / boxofdelightsbooks@gmail.com

Mapping the Bay of Fundy – Harbourville Hall, Harbourville 7pm • Join Russell Parrot for his presentation on mapping the Bay of Fundy, from Grand Manan Island to the Minas Basin. Over the five years of this project, the team was able to map a considerable portion of the Bay of Fundy. Russell will show slides to illustrate their findings, including 10,000 year old iceberg scours and a massive sand dune off Margaretsville. **INFO:** caplindadale@gmail.com

FRIDAY, JULY 12

Hot Dog / Sausage BBQ – Rockwell Home Hardware, Kentville NS 11am-1:30pm. Also July 19 **TIX:** hot dog and drink \$3, sausage and drink \$5 **INFO:** 902-679-2367 / vintagemusic1@hotmail.com

Jimmie Dog BBQ – The Apple Capital Museum, Berwick 11:30am-1pm. Also July 19 **TIX:** Jimmie dogs, pop, water \$1 each **INFO:** 902-538-9229 / berwickvic@outlook.com

Herbal Mixology – Tangled Garden, Grand Pre 3-4pm • Learn how to use commonly found foraged plants to make delicious summer beverages. With Herbalist Angie Oriana Jenkins. Pre-registration required. **TIX:** \$20 **INFO:** 902-680-8839 / oriana@sisterlotus.com

Annual Strawberry Supper – Harmony Church, 992 Harmony Road, Kings County 4-6pm • Pork loin, potato salad, coleslaw, rolls, strawberry shortcake, tea/coffee. **TIX:** \$10. Everyone Welcome! **INFO:** lynn.coldwell@icloud.com

BBQ Supper – Royal Canadian Legion, Berwick 5-7pm. Also July 19 • BBQ – Cheese Burgers, Sausage, Burgers, Hot dogs, Salads and Desserts. **TIX:** \$4-\$8.25 **INFO:** 902-538-9340

KingCon! – Fire Hall, Kentville 5-11pm. ALSO July 13, 9am-11pm & July 14, 9am-5pm • Kings Tabletop and Boardgame Society (KTABS) is hosting a 3-day tabletop gaming convention, "KingCon!" Board games, tabletop card games, role-playing games, and miniatures games. **TIX:** \$30 weekend, \$10 single day pass, \$5 child (w/ adult), online, or at the door. **INFO:** kingcon@ktabs.ca

Valley Trekkers Volkssport Walk – Muddy's Convenience Store, 446 Main St., Wolfville 6pm • 5/10/1, 3A walk in Wolfville. Meet at Muddy's Convenience Store. Registration begins at 5:30pm. Walk starts 6pm. **INFO:** 902-678-8278

Book Launch with Amy Spurway: Crow – Mad Hatter Bookstore, 213 St George Street, Annapolis Royal 6pm • Witty, energetic and crackling with sharp Cape Breton humour, Crow is a story of big twists, big personalities, big drama, and even bigger heart. **TIX:** no charge **INFO:** socialmedia@gooselane.com

Caleb Miles – Gaspereau Vineyards, Gaspereau 6:30-8:30pm • Caleb Miles on the Vine-Side patio. Donations on behalf of the Gaspereau Community Centre. Kitchen open late. **TIX:** donation **INFO:** 902-542-1455 / info@gaspereauwine.com

Pride Social – Maritime Express Cider Co., Kentville, NS 7-9pm • Come out for an LGBT2SQIA+ social night! This is an evening of socializing, meeting new friends, and connecting with the community. **TIX:** no charge **INFO:** 4radqueers@gmail.com

Shannon Quinn in Concert – Sea-Esta, Canning (Delhaven) 7-9:30pm • A collection of originals and Irish tunes by an award winning Celtic/Folk Musician from Atlantic Canada. **TIX:** \$20 **INFO:** Brenda, 902-692-1662 / soundconnectiontherapy@gmail.com / facebook Sea-Esta@Delhaven

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

Wayne Parker – Royal Canadian Legion, Berwick 7:30-10pm **TIX:** donation **INFO:** 902-538-9340

ECLECTICUS Los Primos Fundraiser – Al Whittle Theatre, Wolfville 7:30-10pm • Cuban music fused with the music of the world and featuring 4 of the most amazing Cuban performers. Augusto Enriquez and Jeff Goodspeed have created something new and it is called Eclecticus. **TIX:** \$25 @ Box of Delights, Wolfville **INFO:** 902-401-2104 / losprimos@bellaliant.net

Comedy Night Fundraiser – Paddy's Pub, Kentville 8:30pm • Comedy Night Fundraiser for Valley SAR with K-Town Comedy Club. **TIX:** \$20 at the door or by email. **INFO:** 902-678-7495 / valleysar@sarnovascotia.com

SATURDAY, JULY 13

Shoreline Yard Sale – Community Hall, Burlington 8am-2pm • Shoreline yard sale from Morden to Halls Harbour and all spots in between, rain or shine. Community halls offering venues and sales at their halls: Morden – breakfast, Burlington – canteen, Black Rock – desserts, Halls Harbour – snacks **TIX:** no charge **INFO:** 902-538-3441 / susan.daniels@hotmail.com

Big Breakfast – Fire Hall, Vaughans 8-10am • Proceeds to the Auxiliary. **TIX:** \$7 adults, \$3.50 children **INFO:** 902-798-3470

Annapolis River Festival – Jubilee Park, Bridgetown 9am-5:30pm • A fun-filled day celebrating the environmental, historical, cultural, and recreational values of the Annapolis River. **TIX:** donation **INFO:** 902-532-7533 / carp@annapolisriver.ca

Randall House Regatta – Willow Park, Wolfville 11am-3pm • Come decorate and sail your very own sailboat. Also face-painting and outdoor games. Cash BBQ on site. **TIX:** Each boat kit costs \$7 and can be purchased in advance at Randall House Museum, Kings County Museum, or the Box of Delights. **INFO:** 902-542-9775 / randallhouse@outlook.com

An Afternoon of Gospel Music – United Baptist Church, 1203 Hwy 10, Springfield 1-4pm • Featuring "Country Jam"; "Mervin & Tracy Mailman"; "Darlene & Lloyd Slauenwhite"; "String and a Prayer" and Joe & Judy Steele" will be held Saturday, July 13th at Springfield United Baptist Church (1203 Hwy 10) from 1-4pm. **TIX:** no charge

Caroline Bosley – Oqwa'titek Amphitheatre, Annapolis Royal 1-3pm **TIX:** no charge **INFO:** events@annapolisroyal.com

Book Launch with Anne Bishop: Under the Bridge – The Box of Delights Bookshop, Wolfville 2pm • Join local author Anne Bishop for a reading from her new novel Under the Bridge, followed by a question period and book signing. **TIX:** no charge **INFO:** 902-542-9511 / boxofdelightsbooks@gmail.com

Strawberry Supper – Community Hall, North Alton 4:30-6pm • Annual strawberry supper cold plate – Ham, potato salad, coleslaw, cucumber, tomato, egg, rolls and brown bread. Choice of assorted homemade cakes and fresh strawberries. Tea, coffee or juice. Take out available **TIX:** \$12 adult, \$6 child under 12, preschoolers free. **INFO:** 902-670-2282 / jnanaw62@gmail.com

Strawberry Supper – Fire Hall, Waterville 4:30-6pm • The annual Trinity United Church Strawberry Supper. Meal includes ham, salads, etc. and strawberry shortcake. **TIX:** donation **INFO:** 902-691-2638 / ruthmanning1972@gmail.com

Fundraiser for Zach's Accessible Van – Al Whittle Theatre, Wolfville 7pm • T. Thomason and guest Burry in concert. This is a fundraiser for an Accessible van for Zach and his family. **TIX:** \$20 in advance, \$25 at the door @ The Market (Wolfville) or online at Eventbrite.ca **INFO:** 902-680-2226 / zaccessiblevan@gmail.com

The Weerasinghe, Enriquez, Thompson Trio – Winegrunt Wine Bar, Windsor 7-10pm • The Weerasinghe, Enriquez, Thompson Trio are bringing some cool jazzy music to the bar. **TIX:** no charge **INFO:** 902-472-2863 / info@winegrunt.com

Adult Dance: Big Deal – Royal Canadian Legion, Kentville 9pm-12am • Dance the night away. Bar and Kitchen Services. Door prizes and 50/50. 19 plus. **TIX:** \$8 at the door **INFO:** 902-678-8935

NUA – Kings Theatre, Annapolis Royal 7:30-9:30pm • NUA is an innovative, award-winning, Toronto-based trad trio. Bringing a fresh and unique sound to traditional music, they create their own distinctive original compositions, balanced with traditional and contemporary tunes drawn from Irish and Scottish traditions. **TIX:** \$24 Members, \$28 General, \$12 Youth, aged under 18 years **INFO:** 902-532-7704 / mk@kingstheatre.ca

Canning Kitchen Party – ArtCan Gallery & Cafe, Canning 7-10pm • Mohammad Sahrei and the Open Borders ensemble play traditional Iranian music, with Kim Barlow hosting. **TIX:** \$10, kids are free **INFO:** kimbarlow77@gmail.com

SUNDAY, JULY 14

Lions Breakfast – Lions Den, Community Centre, Windsor 7:30-9:30am • Enjoy a full breakfast! **TIX:** \$7 **INFO:** 902-798-8143

Choruses in the Cove – Baptist Church, St. Croix Cove 10:30-11:45am • John Montgomerie will lead The Churches by the Sea in a program of inspirational songs. Join us. **TIX:** no charge **INFO:** 902-665-2435 / mcurdyandreed@gmail.com

60 years of Roscoe A. Fillmore – Charles Macdonald Concrete House, Centreville 11am-4pm • Come celebrate the 60th year of Roscoe Fillmore's book 'Roses for Canadian Gardens.' Join us in Remembering and sharing the stories of the Canadian pioneers in farming and gardening. **TIX:** no charge **INFO:** 902-678-3177 / info@concretehouse.ca

Anniversary Jazzy Jam – Winegrunt Wine Bar, Windsor 12-8pm • To mark our first anniversary, we at Winegrunt Wine Bar are inviting all the players who have graced our little stage to come back to our place to perform a "Jazzy Jam". Featuring beer from Schoolhouse Brewery. **TIX:** no charge **INFO:** 902-472-2863 / info@winegrunt.com

Book Launch – Community Oven, 117 Front St., Wolfville 1-3pm • "Where to Cycle in Nova Scotia" by Adam Barnett. Author reading, wood-fired oven pizza, books for sale by Box of Delights Bookshop (Wolfville). **TIX:** no charge **INFO:** 902-225-4714 / gadambarnett@hotmail.com

Mi'kmaw Culture Day – Port-Royal National Historic Site, Annapolis Royal 1-2pm • Come and experience the history and traditions of the Mi'kmaq, a culture that has been here for thousands of years. Sing a Mi'kmaw song, learn to play a drum, participate in the ancient game of "walties" and interact with Mi'kmaw craftspeople. Through demonstrations, singing and drumming you'll gain a further appreciation for the unique culture of the first people of this land. **TIX:** Park admission charge **INFO:** 902-532-2898

Plein Air Art – Community Hall, Hampton 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

Gospel in the Park – Centennial Park, Kingston 2-5pm • A wonderful line up of Valley wide Talent!! Bring a lawn chair, some water and lots of friends. Freewill Foodbank donations accepted. **TIX:** no charge

Strawberry Social – Prescott House Museum, Port Williams 2-4pm • Spend a foot-tapping afternoon listening to the sounds of the 'Forever Young Fiddlers' while enjoying delicious strawberry shortcake, visiting the house or strolling through the garden. **TIX:** \$8 per person (includes house admission) **INFO:** 902-542-3984 / margrete.kristiansen@novascotia.ca

Peace Circle/Cercle de la Paix – Grand-Pré National Historic Site, Grand Pre 3-4pm. Also July 21 • Come join the conversation on reconciliation while honoring Mi'kmaq and Acadian songs & stories. **TIX:** no charge **INFO:** 506-380-2008 / info@visitgrandpre.ca

Swingin' Sundays with Zakary Miller – Avondale Sky Winery, Newport Landing 3-7pm. Also July 21 • Live music from Zakary Miller, free to enjoy for our restaurant guests. Alongside our regular menu, a weekly barbecue special will be available. **TIX:** no charge **INFO:** 902-253-2047 / events@avondalewine.ca

Meatloaf Supper – Forties Community Centre, New Ross 4:30-6pm • Meatloaf/sauce, vegetables, potatoes, pickles. strawberry desserts & 1 non-strawberry dessert, tea/coffee. Wheelchair accessible. **TIX:** \$13 adult, \$7 ages 5-12, \$3 under 5 **INFO:** 902-689-2612 / 902-689-2000

Drive In Church Service – Baptist Church, Coldbrook 7-8pm • Message by Rev. Kirby Smart with Special Music by John Caldwell & Larry Croxen. **TIX:** free will offering **INFO:** 902-679-3332 / carol.dennis@ns.sympatico.ca

Message in Music – Summer Series – Canard Community Church, 1315 Hwy 341, Upper Canard 7-8pm • A special evening of music, vesper readings and special refreshments! Guest Speakers – Ivan and Judy Norton. **TIX:** no charge **INFO:** 902-582-7298 / rosewood@nbn.net.nb.ca

Celtic trad trio NUA – Horton Ridge Malt & Grain, Hortonville 7-10:30pm • NUA is an innovative, award-winning, Toronto-based Celtic trad trio, bringing a fresh and unique sound to traditional music. **TIX:** \$10 at the door **INFO:** 416-729-8986 / tickets@trionua.com

Country Gospel Music Event – Baptist Church, Halls Harbour 7pm • Hymn Sing, Country Gospel Music by Make Mine Country, Harold Hunt. **TIX:** donation **INFO:** 902-542-9449

MONDAY, JULY 15

Storytime – Willow Park, Wolfville 10-11am. Also July 22 • A time for families to enjoy the fresh air, participate in interactive activities and read with us. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

Dynamic Duo in Recital – Wolfville Baptist Church, Wolfville 7-9pm • An eclectic mix of music of duets and solos, from opera to pop-era, contemporary to soul from Mozart to Queen! Music performed by Soprano Susan Dworkin and Baritone, William Kow. Cynthia Black, accompanies on piano. **TIX:** \$17. Contact to reserve. **INFO:** 902-300-1001 / susan_dworkin@hotmail.com

TUESDAY, JULY 16

Committee of the Whole – Municipality of the County of Kings, Coldbrook 9am • **TIX:** no charge **INFO:** 888-337-2999 / inquiry@countyofkings.ca

Playing in the Parks – Berwick & District School, Berwick 10am-12pm • Enjoy the outdoors and meet new families. Activities will be planned for you to enjoy! **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

Climate Crisis Presentation – Recreation Centre, Kentville 6:30pm • EXTINCTION REBELLION presentation on CLIMATE CRISIS. Come and learn all you need to know about the crisis, and more importantly, what we can do about it. **INFO:** xrxh@protonmail.com

WEDNESDAY, JULY 17

A Rendez-vous with Samuel de Champlain – Port-Royal National Historic Site, Annapolis Royal. English: 2-3pm, French: 3:30-4:30pm • Join Samuel de Champlain as he shares stories of his many adventures in Acadia. From his voyages of exploration to his experiences at Saint Croix Island and Port-Royal, you'll hear first-hand why he founded the "Order of Good Cheer" and how friendship and alliances played an integral part in the relationships between the French and Mi'kmaq. **TIX:** Park admission charge **INFO:** 902-532-2898

Stroller Fit – Kings County Family Resource Centre, Kentville 9:30-10:30am • Meet at the end of the parking lot. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

THURSDAY, JULY 18

Family Fun Time – Clairmont Provincial Park, Kingston 10am-12pm. Also July 25 • A time for adults and children to come together to participate in different activities. We will have activities ready for you. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

Plein Air Art – Miners Marsh, Kentville 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

JULY	HIGH	LOW
11	•8:34am	2:44pm
12	9:34am	3:44pm
13	10:34am	4:42pm
14	11:30am	5:37pm
15	12:23pm	6:29pm
16	1:13pm	7:17pm
17	1:59pm	7:45am
18	2:43pm	8:28am
19	3:25pm	9:10am
20	4:05pm	9:49am
21	4:45pm	10:28am
22	5:26pm	11:08am
23	6:09pm	11:49am
24	6:55pm	12:34pm
25	••7:18am	1:23pm

There are normally two high and two low tides each day. Only daylight tide times are listed. • Highest High: 40.0 feet •• Lowest High: 34.8 feet

Wolfville Food Tour – Just Us! Cafe, Wolfville 2:30-5:30pm. Also July 25 • Taste your way through Wolfville's delicious core. Led by a local guide, you'll visit up to 7 fantastic locations where you'll be given a food sample and hear the inside scoop about Wolfville's food story. **TIX:** \$67.40 adult, \$61.65 under 18 (prices include fees & tax) @ ticketpro.ca and outlets such as Cochrane's Pharmacy (Wolfville) **INFO:** 902-692-8546 / info@whereitsattours.com

Open House – Shand House Museum, 389 Avon St., Windsor 6-8pm • Please join us for a Special Open House. **TIX:** donation **INFO:** 902-798-2915 / Haliburton.Shand@novascotia.ca

NSCC AVC Middleton 50th – NSCC Campus, Middleton 5:30-9pm • NSCC's Annapolis Valley Campus in Middleton marks its 50th anniversary this July with events aimed at celebrating this exciting milestone and reconnecting alumni, staff and community members affiliated with the Middleton site. **TIX:** \$15 (tickets must be purchased in advance) **INFO:** 902-825-3491 / avc50@nssc.ca

Bernie Zinck – Oakdene Summer Concert Series – Oakdene Park, Kentville 6:30-8pm • Be entertained by amazing local talent! Performers will be set up on the outdoor stage. **TIX:** no charge **INFO:** 902-679-2539 / recreation@kentville.ca

Biological Connections: Why The Bay of Fundy is Extraordinary – Harbourville Hall, Harbourville 7pm • Graham Daborn brings his great love and admiration for the Bay of Fundy in his description of what makes it so exceptional. This includes the world's greatest recorded tidal range, a rich coastal biological system, many habitats and a temporary home for numerous species that travel from the Arctic, North and South Atlantic, Europe and the whole of the Americas. **INFO:** caplindadale@gmail.com

Firefly Sessions Bonfire Jam – Harriet Irving Botanical Gardens, Wolfville 7-9pm • Local musicians will host our sessions to create a welcoming and inclusive environment for all. Singalong meets coffee house, meets the unknown as we come together to jam under the night sky! Meet at the fire pit on the formal lawn. **TIX:** no charge **INFO:** 902-585-1916 / botanicalgardens@acadiau.ca

What's Happening continued on page 16.

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

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

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

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

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.

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

Movies in the Park – 78 Thomas St., Windsor. At dusk. Rain or shine (inside the community centre on wet days). July 12: Legally Blonde, July 19: Wall-E **INFO:** mitp.windsorns@gmail.com

SATURDAYS

Wolfville Farmers' Market – DeWolfe Building, Elm Ave., Wolfville 8:30am-1pm. July 13 Music: Mike Aube. July 20 Theme: Bloom! A Sensational Experience. **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 Farmers & Artisans Market – North Mountain United Tapestry, 3201 Long Point Rd., Harbourville 9am-4pm, 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: July 20). Learn about nature through games, activities, challenges, discussions, presentations, workshops and more! All ages. **FEE:** no charge **INFO:** Facebook: Flying Squirrel Adventures

Drop in and Drum! – Baptist Church, Wolfville 1-2:30pm. First Saturday of the month. 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

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

Cafe & 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

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: July 21). Manning Memorial Chapel (lower level), Acadia University, Wolfville. **INFO:** purepeace100@gmail.com

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@survivorsofabuserrecovering.ca

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

SOUP – Royal Canadian Legion, Wolfville 11:30am-1pm. Enjoy soup, drink & dessert – free! Donations accepted. **INFO:** 902-542-5869

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

Breast Quest Dragon Boat Society – Canoe Club, Waterfront, Windsor 6:30-7:30pm, through Sept. Also Thursdays. No experience necessary. **INFO:** margotwithat@hotmail.com

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

TUESDAYS

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

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

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

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

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. Share or just listen. **INFO:** smokeyquartz902@gmail.com

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

Card Game – Fire Hall, Vaughans 7pm. Card games every Tuesday. 50/50 draw and light lunch. **TIX:** \$2 to play **INFO:** ellajeane.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. July 17 Music: Zakary Miller. **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

FRIDAY, JULY 19

BBQ for the Bees – Library, 440 Main St., Kentville 11am–2:30pm • The LIFT Program will be holding a BBQ for the Bees. Also an arts and crafts sale, bake sale, and games for kids. All proceeds go to the Nova Scotia Beekeepers Association. The LIFT Program is delivered by Community Inc and CMHA-Kings, and funded by the Department of Community Services. Rain date: July 22. **TIX:** various prices **INFO:** lift@cmhakingns.ca

50th Anniversary of Apollo 11! – Kings County Museum, Kentville 12:30–3:30pm • Join model maker Tom Tupper. He will show models of the spacecraft that made history 50 years ago when NASA's Apollo 11 landed on the moon for the first time! **TIX:** no charge **INFO:** 902-678-6237 / info@kingscountymuseum.ca

Landscape Festival/Festival du paysage – Grand-Pré National Historic Site, Grand Pré 5:30–10pm • This is part 1 – Friday night program for the Landscape Festival! **TIX:** no charge **INFO:** 902-698-7855 / info@visitgrandpre.ca

Heat Up The Mountain Music Festival – Fox Mountain Camping Park, Aylesford 6–11pm. Also July 20 • Featuring Ruth Manning and the Prospectors, Boothill, Dave Coggins and the Focus Band playing a mix of Country, Rock and 50s/60s music. **TIX:** \$55 weekend pass, \$25 Friday night pass, \$30 Saturday pass, \$20 after 5pm. Call 902-847-3747 for tickets. **INFO:** 902-691-2638 / ruthmanning1972@gmail.com

Addison Locke – Royal Canadian Legion, Berwick 7:30–10pm **TIX:** donation **INFO:** 902-538-9340

Pretty Archie – Evergreen Theatre, Margaretsville 8–10:30pm • An Americana/Bluegrass/Roots band from Cape Breton, NS. They are known for their entertaining, high energy & foot stomping shows. **TIX:** Adults \$30, Military \$25, Students \$15 **INFO:** 902-825-6834 / evergreentheatre@gmail.com

SATURDAY, JULY 20

Community Breakfast – Legion, Fort Edward Mall, Windsor 7–10am • Bacon, sausage, ham, eggs, pancakes, hash browns, toast, and baked beans, juice, coffee and tea. Take out available. Hosted by the Windsor Legion Branch #009 and the Navy League Cadets of Canada. **TIX:** \$7 adults, \$5 children 6–12 years, under 5 years free. **INFO:** 902-798-0888

Bloom! A Sensational Experience – Farmers Market, Wolfville 8:30am–1pm • Join us for Bloom!, the Wolfville Farmers' Market's first flower festival in celebration of National Flower Week. **TIX:** no charge **INFO:** 902-697-3344 / communications@wolfvillefarmersmarket.ca

Community Consultation – Fire Hall, Kingston 10am–12pm • Plans are in place to renovate the Kingston Library space, and we want your input! Stop by to give input, become a library advocate, and see what the next steps will be. **TIX:** no charge **INFO:** 902-765-3631

Learn-to Camp Weekend – Kejimikujik National Park & Historic Site, Maitland Bridge 11am • The Parks Canada Learn-to Camp program will introduce you and your family to the basics of camping, from packing to tenting and campfire cooking. Attend special programs and activities at Kejimikujik. Reserve early, space is limited. **TIX:** \$44 per adult, \$22 per child (6–16) and free for 5 years and under (tax included). **INFO:** 844-365-2646 / parkscanada.gc.ca/keji

Hantsport Music Fest – Foundry Road Sports Field, Hantsport 12–9:30pm • "Havin a Time" since 2014. **TIX:** \$25 advance, \$30 at the gate. **INFO:** 902-790-0300 / kguptell@bellaliant.net

100th Anniversary – Fort Anne National Historic Site, Annapolis Royal 12–3pm • Join Parks Canada on Parks Day as we help celebrate the 100th anniversary of The Historical Association of Annapolis Royal (THAAR). View the many items THAAR has collected over the decades and donated to Fort Anne's Officers' Quarters Museum. Anniversary cake will be served and happy birthday will be sung at 12:30 pm in the parade square. Take a guided tour, rent an interactive tablet, fly a kite, play some croquet or enjoy a scenic picnic overlooking the historic Annapolis River. **TIX:** Free admission today! **INFO:** 902-532-2397 / parkscanada.gc.ca/fortanne

The Prophets & Nomads – Winegrunt Wine Bar, Windsor 7–10pm • Andrew Miller on drums, Lukas Pearse on bass, and Dan Pitt on guitar. **TIX:** no charge **INFO:** 902-472-2863 / info@winegrunt.com

Wild Feast Dinner – Planters Ridge Winery, Port Williams 6–9:30pm • Dine with spectacular vineyard views while enjoying a six-course menu created by Chef Nelson Penner from Wild Feast NS. Each course features wild and foraged foods of Nova Scotia, while being thoughtfully paired with Planters Ridge wines by sommelier Sarah Blanchard. **TIX:** \$130 +tax **INFO:** 902-542-2711 / info@plantersridge.ca / plantersridge.ca

Kitchen Party 2019 – Kings Theatre, Annapolis Royal 7:30–9:30pm • A celebration of local talent hosted by singer-songwriter Susan Crowe. Line up includes: David Chamberland, Paul O'Brien, Taren Yelle, Caleb Miles, Harvey Marcotte, Dan Froese, George Sloan, Carole Allison, Bill MacDonald, Eva McCauley, Dillon Tonkin, Carolyn Buck, Gregg Mazel, James Stevenson, Chris Moreau, Dennis Jollimore, John Eakin, John Morland, Scott Henderson, Jacquelyn Martell, Ted Leighton, Alexa Jaffurs, Kevin Thompson and Harold Clapp. This year's event will be a special celebration of the legacy of the late local musician Duncan Draper, with whom all of the musicians have played. **TIX:** Member: \$26, General: \$30, Youth: \$12. All prices include HST. **INFO:** 902-532-7704 / mk@kingstheatre.ca

Adult Dance: El Dorado – Royal Canadian Legion, Kentville 9–12pm • Full band playing a little bit of everything. **TIX:** \$8 at the door **INFO:** 902-678-8935

SUNDAY, JULY 21

Ice Cream Social and Pie Auction – Community Hall, Black River 1–2:30pm • Old fashioned ice cream social with cones and various toppings. Take-out available. Free tea and coffee. Silent Pie Auction, minimum bid \$5. **TIX:** Ice cream \$2, Sundae \$4 **INFO:** 902-542-5125 / sharonlake07@gmail.com

Plein Air Art – Miners Marsh, Kentville 1–8pm • The Plein Air Artists Annapolis Valley group paints on-location throughout the Annapolis Valley. **TIX:** no charge **INFO:** 902-701-8106 / edwardwedler@gmail.com

Drive In Church Service – Baptist Church, Coldbrook 7–8pm • Message by Pastor Patrick Gilbert with Special Music by Jack Neily. **TIX:** free will offering **INFO:** 902-679-3332 / carol.dennis@ns.sympatico.ca

Message in Music & Francis Hawley – Canard Community Church, 1315 Hwy 341, Upper Canard 7–8pm • A special evening of music, vesper readings and special refreshments! Guest Musician – Francis Hawley **TIX:** no charge **INFO:** 902-582-7298 / rosewood@nbn.net.nb.ca

Hedwig and the Angry Inch – Al Whittle Theatre, Wolfville 8pm • A transgender punk-rock girl from East Berlin tours the U.S. with her band as she tells her life story and follows the former lover/band-mate who stole her songs. **TIX:** \$5 cash at the door **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

MONDAY, JULY 22

Christmas in July Tea – Christian Fellowship Centre, Wilmot 2–3:30pm • Enjoy a quiet and relaxing time of fellowship as we serve you light refreshments (sandwiches, sweets and a hot drink). **TIX:** no charge **INFO:** 902-765-2386 / bfboddy@gmail.com

Ferris Bueller's Day Off – Al Whittle Theatre, Wolfville 8pm • Enjoy this John Hughes classic from 1986. A high school wise guy is determined to have a day off from school, despite what the Principal thinks of that. **TIX:** \$5 cash at the door **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

TUESDAY, JULY 23

Playing in the Parks – Miners Marsh, Kentville 10am–12pm • Enjoy the outdoors and meet new families. Activities will be planned for you to enjoy! **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

The Godfather – Al Whittle Theatre, Wolfville 8pm • See Francis Ford Coppola's 1972 classic crime drama on the big screen! The aging patriarch of an organized crime dynasty transfers control of his clandestine empire to his reluctant son. **TIX:** \$5 cash at the door **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

WEDNESDAY, JULY 24

Stroller Fit – Kings County Family Resource Centre, Kentville 9:30–10:30am • Meet at the end of the parking lot. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

Invasion of the Body Snatchers – Al Whittle Theatre, Wolfville 8pm • 1978 science fiction classic. When seeds drift to earth from space, mysterious pods begin to grow and invade a small town, replicating the residents one body at a time. **TIX:** \$5 cash at the door **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

THURSDAY, JULY 25

Plein Air Art – Boates' Farm, Woodville 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

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@acadiu.ca

Blood Donor Clinic – Fire Hall, Kentville 1–3pm & 5–8pm • Book your appointment today at blood.ca. New donors welcome. In cooperation with the Kentville Lions Club **TIX:** no charge **INFO:** 1-888-2-DONATE

Astrological Tarot Readings w/ Richard Di Castri – The Box of Delights Bookshop, Wolfville 5–8pm • Richard Di Castri has studied, taught, and practiced astrology and the tarot for more than 40 years. **TIX:** Full hour (\$60) and half hour (\$30) readings are available. Email to book your session! **INFO:** 902-542-9511 / boxofdelightsbooks@gmail.com

Holy Land Presentation – Christian Fellowship Centre, Wilmot 7–8:30pm • Pastor Linda DeMone has just returned from the Holy Land, and will share her photos and experience. Experience the land and culture where Jesus walked and taught. Most of us will never make the trip ourselves, but this will be like being there. **TIX:** no charge **INFO:** 902-765-4124 / bfboddy@gmail.com

Themed Trivia Night the 80's! – Evangeline Inn & Motel, Grand Pré 7:15–9pm • 5 rounds of trivia! Bring your friends & family! **TIX:** no charge **INFO:** 902-542-2703 / adara@evangelineline.ns.ca

Spaceballs – Al Whittle Theatre, Wolfville 8pm • Kick Off Mud Creek Days with this 1987 Mel Brooks romp thru space! A rogue star pilot and his trusty sidekick must come to the rescue of a Princess and save the galaxy from the ruthless Dark Helmet using "The Schwartz". **TIX:** \$5 cash at the door **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

LIVE THEATRE

Valley Ghost Walks – Clock Park, Wolfville, July 11, 7:30pm / Fundy View Community Centre, Halls Harbour July 12, 8pm / Main Street Station, Kentville, July 18, 7:30pm / St. John's Anglican Church, Wolfville July 25, 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

Looking – CentreStage Theatre, Kentville July 12, 13, 19, 20, 26, 27, 7:30pm, July 14, 21, 2pm • Norm Foster has done it again! From one of Canada's most popular playwrights comes this hilarious comedy, Looking. Contains mature language. **TIX:** adults \$15, seniors/students \$12. Reservations recommended. **INFO:** 902-678-8040 / centrestagetheatre.ca

In This Light – Two Planks and A Passion Theatre, Canning, July 13, 16, 17, 20, 23, 24, 27, 30, Aug 3, 6pm, July 14, 21, 28, 2pm • Dr. Thomasina Burke is a medical doctor in a rural village in the Annapolis Valley in 1931. Just as her home is poised to reap the benefits of a new business, Dr. Burke makes a discovery that will challenge her whole community to choose sides **TIX:** \$28.69 general, \$10 children, \$22.60 senior, \$25.65 student (add HST to all prices) **INFO:** 902-582-3842 / pr@artscentre.ca

Frankenstein By Fire – Two Planks and A Passion Theatre, Canning July 11, 12, 13, 16, 18, 19, 20, 23, 25, 26, 27, 30, Aug 1, 2, 3, 9pm • Haunted by his own loss, Victor Frankenstein becomes obsessed with harnessing the power to give life. Once he discovers how to create a being, he unleashes an unimaginable power he can no longer control as a creator **TIX:** \$28.69 general, \$10 children, \$22.60 senior, \$25.65 student (add HST to all prices) **INFO:** 902-582-3842 / pr@artscentre.ca

The Fixer-Upper – Al Whittle Theatre, Wolfville July 19, 20, 7:30pm • A comedy in 7 phone calls, by Lorne Elliott. With Karen Cromar and Lorne Elliott. **TIX:** \$25 at the door **INFO:** 514-898-3825 / sargent.pepper.xo@gmail.com

Spirits of the Night – Grand-Pré National Historic Site, Grand Pré July 19, 8:30–10pm • Jerome the Gravekeeper from Valley Events teams up with The Société Promotion Grand-Pré to learn more about the spirits and the history of Grand Pré **TIX:** \$10 per guest. Pay at the door. **INFO:** 902-698-7855 / info@visitgrandpre.ca

Grapely Ghost Walk – Grand Pré Winery, Grand Pré July 20, 7:30pm • 2-hour, family-friendly historical ghost walks of the Grand Pré Winery. Join Jerome the Gravekeeper as he introduces you to his ghostly friends throughout the winery on our way to the UNESCO lookoff site. **TIX:** \$25 with wine, \$20 without wine (includes HST and fees) @ Cochrane's Pharmasave (Wolfville), Home Hardware (Windsor), Wilson's Pharmasave (Kentville, Berwick) **INFO:** 902-692-8546 / jerome@valleyghostwalks.com

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

Exploring Nova Scotia – Hardware Gallery, 36 Cornwallis St., Kentville. July 12–31 • A photography exhibit by the Kings County Photography Club. Featuring artists Ilze Andzans, Michelle Coleman, Randy Hill, Kevin Kornelson, Grant Lohnes, Justine MacDonald, Louise McDonald, Gabrielle Smith, Richard Stern, Don Urquhart, and Jessica Van Luxemborg. Opening reception: July 18, 7–9pm. **TIX:** no charge **INFO:** hardwaregallery.ca

7Arts Youth Art Exhibit: Drawing – Berwick and District Library, Berwick. Through July 31 • Participants in this show were part of a drawing class run by local artists. **INFO:** 7arts.ca

Wendy's Tuesdays – Jack's Gallery, Just Us! Cafe, Wolfville. Until Sept 8 • Paintings by Wendy's Tuesdays, a group of Annapolis Valley painters. **INFO:** jacksgallerywolfville@gmail.com

Weddings at Acacia Grove: A Brief History – Prescott House Museum, Starr's Point. July 21–Aug 30 • This exhibit highlights weddings and photos that have occurred at the house and museum, including a history of traditions, legalities and period wedding dresses, from the past 200 years. **FE:** \$3.90 adult, \$2.80 youth/seniors, children are free **INFO:** prescotthouse.novascotia.ca

"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

Interior Migrations: International Migrant Workers on Canadian Farmland – Ross Creek Centre for the Arts, Canning. Until October 1 • Photographs by Gu Xiong, a Chinese-Canadian Artist dedicated to migrant issues and global flows of culture, ideas, and identity. **INFO:** artscentre.ca

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

@ THE LIBRARY

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

THURSDAY, 11

The Hangout – Library, Kentville 6–7:30pm. Also July 18 & 25 • Hang out w/ friends, play x-box games, board games, enjoy snacks. Every week. Ages 12–17. **INFO:** 902-679-2544

FRIDAY, 12

Summer Kids' Tech – Library, Windsor 10:30–11:30am • This week: LEGO Robotics for the younger crowd. Ages 7–12. Registration is required. **INFO:** 902-798-5424

Babies and Books and Summer! – Library, Kentville 11–11:30am • For newborns to 24 months. **INFO:** 902-679-2544

Funtastical Fridays – Library, Kingston 12:45–1:45pm. Also July 19 • Craft time fun for ages 5–12. **INFO:** 902-765-3631

Summer Tech Makers – Murdoch C. Smith Memorial Library, Port Williams 2:30–3:45pm • This week: LEGO Challenge. Ages 10 and up. Registration is required. **INFO:** 902-542-3005

Summer Tech Makers – Berwick and District Library, Berwick 2:30–3:45pm • This week: Sewable LED Circuits. Ages 10 and up. Registration is required. **INFO:** 902-538-8060

Summer Tech Makers – Rosa M. Harvey Middleton & Area Library, Middleton 2:30–3:45pm • This week: Stixplosions. Ages 10 and up. Registration is required. **INFO:** 902-825-4835

Dot Art for Teens – Berwick and District Library, Berwick 6–7:30pm • Create your own Dot Art! Workshop led by Kathleen Moir of HolisticLegacy in Windsor. All materials provided, no experience needed. Ages 12–18. Please pre-register. **INFO:** 902-538-8060

WHAT'S HAPPENING

JULY 11 – JULY 25, 2019

SATURDAY, 13

Mi'kmaw Dancer & Drummer: Trevor Gould – TWO LOCATIONS: Rosa M. Harvey Middleton & Area Library, Middleton 10–11am / Berwick and District Library, Berwick 1–2pm • Trevor has been performing for more than 20 years, and presently sings with the Eastern Eagle Singers from Indian Brook Nova Scotia. He will be speaking about Mi'kmaw culture, and share some singing and dancing. Recommended for ages 5 and up. Registration is required. **INFO:** 902-825-4835 (Middleton), 902-538-8060 (Berwick)

MONDAY, 15

Summer Kids' Tech – Library, Kentville 10:30–11:30am • This week: Straw Rocket Competitions. Ages 7–12. Pre-registration is required. **INFO:** 902-679-2544

TUESDAY, 16

Summer Tech Makers – Library, Windsor 2:30–3:45pm • This week: LittleBits. Ages 10 and up. Pre-registration is required. **INFO:** 902-798-5424

Summer Kids' Tech – Memorial Library, Wolfville 2:30–3:30pm • This week: Snap Circuits 760. Ages 7–12. Pre-registration is required. **INFO:** 902-542-5760

Summer Tech Makers – Library, Kingston 2:30–3:45pm • This week: Ozobots. Ages 10 and up. Pre-registration is required. **INFO:** 902-765-3631

DIY Crafts – Isabel & Roy Jodrey Memorial Library, Hantsport 3–4:30pm • Supplies & instruction sheet provided for a "do-it-yourself" craft. For ages 6–14 (children under 10 w/ an adult). **INFO:** 902-684-0103

Art Club – Library, Kentville 3:30–5pm. Also July 23 • Try new styles, methods, and mediums – or bring your own project and have fun sharing your unique skills with everyone! Ages 12–17. Art supplies available to use. Bring your own sketchbook! **INFO:** 902-679-2544

Minecraft Escape Room – Library, Kentville 6:30–7:30pm • See if you can break out from this Minecraft themed escape room! Ages 9–12. Registration is required. **INFO:** 902-679-2544

WEDNESDAY, 17

Summer Kids' Tech – Berwick and District Library, Berwick 10:30–11:30am • This week: Straw Light up Creatures. Ages 7–12. Pre-registration is required. **INFO:** 902-538-8060

Summer Kids' Tech – Murdoch C. Smith Memorial Library, Port Williams 10:30–11:30am • This week: Straw Rocket Competitions. Ages 7–12. Pre-registration is required. **INFO:** 902-542-3005

Summer Kids' Tech – Isabel & Roy Jodrey Memorial Library, Hantsport 10:30–11:30am • This week: LittleBits. Ages 7–12. Pre-registration is required. **INFO:** 902-684-0103

Cozy Corner Storytime – Isabel & Roy Jodrey Memorial Library, Hantsport 11am–12pm. Also July 24 • Stories, rhymes, games and crafts. Ages 2–6 and their caregivers. **INFO:** 902-684-0103

Summer Kids' Tech – Rosa M. Harvey Middleton & Area Library, Middleton 2:30–3:30pm • This week: Straw Rocket Competitions. Ages 7–12. Pre-registration is required. **INFO:** 902-825-4835

Avon Region Photography Club – Library, Windsor 6–8pm • Join us every other week to discuss, share and learn about photography techniques and processes. **INFO:** 902-798-5424

Mad Science: Slime Time – Murdoch C. Smith Memorial Library, Port Williams 2:30–3:30pm • Learn about polymers and the signs of chemical reactions as we compare "physical-reaction" slime and "chemical-reaction" slime. Make your own slime to take home! **INFO:** 902-542-3005

Teen Hangout – Memorial Library (upstairs), Wolfville 6:30–8pm. Also July 24 • Hang out with your friends! Explore Virtual Reality! Play board games! Get creative! For ages 12–17. **INFO:** 902-542-5760

THURSDAY, 18

Summer Kids' Tech – Library, Kingston 10:30–11:30am • This week: Light up Creatures. Ages 7–12. Pre-registration is required. **INFO:** 902-765-3631

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

Summer Tech Makers – Isabel & Roy Jodrey Memorial Library, Hantsport 2:30–3:45pm • This week: LittleBits. Ages 10 and up. Pre-registration is required. **INFO:** 902-684-0103

Summer Tech Makers – Memorial Library, Wolfville 2:30–3:45pm • This week: Snap Circuits. Ages 10 and up. Pre-registration is required. **INFO:** 902-542-5760

Summer Tech Makers – Library, Kentville 2:30–3:45pm • This week: Straw Rocket Competitions. Ages 10 and up. Pre-registration is required. **INFO:** 902-679-2544

FRIDAY, 19

Summer Kids' Tech – Library, Windsor 10:30–11:30am • This week: LittleBits. Ages 7–12. Pre-registration is required. **INFO:** 902-798-5424

Summer Tech Makers – Murdoch C. Smith Memorial Library, Port Williams 2:30–3:45pm • This week: Straw Rocket Competitions. Ages 10 and up. Pre-registration is required. **INFO:** 902-542-3005

Summer Tech Makers – Berwick and District Library, Berwick 2:30–3:45pm • This week: Ozobots. Ages 10 and up. Pre-registration is required. **INFO:** 902-538-8060

Summer Tech Makers – Rosa M. Harvey Middleton & Area Library, Middleton 2:30–3:45pm • This week: Straw Rocket Competitions. Ages 10 and up. Pre-registration is required. **INFO:** 902-825-4835

SATURDAY, 20

Giant Book Sale – Berwick and District Library, Berwick 9am–1pm • Giant Book Sale, being held at the Council Chambers. **INFO:** 902-538-8060

Escape This! – Isabel & Roy Jodrey Memorial Library, Hantsport 11am–12pm • An escape room & scavenger hunt mash up! Ages 13+. Registration required. **INFO:** 902-684-0103

MONDAY, 22

Summer Kids' Tech – Library, Kentville 10:30–11:30am • This week: Makey, Makey kits, Squishy Circuits and a Spin Bot. Ages 7–12. Registration is required. **INFO:** 902-679-2544

TUESDAY, 23

Garden Share – Isabel & Roy Jodrey Memorial Library, Hantsport 2–8pm • Bring your extra garden veggies, herbs, flowers for someone else to enjoy! Drop offs on Tuesdays. Pick ups on Wednesdays & Thursdays. **INFO:** 902-684-0103

Summer Tech Makers – Library, Windsor 2:30–3:45pm • This week: Ozobots. Ages 10 and up. Pre-registration is required. **INFO:** 902-798-5424

Summer Tech Makers – Library, Kingston 2:30–3:45pm • This week: LEGO Challenge. Ages 10 and up. Pre-registration is required. **INFO:** 902-765-3631

Rock Art Mandalas – Library, Kentville 6:30–8pm • Create your own Dot Art Mandala rock! All materials provided, no experience needed. For adults, ages 16+. Please register. **INFO:** 902-679-2544

WEDNESDAY, 24

Summer Kids' Tech – Berwick and District Library, Berwick 10:30–11:30am • This week: LEGO Challenge. Ages 7–12. Registration is required. **INFO:** 902-538-8060

Summer Kids' Tech – Murdoch C. Smith Memorial Library, Port Williams 10:30–11:30am • This week: Makey, Makey kits, Squishy Circuits and a Spin Bot. Ages 7–12. Registration is required. **INFO:** 902-542-3005

Summer Kids' Tech – Isabel & Roy Jodrey Memorial Library, Hantsport 10:30–11:30am • This week: Light Up Creature. Ages 7–12. Registration is required. **INFO:** 902-684-0103

Little Ray's Reptile Zoo – Library, Windsor 11am–12pm • Little Ray's Reptiles combines a whole lot of fun with scientific education and animal awareness. Ages 4+ **INFO:** 902-798-5424

Safari Camp Storytime – Library, Kentville 11–11:45am • Stories, songs and fun. Ages 2–7 **INFO:** 902-679-2544

Summer Kids' Tech – Rosa M. Harvey Middleton & Area Library, Middleton 2:30–3:30pm • This week: Cubelets & Hexbugs. Ages 7–12. Registration is required. **INFO:** 902-825-4835

THURSDAY, 25

Summer Kids' Tech – Library, Kingston 10:30–11:30am • This week: LEGO Challenge. Ages 7–12. Registration is required. **INFO:** 902-765-3631

Summer Tech Makers – Isabel & Roy Jodrey Memorial Library, Hantsport 2:30–3:45pm • This week: Ozobots. Pre-registration required. Ages 10+ **INFO:** 902-684-0103

Summer Tech Makers – Memorial Library, Wolfville 2:30–3:45pm • This week: LEGO Robotics. Pre-registration required. Ages 10+ **INFO:** 902-542-5760

Summer Tech Makers – Library, Kentville 2:30–3:45pm • This week: Sewable LED Circuits. Pre-registration required. Ages 10+ **INFO:** 902-679-2544

THE DOME CHRONICLES: SKUNKED

Garry 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 irrepressible 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.

When we arrived in Nova Scotia in 1972 there were no skunks in our area or anywhere else in the province for that matter. I say that confidently because road kill is a sure indicator of who is living in the fields and woods beyond the highway's shoulder. We travelled extensively and saw plenty of raccoons, porcupines, and other species lying flattened on the tarmac, but never any skunks.

I'm told that these odoriferous omnivores became extinct in the Maritimes in the 1920s and 30s due to a distemper epidemic, and followed up over the years by the liberal use of DDT on the corn crops, a favourite of the skunks. When I still lived in Ontario I had had several unfortunate encounters with the pesky critters and was not lamenting their absence around our new home.

It wasn't until the late 1970s that we began to hear rumours of fresh sightings and sniffings, but I took little notice and remained skeptical about their reappearance until one fateful evening some years later.

It was early to bed for me in preparation for my weekly flight to Montreal. My daughter Emily was up in her room doing homework, and my wife Andrea was busy doing some ironing in the living room. I was aroused by the sound of frantic barking and then a series of painful yelps coming from our backyard.

I sat up in bed as the sounds of turmoil from below made their way through the floor boards.

The flap of the dog door had exploded inward and our dog Poppy was charging through the kitchen and then into the living room, trailing a plume of pungent, caustic-smelling musk. She was in panic mode. She had taken a direct hit to the face and shoulders and was temporarily blinded by the spray. Andrea, clutching her freshly ironed shirts, leapt aside as Poppy dived into the cushions of the couch and began frantically rubbing her face and rolling repeatedly before dropping down to the rug and giving it the same treatment.

With Andrea in hot pursuit shouting warnings to those of us above, the dog headed for the stairs.

I was too slow heeding the warning. The smell was so strong that I tasted it before it hit my nose and started my eyes watering before Poppy joined me in my bed. It had been a while since I had smelt it, but there was no mistaking the oily cloying stench of skunk spray.

Recovering from my shock, I covered my mouth with a pillow case and made a lunge for the dog's collar. I missed and a terrified Poppy slipped off the bed and headed to the sanctuary of Emily's bedroom next door, where she rolled and ruffled the bed and left the skunk's calling card. Emily had already escaped and was running terrified down the stairs.

Poppy got to most of the beds on the second floor and gave them a liberal toxic smearing before I finally caught her. I tried not to breathe while I dragged her down the stairs, then through the kitchen and out the back door where Andrea and Emily were waiting. Once I had Poppy safely back in the yard I locked the dog door and we humans got into a huddle and took stock of the situation. I knew we had the almost impossible job of getting the stink off the dog ahead of us but that was the least of our problems. The entire house now smelt worse than the dog. To their credit, my wife and daughter were very cool, calm, and business-like as they appraised the situation and together offered some practical solutions.



I was due to fly to Montreal for my job early the following morning and Emily was going to be writing an exam. Andrea decided, selflessly, that she would have to stay in the stinky house and rescue as much of the upholstery and linen that she could, as well as de-stink poor Poppy, but that Emily and I should retreat instantly and check in at a motel.

Some of our clothing had been sealed in closets and might have avoided the stench, so Andrea, what a trouper, volunteered to venture back into the house to get Emily and me enough clothing for the following day.

That accomplished, we waved goodbye to a forlorn-looking Andrea and struck off for Middleton. When we arrived at the motel, stopping on our way for bottles of Febreze and room deodorant, and after liberal use of the sprays, Emily and I hung our clothing on a fence outside our unit to give them a further overnight airing. The following morning, after giving our duds a cursory sniffing, one more shot of Febreze, and confident that the smell had abated, we suited up and went about our business. I wouldn't be home until Thursday night and figured that everything would be settled down by then.

I'm told that there are certain smells that after an initial encounter render you incapable of detecting further subtle remnants of the odour. Gasoline for example: give it a quick sniff and you lose the ability perceive the smell a second time. This is a phenomenon that may hold the answer to certain reactions we were getting from people we encountered on the days after the skunk attack. Fellow passengers on my plane trip to Montreal seemed to be extra accommodating, several abandoning the seats around me so that I would have extra room to stretch out in. Emily finished her exam in record time and could no longer bear the strange looks and whispers she was getting in her classroom and headed for home, but changed her mind and stopped at her nearest friend's house, where her mum outfitted her with clothes and knapsack as well as a bed for the rest of the week. Even days later, after dousing herself with perfume to cover the smell, Andrea was outed in the back row of a hot auditorium and felt compelled to explain the situation before leaving.

Over the years we have adapted to the renewed presence of skunks in our life. Thankfully they are nocturnal animals, and locking our dogs in before the sun sets has proved effective except for one or two subsequent minor attacks from rogue skunks turning up before our twilight curfew.

We give skunks a wide berth when we happen on them on walks, put up with the occasional attack on our hen house, and set the lawn tractor's mower at its highest setting so that we can ride over the rubble left from their nightly excavations for grubs on our lawn. We are doing our best to accommodate and get along with them, but frankly I think the arrangement stinks.



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WHAT'S GROWING AT THE ACADIA COMMUNITY FARM

Sarah Boudreau, Acadia Community Farm Coordinator and Jodie Noiles, Acadia Sustainability Coordinator

At the Acadia Community Farm we are growing gardeners and community!

From Acadia's inception until the mid-1950s there was a working farm on the campus, with livestock, fruit and vegetables grown for the dining hall. Many Acadia students worked on the farm in exchange for room and board. Over time as the Acadia population grew, land was required for new buildings and the farm was no longer viable, closing in 1956.

In 2008, after learning of the original farm and the role students played in growing food for campus, students Alex Redfield and Hillary Barter asked Acadia for a plot of land for a new farm garden. They envisioned a place where students could once again grow good food for the university dining hall, and where they could work and learn alongside faculty, friends, and neighbours in a community garden. The university agreed, and the Acadia Community Farm was established!

Over the past eleven years the Acadia Farm has grown and throughout the season there are over 200 people involved in the farm, including many students completing fieldwork, research, and service learning projects as part of their studies at Acadia. In addition to Acadia students, the farm also welcomes gardeners from the community, including groups such as Take It Outside Girls, L'Arche Homefires, Conway Workshop Association, Horton High School, Wolfville School, Wolfville Earth Leadership Camps, many local residents, and recently several refugee families, all growing food, connecting with the earth, and the people around them.

The Take It Outside Girls are our newest gardeners. This enthusiastic group of girls, ranging in age from 12-18, are learning how to grow food and also becoming empowered through outdoor adventure, community-building, and leadership experiences. This program is part of the Nova Scotia Sea School and is led by Kate Webber and Adrien Rawley.

Everyone has something to offer the Acadia Farm community and it is through shared experiences that we grow. The Take It Outside Girls bring creativity and youthful energy. Our refugee families bring an immense amount of knowledge to the garden from their previous farming experience. The Conway Workshop Association and L'Arche groups brought us new perspectives on inclusivity in gardening and were able to build the knowledge needed to allow them to create their own community garden. Finally, our long-time community gardeners, many of whom have been involved since 2008, bring knowledge and continuity to the farm.

Get involved in your community this summer through gardening, share your knowledge, learn something new, and grow good food and friends! Drop in to the Acadia Community Farm this season from May to October or visit acadiafarm.org or sustainability.acadiau.ca to learn more.

The Acadia Community Farm has been growing community with the continued support of Acadia University as well as partners such as Chartwells, the Acadia Students' Union, the Town of Wolfville, Friends of Agriculture Nova Scotia, and Service Canada.



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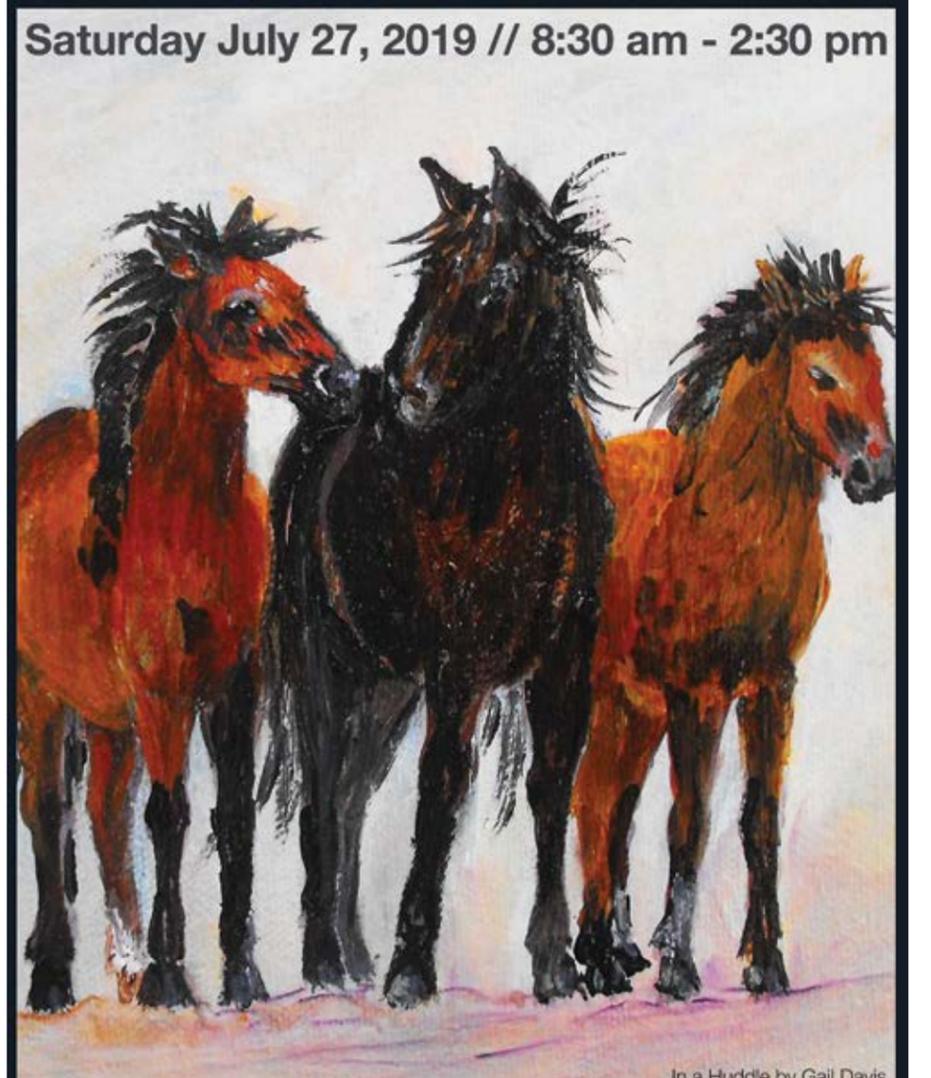
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Thursday, July 18th, 7 pm: **Biological Connections:
Why The Bay of Fundy is Extraordinary**

Biologist and Professor Emeritus (Acadia University) Graham Daborn will describe the many aspects of the Bay of Fundy that make it "unparalleled anywhere else in the world."

These lectures are part of a series of lectures and workshop on our natural environment being provided by Harbourville Restoration Society. All presentations are free.

For more information: Website: www.harbourville.ca
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